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ISO 9001-2008 RECOGNISED INSTITUTION



# **GAVI KALPATARU**

## **AYURVEDA E MAGAZINE**

**January 2025 | Edition 03**

**February 1, 2025**



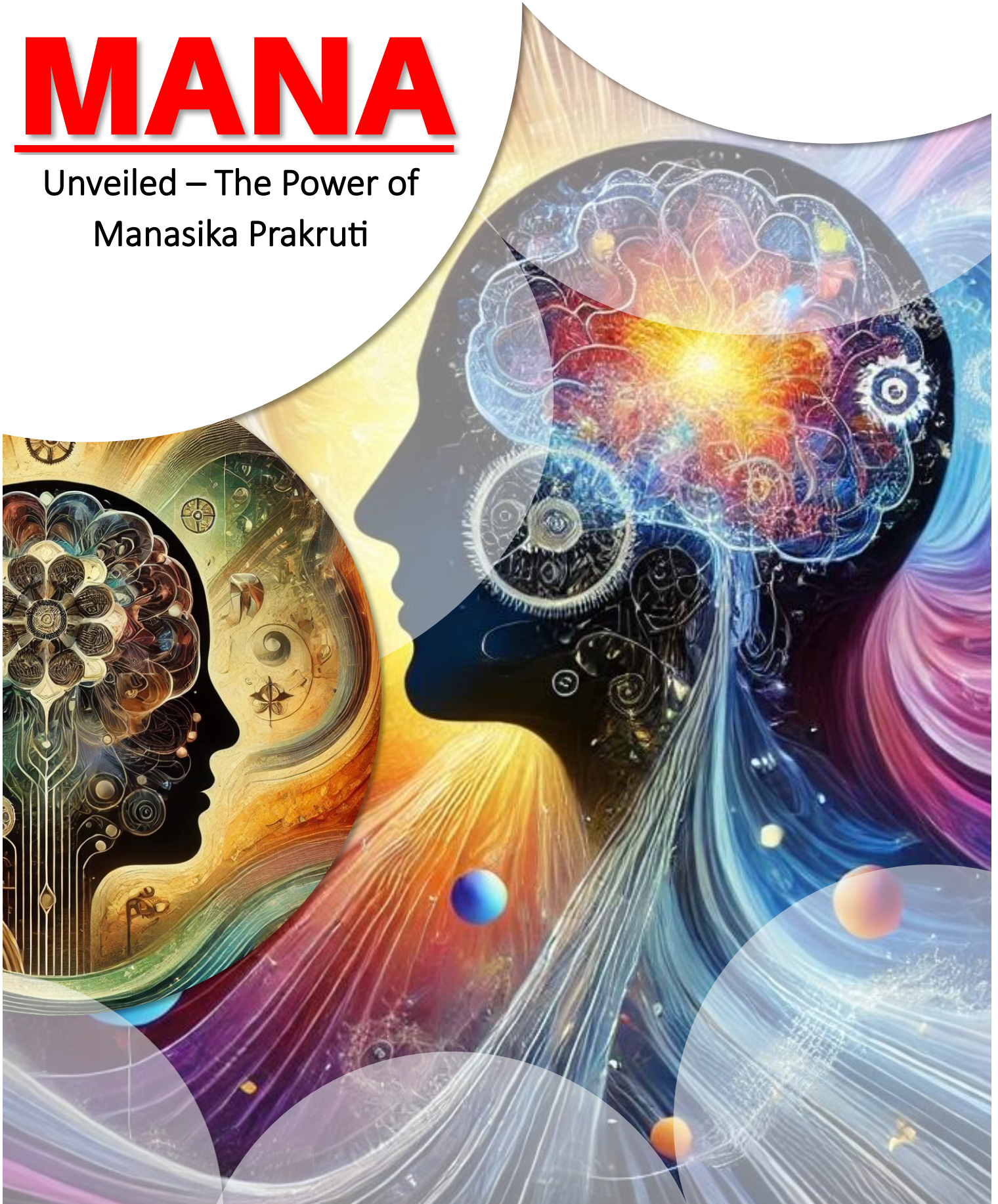
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# GAVI KALPATARU

January 2025 | Edition 03

## MANA

Unveiled – The Power of  
Manasika Prakruti





# **GAVIKALPATARU**

**JANUARY 2025/ EDITION 03**

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# ACKNOWLEDGMENT

The January Edition of **GAVI KALPATARU** delves into the profound theme of Manasika Prakruti, exploring the immense power of the mind in shaping our health, emotions, and well-being. This edition stands as a testament to the collective efforts and dedication of those who made it possible.

We express our heartfelt gratitude to **Shree Jagadguru Gavisiddeswara Swamiji**, whose spiritual wisdom and guidance remain a constant source of inspiration in our journey toward holistic wellness.

With reverence, we acknowledge the blessings of **Lord Dhanvantari**, the celestial healer, whose teachings illuminate the significance of harmony between the mind and body.

We extend our deep appreciation to our College Chairman, **Shri Sanjay Kotbal sir**, for his unwavering support and encouragement, and to our **Chief Editor, Dr. M.M. Salimath sir**, for shaping the vision of this magazine and guiding it with immense dedication.

Our sincere thanks go to the **Editorial Members**, who brought invaluable insights and passion to this edition, ensuring that it resonates deeply with our readers.

A special mention goes to the **staff, PG Scholars, UG Students and Interns of SJGAMC**, whose enthusiasm and contributions enriched this edition with thoughtful and inspiring articles. We are equally grateful to our beloved Principal & Vice Principal, whose leadership has been instrumental in bringing this vision to fruition.

To our readers, we owe our deepest gratitude for your unwavering support and belief in our mission. Your encouragement drives us to excel and present meaningful content with each edition.

Finally, a heartfelt thank you to the entire **GAVI KALPATARU** team for their relentless efforts in making this edition a true celebration of the power and potential of Manasika Prakruti.

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

With Warm regards,  
The Editor In charge  
Dr. Shridharaiah MH  
January Edition, 2025

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# Principal & Editor's Letter



*Dear Readers,*

*Happy New Year and warm greetings as we step into the third edition of Gavi Kalpataru! This January, we explore the theme of "Mind Unveiled – The Power of Manasika Prakriti," delving into the intricate layers of the mind and its profound influence on our health and well-being.*

*As the new year begins, it offers a perfect opportunity for introspection and mental renewal.*

*Ayurveda reminds us that understanding our Manasika Prakriti—our mental nature—is key to unlocking emotional balance, resilience, and clarity. This edition seeks to illuminate the pathways to nurturing mental strength, guiding us toward harmony between mind, body and spirit.*

*Through enriching articles, reflections, and practical insights, our contributors unravel how mental wellness shapes our lives. From ancient Ayurvedic perspectives to contemporary approaches, each piece is crafted to inspire self-awareness and holistic growth.*

*Your continued support and engagement are the cornerstone of this magazine's success. as we begin another year, may this edition encourage you to embrace the power within and cultivate a peaceful, balanced mind.*

*Wishing you a year filled with joy, health, and discovery.*

*Warm regards,*

*Dr. M. M. Salimath*

*Principal & Chief Editor*

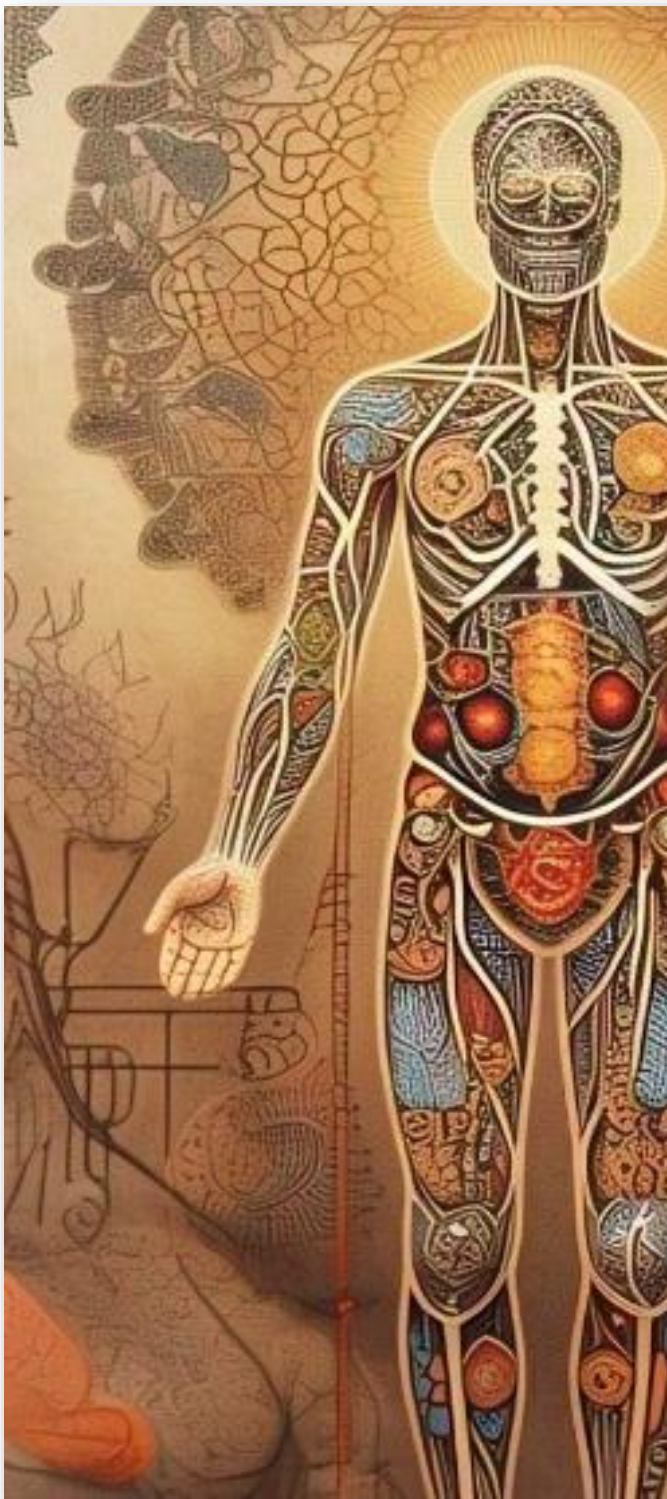
# THE NATURE AND ROLE OF MANA: AN EXPLORATION

In the Indian philosophical tradition, the living being is referred to as Purusha, an entity composed of the body (*Sharira*), the five sensory organs (*Pancha Gyanendriya*), the mind (*Manas*), and the soul (*Atma*). Among these, the *Atma* is considered pure (*Vishuddha*) and an aspect of the divine *Brahma*, while *Mana* functions as a crucial tool for the activities of life.

## **Mana: The Tool of Perception and Action**

*Mana* is described as an essential instrument (*Antahkarana*), contrasting with the sensory organs, which are external instruments (*Bahya Karana*). While the sensory organs gather knowledge from the external world, *Mana* processes and integrates this knowledge internally. Though it is non-conscious (*Achetana*), *Mana* is active (*Kriyashila*) and derives its activity from the *Atma*, which itself is passive yet intelligent and directive.

In Indian philosophy, particularly in *Yoga Darshana*, *Mana* is closely associated with *Buddhi* (intellect) and *Ahankara* (ego). It operates through five mental modifications (*Vrutis*):





- *Pramana* (valid cognition)
- *Viparyaya* (misconception)
- *Vikalpa* (imagination)
- *Nidra* (sleep)
- *Smriti* (memory)

These *Vrutis* influence human experiences and lead to the emergence of five afflictions (*Pancha Kleshas*): ignorance (*Avidya*), egoism (*Asmita*), attachment (*Raga*), aversion (*Dvesha*), and the fear of death (*Abhinivesha*).

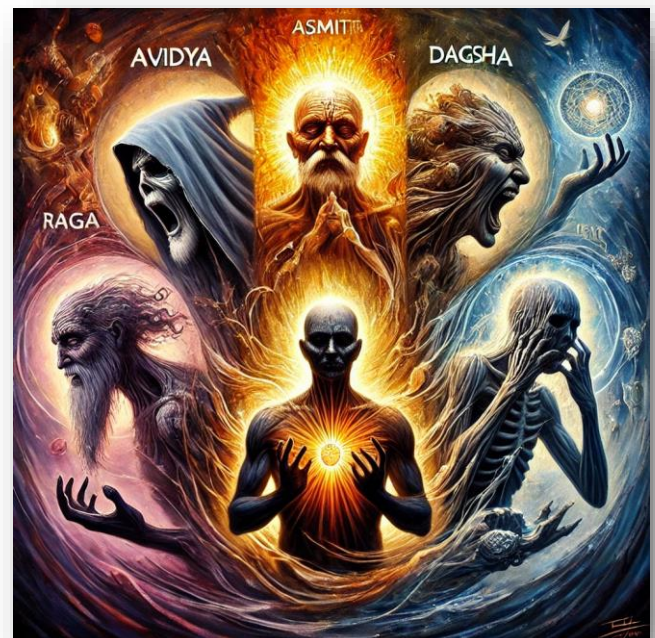
### **Mana: A Trigunatmaka Entity**

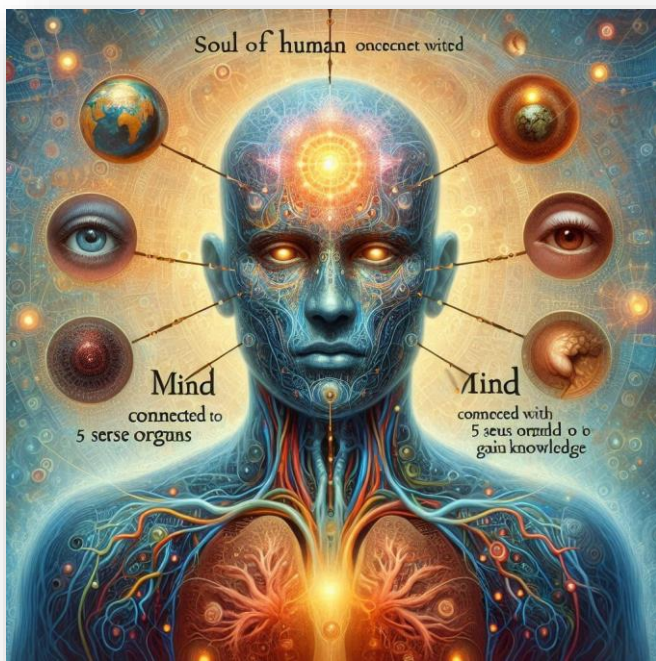
*Mana* is characterized by the interplay of three *Gunas*—*Satva* (purity), *Rajas* (activity), and *Tamas* (inertia). The dominance of any one *Guna* determines the behavioral tendencies and mental state of an individual.

### **Functions of Mana**

The functions of *Mana* can be categorized into three domains:

1. Cognitive Functions (*Gyana Pradhana*) – The process of acquiring knowledge.
2. Affective Functions (*Bhava Pradhana*) – Emotional and experiential responses.
3. Conative Functions (*Chesta Pradhana*) – Actions driven by intention or will.





## The Process of Perception

The acquisition of knowledge (*Gyana*) requires the simultaneous connection (*Sannikarsha*) of *Atma*, sensory organs (*Indriya*), their objects (*Artha*), and *Mana*. If *Mana* is distracted or disconnected, perception cannot occur, even if the other components are aligned. Thus, the presence and focus of *Mana* are indispensable for acquiring knowledge.

### Basic Characteristics of *Mana*

*Mana* possesses two fundamental qualities: *Ekatva* (Unity) and *Anutva* (Subtlety).

#### *Ekatva* (Unity)

- *Ekatva* refers to the singularity of *Mana*, meaning it can connect with only one sensory organ at a time. This principle is crucial for focused perception and understanding.
- If *Mana* were multiple, it could simultaneously connect with all five sensory organs and process all sensory inputs (*Shabda* – sound, *Sparsha* – touch, *Rupa* – sight, *Rasa* – taste, and *Gandha* – smell). However, this does not happen, as the human experience of perception is sequential, not simultaneous.
- For example, when a person listens to music attentively, they may not notice visual stimuli around them. This demonstrates that *Mana* interacts with one sensory organ at a time, supporting the concept of *Ekatva*.
- If *Mana* were to connect with multiple organs simultaneously, the individual would



experience a flood of uninterrupted sensory inputs. This would lead to constant distraction and hinder the decision-making process, making focused attention impossible. Hence, the unity of *Mana* ensures orderly perception and cognition.

### ***Anutva* (Subtlety)**

- *Anutva* refers to the subtle and minute nature of *Mana*, enabling it to transition rapidly between different sensory organs. This quality gives the illusion of simultaneous perception.
- Although *Mana* connects with only one sensory organ at a time, its transitions occur at such a high speed that the gaps between these connections are imperceptible to the individual. This rapidity creates the impression that all sensory inputs are processed at once.



- For instance, consider a newly married couple deeply engaged in a conversation. They remain so focused on each other that they fail to notice people walking by or calling out to them. This occurs because *Mana* selectively focuses on their conversation, momentarily disconnecting from external distractions.

- The subtle nature of *Mana* ensures efficiency in perception and cognition without overwhelming the individual with sensory overload.

### **The Scope of *Mana***

The sphere of *Mana* encompasses thought (*Chinta*), reflection (*Vicharya*), imagination (*Uhya*), contemplation (*Dhyeya*), intention (*Sankalpa*), and emotional states such as happiness (*Sukha*) and sorrow (*Dukha*). Its primary roles include:

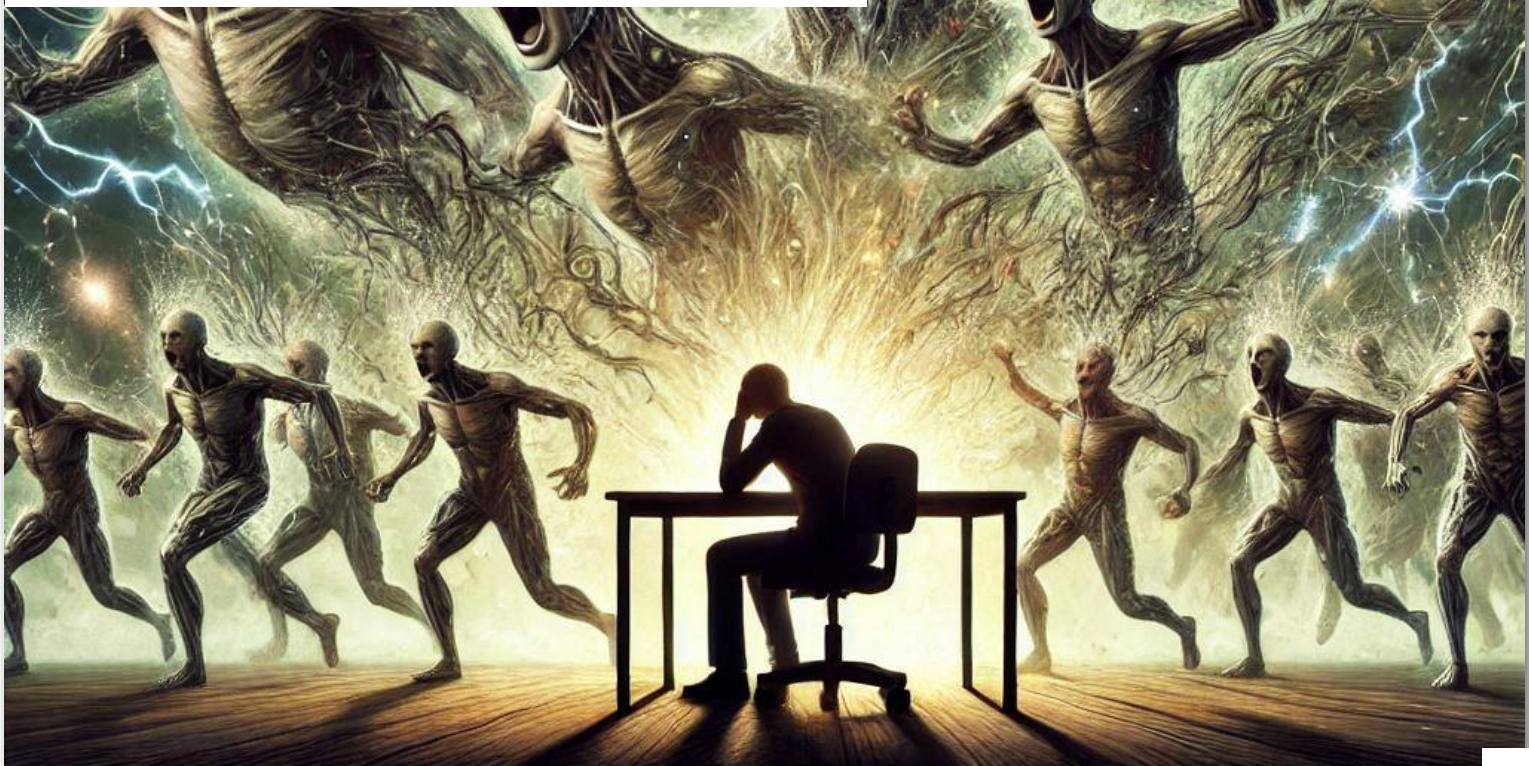
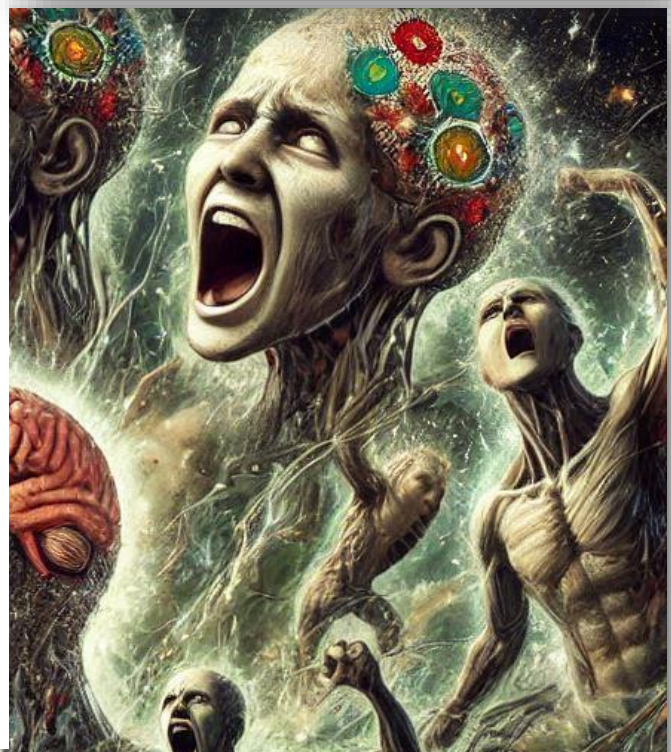
- Governing and controlling the sensory organs (*Indriyabhigraha*).
- Self-regulation (*Swayam Nigraha*).

- Facilitating imagination and analysis (*Uhya* and *Vicharya*).

### **Mana: The Key to Moksha**

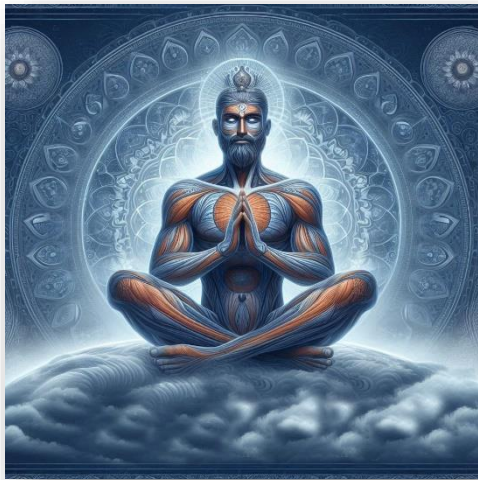
Indian philosophies view *Mana* as pivotal in achieving the goal of life: liberation (*Moksha*). Controlling the restless mind (*Chanchala Chitta*) and directing it toward self-realization is essential for spiritual growth. Through discipline and focus, one can transcend worldly distractions and align *Mana* with the *Atma*, paving the way to *Moksha*.

In conclusion, *Mana* is not merely an abstract concept but a profound tool for navigating the complexities of life and consciousness. Understanding and mastering its qualities of *Ekatva* and *Anutva* unlock the potential for personal growth and spiritual liberation.



# UNDERSTANDING MANASIKA PRAKRUTI: A DEEP DIVE INTO MENTAL CONSTITUTIONS

In the ancient science of *Ayurveda*, the concept of *Prakruti* explains the inherent traits that define an individual's body and mind. While *Sharirika Prakruti* focuses on physical characteristics, *Manasika Prakruti* delves into the mental and emotional aspects of a person. It classifies *Manasika Prakruti* into 16 types, organized into three broad categories based on the dominance of the three *Gunas*: *Satva* – purity, *Rajas* – activity, and *Tamas* – inertia. Understanding these mental constitutions can offer profound insights into human behavior, emotional responses, and personality traits.



## Satvika Prakruti



## Rajasika Prakruti



## Tamasika Prakruti

01.	<i>Brahma Kaaya</i>
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01.	<i>Asura Kaaya</i>
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01.	<i>Pashu Kaaya</i>
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02	<i>Mahendra Kaaya</i>
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02	<i>Sarpa Kaaya</i>
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02	<i>Matsya Kaaya</i>
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03	<i>Varuna Kaaya</i>
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03	<i>Shakuna Kaaya</i>
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03	<i>Vanaspatya Kaaya</i>
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04	<i>Kubera Kaaya</i>
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04	<i>Rakshasa Kaaya</i>
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05	<i>Gandharva Kaaya</i>
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05	<i>Pishacha Kaaya</i>
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06	<i>Yamya Kaaya</i>
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06	<i>Pretha Kaaya</i>
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07	<i>Rishi Kaaya</i>
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## Satvika Prakruti: The Pure and Balanced Mind

Individuals with a *Satvika Prakruti* are often characterized by their peaceful nature, wisdom, and spiritual inclination. They maintain emotional stability, compassion, and strong moral values. This group consists of individuals who thrive in a balanced mental state, focusing on spiritual growth and ethical living.

**BRAHMA  
KAAYA**

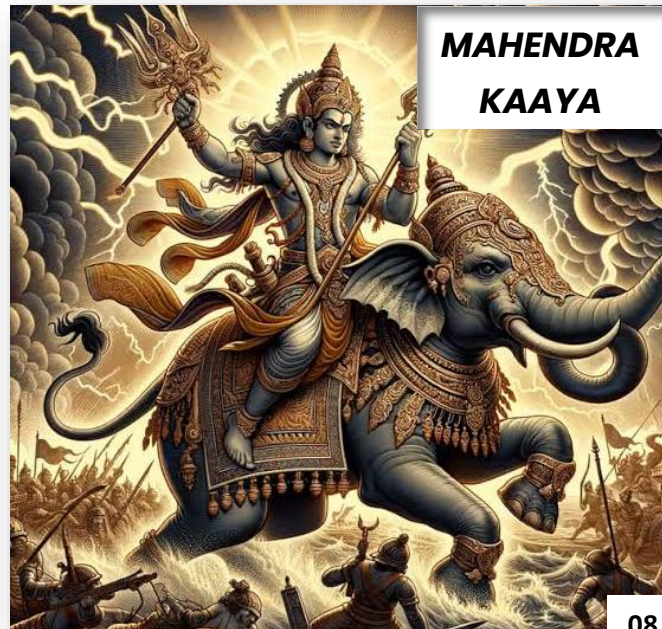


**The Divine and Pure Nature:** These individuals exemplify a range of noble qualities that reflect a refined and enlightened character. They are pure in thoughts and actions, practicing **शौच** and remain deeply committed to truth and honesty, showcasing the virtue of **सत्यप्रतिज्ञ**. With mastery over their senses and desires, they exemplify **जितात्म** and approach every task with careful analysis and thoughtfulness, demonstrating **संविभागिन**.

Their faith in God and spiritual beliefs (**आस्तिक्य**) serves as a guiding force in their lives, and dedicated to the study of the Vedas (**वेदाभ्यासि**). They show respect for teachers (**गुरुपूजन**) and extend warm hospitality to guests (**अतिथि सत्कार्य**). They are involved in performing sacred rituals (**यज्ञ**) and are richly endowed with **ज्ञान, विज्ञान, वचन,** and **प्रतिवचन**. Moreover, they possess an extraordinary memory (**स्मृतिमन्त**) and remain free from negative emotions such as **काम, क्रोध, लोभ, मान, मोह,** and **ईर्ष्या**. These qualities create a harmonious individual who embodies the essence of spiritual and moral excellence.

**The Leader and Protector:** These persons are characterized by qualities that reflect leadership, wisdom, and moral strength. They embody **माहात्म्य** (greatness) and are **ऐश्वर्यवन्त** (possessors of wealth). Their words carry weight and authority, signifying **आदेयवाक**, and they radiate brilliance and vigor, showcasing **तेजस्वी**.

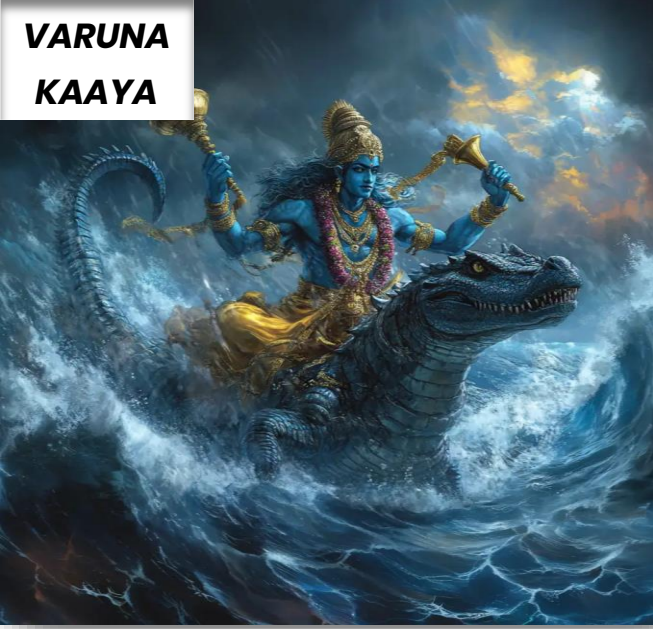
**MAHENDRA  
KAAYA**



Such individuals avoid immoral actions, exemplifying **अक्लिष्टकर्मा**, and possess a visionary mindset with the ability to foresee and plan, representing **दीर्घदर्शी**. They are courageous and exhibit **शौर्य**, while commanding respect and authority through their **आज्ञा** (commanding presence).

With a deep understanding of scriptures and knowledge (**शास्त्रबुद्धि**), they guide others with wisdom and clarity. They take responsibility for their followers, exemplifying **भृत्यभरण**, and live a balanced life by upholding **धर्म**, **अर्थ**, and **काम**, maintaining righteousness, wealth, and desires in harmony. These qualities collectively make them exemplary leaders and custodians of ethical and spiritual principles.

**VARUNA  
KAAYA**



**The Calm and Tolerant:** These individuals are possessing qualities that reflect a balanced, calm, and pleasant nature. They are **शूर**, **धी**, **शुचि** (courageous, wise, and pure), embodying strength of character and clarity of thought. They have a natural preference for consuming cool things, known as **शीतसेवा**, and have a fondness for water-related activities, termed **अम्बोविहार**.

Such individuals demonstrate emotional intelligence by expressing anger or calmness appropriately based on the place and time, reflecting **स्थानकोप-प्रसाद**. They are tolerant and patient, exhibiting **सहिष्णुता**, and are often characterized by **हरिकेशता** (greenish or dark hair). Additionally, they are known for their **प्रियवादिता**, speaking in a pleasant and harmonious manner that endears them to others. These qualities make them graceful, composed, and approachable in all aspects of life

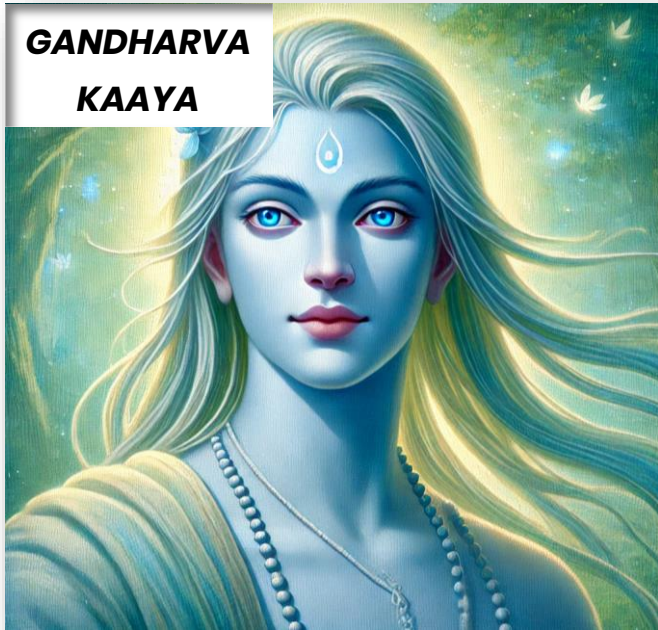
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**The Wealthy and Balanced:** People with this *Prakruti* possess prosperity, stability, and a balanced approach to life. They are endowed with **स्थान, मान, उपभोग, परिवार संपन्नता** (status, honour, material wealth, and strong familial bonds), which contribute to their overall success and fulfillment. They consistently practice **धर्म, अर्थ** and **काम**



Such individuals lead a **सुखविहार** (comfortable and joyful life), marked by contentment and ease. They display **मध्यस्थता** (neutrality) and **सहिष्णुता** (tolerance), allowing them to maintain harmony and fairness in various situations. Known for their ability to accumulate and manage wealth, they exhibit **अर्थस्यागमसंचय**, and they possess **महाप्रसवशक्ति**, symbolizing fertility or the ability to produce and nurture a large family. These qualities make them symbols of abundance, harmony, and responsible living.

**GANDHARVA  
KAAYA**

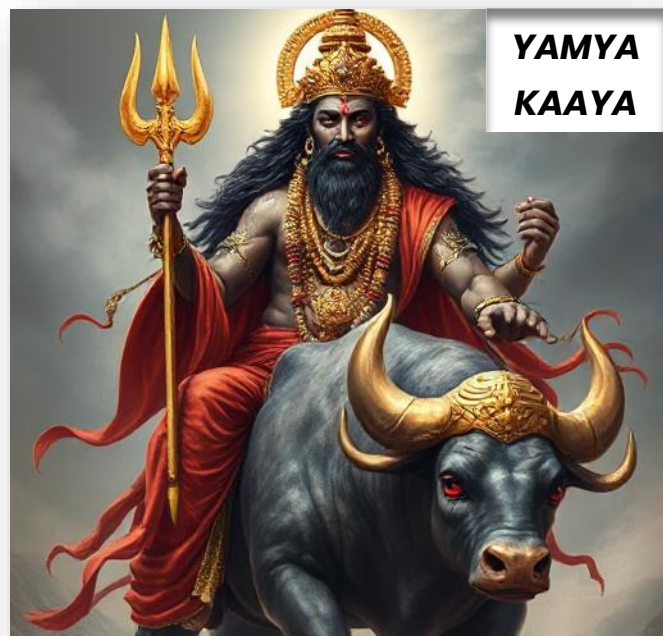


**The Artistic and Joyful:** These individuals are marked by a refined appreciation for beauty, art, and culture. They have a natural **गन्धमाल्यप्रिया** (love for fragrances and garlands) and are deeply drawn to **नृत्य-वादित्र-कामिता** (dance and music). Their adventurous spirit is reflected in their inclination towards **यात्रा** (travel), and they particularly enjoy the charm of **वाद्य** (instrumental melodies).

They are proficient in **श्लोक, कथा, इतिहास, and पुराण** (verses, stories, history, and epics), showcasing their intellectual depth and creative expression. These individuals delight in **गंधमाल्य** and **अनुपलेपन** (perfumes, garlands, fine attire, and decorative elements), reflecting their affinity for elegance and artistic aesthetics. Together, these qualities make them graceful, culturally rich, and vibrant personalities.

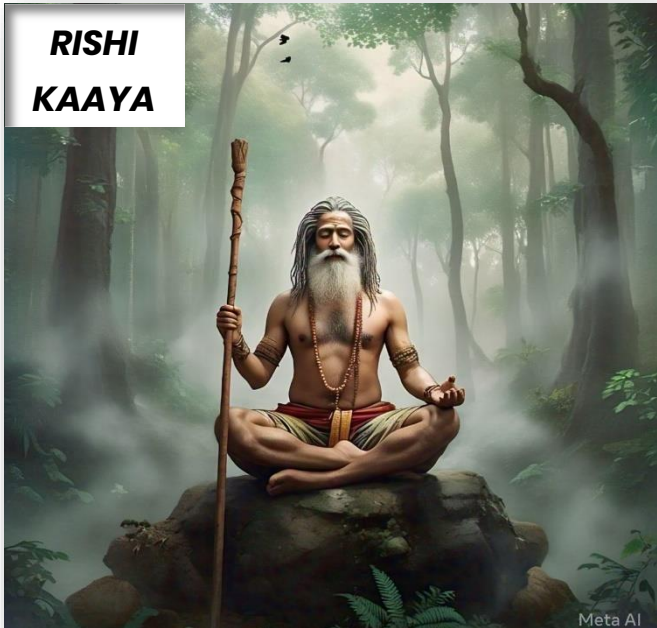


**The Disciplined and Fearless:** A person with this *Prakruti* is characterized by discipline, determination, and moral integrity. They carry out their responsibilities with **लेखास्यवृत्ति** (meticulous behavior and timely action) and are **प्राप्तकारी** (efficient in completing tasks on time). Their **दृढोत्थान** (strong determination) allows them to overcome challenges with unwavering resolve, while their **निर्भय** (fearless) nature ensures they face situations with courage and confidence. They possess **स्मृतिमान्** (good memory) and uphold **शुचि** (cleanliness) and **पवित्र** (purity) in their thoughts, actions, and surroundings. Additionally, they are free from **राग, मोह, मद, and द्वेष**, embodying a balanced and virtuous character. These qualities make them reliable, focused, and morally upright individuals.



**YAMYA  
KAAYA**

**RISHI  
KAAYA**



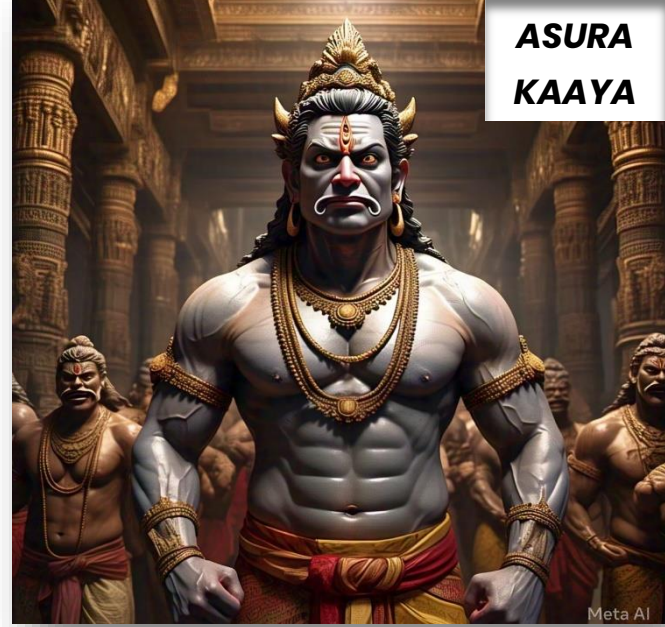
**The Spiritual and Knowledgeable:** A person with *Rishi Kaya* is deeply engaged in spiritual practices and the pursuit of wisdom. They dedicate themselves to **जप & होम** and observe **व्रत** (vows) and **यज्ञ** (sacrificial offerings). Their commitment to spiritual discipline includes **अध्यान** (study) and **ब्रह्मचर्य** (celibacy), reflecting their focus on purity and self-restraint.

Such individuals possess **ज्ञानविज्ञान** (knowledge and wisdom), deeply understanding both material and spiritual realms. They are committed to **अतिथि व्रत** (serving guests), showing kindness and hospitality. Additionally, they are **प्रतिभा, वचन, विज्ञान, धारणा शक्ति संपन्न** (endowed with intelligence, articulate speech, wisdom, and the ability to retain and impart knowledge), making them wise and influential figures. These qualities define them as spiritual leaders and scholars, with a deep connection to divine principles and profound understanding.

## **Rajasika Prakruti: The Active and Ambitious Mind**

Those with a *Rajasika Prakruti* are driven by ambition (*Laalsaa*), desires (*Kaama*), and material goals. They possess an energetic and active nature, but this can sometimes lead to impulsiveness (*Uttejana*) or aggression (*Krodha*). Individuals with this mental constitution often seek constant engagement and stimulation.

**The Aggressive and Powerful:** Individuals with Asura Kaaya are characterized by a powerful, wealthy, and aggressive nature. They are often described as **ऐश्वर्यशाली**, **रौद्र** (fierce), and **चण्ड** (criminal-minded and aggressive). Such people can be **असूया** (envious), and are known for their courage, though it often manifests in an aggressive form. They tend to be **आत्मपूजक** (self-centered and egotistical), with a mindset that prioritizes their own interests above all.



**SARPA  
KAAYA**



**The Cunning and Restless:** Those with Sarpa Kaaya has a sharp and cunning personality i.e. **तीक्ष्ण**, often exhibiting **मायान्वित** (deceptive behavior). Despite their quick wit, they are sometimes **भीरु** (coward) and tend to be **चञ्चल** (restless) particularly when it comes to food and behavior. Their courage becomes evident when they are angry, as they are **क्रुद्धशूरम्**, but they

**अक्रुद्धभीरुं** (cower when not angry). These individuals tend to be **आयासबहुलं** (easily fatigued) and often appear **संत्रस्तगोचरम्** (worried or suffering). They are highly invested in **आहारविहारपरं** (constantly indulging in food and physical activities).

**The Indulgent and Unstable:** People with Shakuna Kaaya are (प्रवृद्ध कामसेवी) primarily driven by indulgence in sensual pleasures and have a nature that is अमरषण (impatient) and अनवस्थायी (fickle-minded). Their lifestyle resembles that of an unrestrained wanderer i.e. अजस्रम् आहार विहार. They are असंचयं (sedentary lifestyles).



**SHAKUNA  
KAAYA**

**RAKSHASA  
KAAYA**



**The Violent and Isolated:** Individuals with Rakshasa Kaaya prefer solitude and are often seen as एकान्त ग्राहिता (preferring solitude). They exhibit धर्मबाह्यता (unrighteous behavior) and tend to be अमर्षिणम् (impatient). These individuals often lack courage and are अनुबन्धकोपं (constantly angry). They are known for छिद्रप्रहारिणं (violence at weak points) and cruelty (क्रूरम्). Their desires often gravitate toward आहारातिमात्र रुचिम् (excessive consumption of meat) and आमिषप्रियतमं (fondness for bribes). Sleep and lethargy also dominate their behavior, as they are स्वप्नायासबहुलम्.

**The Cruel and Shameless:** these individuals often marked by consumption of discarded or impure food (उच्छिष्ट आहार) and display a निर्लज्ज (shameless) nature. They can be तीक्ष्ण (cruel) and are inclined toward impulsive actions (साहस प्रिय). Their eating habits are excessive (महाशनं) and often focused on women (स्त्रैणं, स्त्रीरहस्कामम्). They are unhygienic (अशुचिं) and show a disdain for cleanliness (शुचिद्वेषिणं). Their disposition is generally भीषयितारं (terrifying), and they



**PISHACHA  
KAAYA**

engage in unnatural activities (विकृता विहार आहार शीलं).

### PRETHA KAAYA



**The Greedy and Unhappy:** Individuals with Pretha Kaaya are selfish and lazy, often exhibiting असंविभाग (selfishness) and आलस्य (laziness). They lack the desire to give or help others (अदाता), and are driven by a constant craving for food (आहारकामम्). They tend to engage in अतिदुःख शील आचार उपचारम् (painful rituals) and are marked by extreme jealousy

(असूयकम्). Lust and greed dominate their character, as they are अतिलोलुपम् (lustful) and अकर्मशीलं (unwilling to work).

### Tamasika Prakruti: The Ignorant and Inactive Mind

The Tamasika Prakruti represents a state of ignorance (Ajna), inactivity, and mental inertia. Individuals with this constitution tend to be lethargic (Alasi), disengaged from the world, and susceptible to destructive habits.

**The Dull and Indulgent:** Individuals with this nature are unable to resolve problems (निराकृष्ण). They lack intelligence (अमेधस) and engage in जुगुप्सिताचार (depressed or sad activities). Excess indulgence in sexual activity is common (मैथुनपरं), and they also have a strong inclination towards sleep (स्वप्नशीलं).



### PASHU KAAYA

**The Fearful and Unstable:** This nature is associated with cowardice and foolishness. People with Matsya Satva are often भीरु (cowardly) and मूर्ख (foolish). They are driven by desires (काम), anger (क्रोध), and an insatiable craving for food (आहारलुब्धम्). They are



**MATSYA  
KAAYA**

unstable (अनवस्थितम्) and prone to movement, showing a tendency to wander (अनुषक्त, सरणशीलं). They also have a तोयकामं (desire to consume water) and Their instability (परस्पर अभिमर्दश) often leads to quarrels.

**The Inert and Food-Centered:** Those with this nature are generally अलस (lazy and sluggish) and only interested in food (केवलमभिनविष्टमाहारै). They lack intelligence (सर्वबुद्धयङ्गहीनं), living a life that revolves solely around basic physical needs.



**VANASPATYA  
KAAYA**

## Conclusion

The concept of *Manasika Prakruti* in *Ayurveda* offers a powerful framework for understanding mental and emotional tendencies. By recognizing one's mental constitution, individuals can work towards emotional balance, improve mental well-being, and cultivate harmony (*Samatva*) in their lives. *Ayurveda*'s personalized approach encourages self-awareness (*Atmajnana*), guiding individuals to achieve inner peace (*Antarika Shanti*) and lead more fulfilled lives.

A globe of the Earth is the central focus, showing continents and oceans. It is set against a background of various newspaper clippings, some of which are partially obscured by the globe. The clippings contain text such as "Barcelona gold, it's with a Charlie...", "Michelle...", "You don't...", "SAVE ON A UNID...", "Jussell Hotten...", "Matthew Fletcher...", "airline's res...", "a Brit", "of women's tennis, the CARIBB...", "ups and down...", "where Linford struc...", "proving a winner", "Thinking Trave...", "steal", "You don't...", "skins", "refused", "a unim...", "air...".

# News Bites

A cozy spot for latest updates.

# Guest Lecture on Ayurveda: The Health Science of the Future

On December 23, 2024, Shree Jagadguru Gavisiddeshwara Ayurvedic Medical College, Koppal, hosted a special guest lecture for 1st Professional BAMS students. The event, conducted from 9:00 AM to 11:00 AM, brought together enthusiastic students and faculty members.

The lecture, titled "*Ayurveda: The Health Science of the Future*", was delivered by the renowned **Krishna U.K.**, Director of the Nippon Ayurveda School, Tokyo, Japan.

In his address, Krishna U.K. explored the growing importance of Ayurveda in modern healthcare, emphasizing its potential to integrate ancient wisdom with contemporary scientific advancements. The talk inspired students by shedding light on how Ayurveda can revolutionize global health practices in the years to come.

The event was a resounding success, sparking meaningful discussions and deepening the understanding of Ayurveda's future potential.

## Guest Lecture: Insights into Hormonal Pharmacology

The Department of Dravyaguna organized a compelling guest lecture on December 26, 2024, addressing the topic "**Drugs Influencing Hormones and Associated Treatments.**" The session was designed for the second-phase junior batch and held at the college premises SJG AMC, Koppal, Karnataka.

The speaker delivered an in-depth presentation on the pharmacological regulation of hormones, emphasizing their therapeutic implications. Attendees gained valuable insights into the mechanisms and applications of hormone-influencing drugs.

With active student participation and an interactive Q&A session, the event proved to be an engaging and informative experience. The department continues to host such initiatives



to bridge the gap between theoretical knowledge and its practical application in healthcare.

## Pharmacovigilance Cell Installation and Awareness Program at SJGAMC, Koppal



*December 27, 2024 – Koppal:* The esteemed SJGAMC, Koppal, successfully conducted the Pharmacovigilance Cell installation and awareness program on December 27, 2024. The event was spearheaded by the renowned Dr. R. S. Hiremath and his team from the Pharmacovigilance and Pharmacology Centre (PPVC), KAHER, KLE Ayurveda Medical College, Belagavi.

The program aimed to raise awareness about the importance of pharmacovigilance in ensuring patient safety and monitoring the effects of medical treatments. Dr. Hiremath, along with his

dedicated team, delivered insightful sessions highlighting the significance of adverse drug reaction reporting and promoting a culture of drug safety in Ayurveda practice.

The event witnessed enthusiastic participation from faculty members, students, and healthcare professionals. The presence of the Management, Principal, Vice Principal, and Resource Persons further amplified the success of the initiative. Their unwavering support and cooperation were key to the seamless execution of the program.

SJGAMC's Pharmacovigilance Cell is expected to play a vital role in reinforcing the monitoring and evaluation of drug safety, contributing significantly to improving healthcare outcomes.

The SJGAMC Pharmacovigilance Cell extends its heartfelt gratitude to all stakeholders involved and looks forward to organizing similar events to promote healthcare excellence.



## MANASAM 2024: A National Conference on Mental Health

Koppal, Karnataka – Shree Jagadguru Gavisiddheshwar Ayurvedic Medical College & Hospital successfully hosted **MANASAM 2024 – Mastering the mind**, a National Conference and Workshop focused on mental health, Ayurveda, and holistic healing. The



The event, organized by the **Department of Kayachikitsa & Swasthavritta**, took place on **December 27th and 28th, 2024**.



## A Gathering of Experts and Scholars

The conference brought together distinguished experts in the field of Ayurveda and mental health. Eminent speakers included **Dr. Arpan Bhat**, **Dr. Basavaraj Tubaki**, **Dr. Madhava Diggavi**, and **Dr. Swapna Pandurangi**, who shared their insights on mental wellness and traditional healing practices. **Dr. Yogesh Chandra Mishra** and **Dr. Santosh yadahalli** who joined virtually and shared their valuable insights.

The event was presided over by **Principal Dr. M M Salimath** and **Vice Principal Dr. Suresh Hakkandi**, who provided strong leadership as President and Vice President of MANASAM 2024. A special keynote address was delivered by **Dr. Basavaraj Tubaki**, while **Shree Sanjay Kotbal** served as the Patron of the event. The organizing team, led by **Dr. Prabhu C. Nagalapur** and **Dr. Manjula K. B.**, played a crucial role in ensuring the smooth execution of the conference, at **Shri Shivashantveer Mangala Bhavana, Koppal**.



## Music Therapy and Awareness on Mental Health

One of the highlights of the conference was the **music therapy session**, featuring performances by renowned musicians **Dr. Sampada G**, **Mrs. Sujata Kalmesh**, **Mrs. Keerthi Katti**, **Mrs. Prema VB**, and **Master Nishad Kulkarni**. Their soulful renditions emphasized the therapeutic benefits of music in



mental well-being.

Adding to the impact, **final-year BAMS students** staged a powerful **role play on mental illness**, creatively raising awareness about mental health issues.

### Preconference Sessions and Paper Presentations

The event commenced with a **preconference session on December 27th, 2024** at Vagbhata conference hall SJGAMC. Event started with prayer and condolence to the departed soul Former Prime Minister of India Manmohan Singh. Keynote sessions were delivered by renowned resource persons, including **Dr. Mahesh Salimath, Dr. Mangala Sajjanar, Dr. Amal S. Chandran, Dr. Prabhu C. Nagalapur, and Dr. Somanath S.** A series of **paper presentations** by delegates provided a platform for budding researchers to showcase their work.

### A Grand Success

MANASAM 2024 concluded on a high note, with heartfelt gratitude expressed to all resource persons, participants, and organizers. The conference successfully highlighted the integration of **Ayurveda, mental health, and alternative healing therapies**, reinforcing its significance in holistic healthcare which was given wild range of publicity in all leading newspapers and TV channels.

With its profound discussions, innovative presentations, and interactive sessions, MANASAM 2024 has set a new benchmark for future conferences in the field of Ayurvedic mental health.



## Principal Inspires PG Scholars with a Talk on Inter-Departmental Collaboration



**Koppal, Karnataka: On January 1, 2025,** Dr. Mahantesh M. Salimath, Principal, delivered an insightful and inspiring talk titled "Fostering Inter-Departmental Collaboration for Excellence & the Way Forward." This exclusive session, held at the institution's seminar hall, was attended by

postgraduate scholars and aimed to emphasize the importance of synergy between departments to achieve academic and professional excellence.

Dr. Salimath eloquently highlighted the significance of inter-departmental collaboration as a means of leveraging collective expertise, fostering innovation, and enhancing the learning experience for students. The talk also explored actionable steps for achieving seamless



communication and cooperation among various departments to address challenges and advance institutional goals.

The session witnessed enthusiastic participation from the PG scholars, who actively engaged in discussions and shared their perspectives. This enriching interaction underscored the need for unity and collaboration to create a dynamic and progressive academic environment.

The event was well-received by attendees, who praised Dr. Salimath for his visionary guidance and practical insights, marking the talk as a memorable and motivational beginning to the year.

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## **Labour Inspector Visits Shree Jagadguru Gavisiddeshwara Ayurvedic Medical College, Koppal**

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On January 9, 2025, a crucial meeting was held in the principal's chamber at Shree Jagadguru Gavisiddeshwara Ayurvedic Medical College and Hospital, Koppal. The session was chaired by Labour Inspector Ms. Manjula, who addressed key issues related to obtaining the Labour Licence Certificate for the institution.

The meeting was attended by Principal Dr. M. M. Salimath, Dr. Vishwanath, and Dr. Gururaj. Discussions revolved around ensuring compliance with labour laws and streamlining the certification process to support the institution's operations.

The visit highlighted the institution's proactive approach to regulatory compliance and its



commitment to fostering a legally sound and efficient work environment. The active involvement of the leadership team underscored their dedication to upholding ethical practices in education and healthcare.

# Public Awareness Rally and Free Hearing Aids Distribution and Artificial Limbs Awareness Program

Koppal, Karnataka – January 11, 2025: On the eve of **Shree Gavisiddheswara Jatra 2025**, the **Shree Jagadguru Gavisiddheshwara Ayurvedic Medical College, Post Graduate Studies, Research Centre, and Hospital** organized a **Public Awareness Rally and a Free Hearing Aids Distribution and Artificial Limbs Awareness Program** on January 11, 2025.



The day began with the "**Sakala Chetana Jagruti Nadige**", where students, faculty, and staff participated with enthusiasm.

The rally, which highlighted the importance of Ayurveda and holistic health, passed through the main streets of Koppal, attracting attention with its vibrant banners and slogans.

Rally also involves **Free Hearing Aids Distribution and Artificial Limbs Awareness Program**, which featured

two esteemed Chief Guests: **Prof. M. Pushpavathi**, Director of the All-India Institute of Speech and Hearing, Mysore, and **Shri Mahendra Singhvi**, Director of Mahaveer Limb Centre, Hubli.

**Dr. Mahantesh M. Salimath**, Principal of the college, expressed his heartfelt gratitude to the guests for accepting the invitation and contributing to the success of the event. He reiterated the institution's commitment to societal welfare through initiatives that integrate Ayurveda with modern healthcare practices.

The **Shree Gavisiddheswara Jatra 2025**, an annual cultural and spiritual celebration, served as an ideal platform for these impactful initiatives. The rally and awareness program exemplified the college's dedication to promoting community health and well-being.



## SJG AMC Organized Free Medical Camps on eve of Gavisiddheshwara Jatra 2025

Koppal, January 2025 – On the eve of **Shree Jagadguru Gavisiddheshwara Jatra 2025**, **Shree Jagadguru Gavisiddheshwara Ayurvedic Medical College, Hospital, Post-Graduate Studies & Research Centre, Koppal**, organized free medical service camps to

serve devotees attending the grand event.

The medical camps were set up at **Jatra Yard, Dasoha, and Police Chowk** from **January 11 to January 29, 2025**, operating in three shifts:

**8:00 AM – 1:00 PM**

**1:00 PM – 6:00 PM**

**6:00 PM – 11:00 PM**

Additionally, a **special medical camp** was organized on **January 14-15, 2025**, to assist the **Padayatris**—devotees who travel long distances on foot to attend the Jatra. These camps were stationed at strategic points, including **Bhanapur, Gauri Cement, Kushtagi Road, Kinnal Road, Hiresindogi Road, and Gangavati Road**, operating continuously from **9:00 AM on January 14 to 3:00 PM on January 15**.

### **Dedicated Service to the Public**

The initiative saw enthusiastic participation from the **teaching faculty, postgraduate scholars, and interneers** of the institution, who provided **free medical consultation, treatment, and first aid** to Jatra attendees. Their dedicated efforts ensured that devotees, including elderly individuals and long-distance travellers, received timely medical care.

The free medical service camps reflect the institution's unwavering commitment to **public health and social service**, upholding the principles of **Ayurveda and holistic healing**. The event successfully merged **traditional spiritual devotion with modern healthcare**



support, making the Jatra experience smoother and safer for all devotees.

## **Prof. M. Pushpavaathi, Director of All India Institute of Speech and Hearing, Mysore, Visits Shree Jagadguru Gavisiddeshwara Ayurvedic Medical College**

*Koppal, Karnataka – January 11, 2025:* The **Shree Jagadguru Gavisiddeshwara Ayurvedic Medical College, Post Graduate Studies, Research Centre, and Hospital** had the privilege of hosting **Prof. M. Pushpavathi**, Director of the **All-India Institute of Speech and Hearing, Mysore**, on eve of **Shree Gavisiddheswara Jatra 2025** celebrations.



Prof. Pushpavathi began her visit by addressing the **Postgraduate Scholars** of the institution. Her talk focused on advancements in speech and hearing sciences and their integration with holistic healthcare practices. The session was deeply insightful, inspiring the PG scholars to adopt innovative approaches in their academic and clinical pursuits.

Following her interaction with the students, Prof. Pushpavathi met with the institution's **Chairman, Shri Sanjay Kotbal**, along with **Principal Dr. Mahantesh M. Salimath** and **Vice Principal Dr. Suresh Hakkandi**. The meeting highlighted the seamless and successful organization of the **Koppal Jatra**, a testament to the Gavimath's dedication to blending cultural heritage with public service.

Impressed by the college's initiatives, Prof. Pushpavathi engaged in a meaningful discussion about implementing her innovative ideas to further enhance the college's academic programs and healthcare services. Her suggestions focused on improving accessibility to speech and hearing aid technologies and strengthening interdisciplinary approaches to Ayurvedic healthcare.

The leadership team, including the Chairman and Principal, expressed enthusiasm for her ideas and committed to exploring their implementation in upcoming projects and programs. Prof. Pushpavathi commended the institution's efforts in advancing community welfare through such initiatives.

Her visit was a source of great inspiration, leaving a lasting impact on the faculty, scholars, and leadership of the institution.

# Blood Donation Camp Held by Shree Jagadguru Gavisiddheshwar Ayurvedic Medical College in Koppal: A Total of 1003 Units Donated



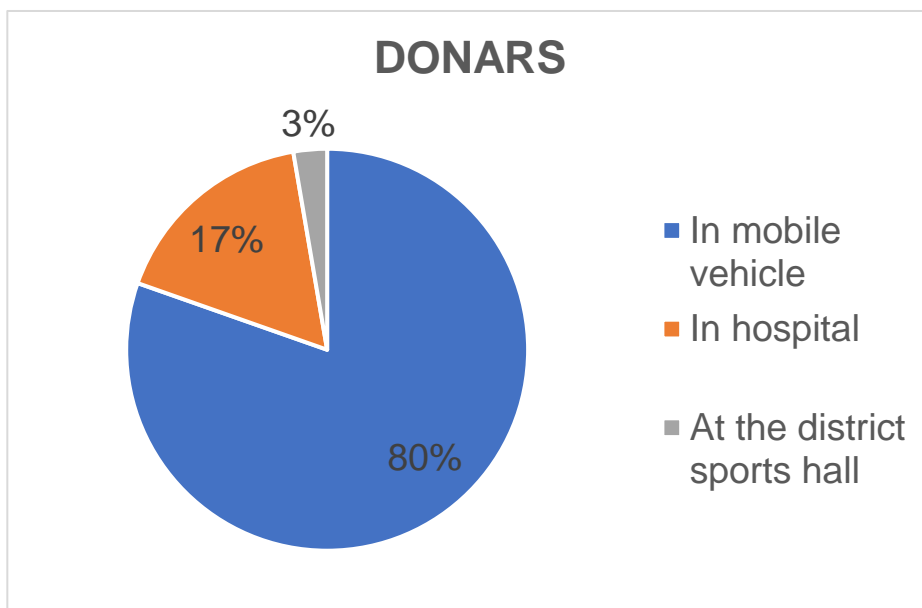
Koppal, January 18, 2025: A blood donation camp was successfully held at Shree Jagadguru Gavisiddheshwar Ayurvedic Medical College, Koppal, from January 14 to January 18, 2025, in association with the Indian Red Cross Society, Koppal. The camp was organized on the eve of Shree Gavisiddheshwara Jatra Mahotsava, with an overwhelming response from the community.

Over the span of four days, a total of **1003 units of blood** were donated by generous individuals who participated in the camp. The camp included donation stations both in a mobile vehicle and at the hospital, as well as a blood donation station at the district sports hall.

## Detailed Statistics:

From Jan 15<sup>th</sup> to 29<sup>th</sup> 2025

- In mobile vehicle: 807
- In hospital: 169
- At the district sports hall: 27
- **Total donations: 1003**



The mobile blood donation vehicle, a key feature of the camp, allowed donors to conveniently contribute without having to visit the hospital. The hospital donation center and the district sports hall also provided dedicated spaces for people to donate, further increasing participation.



## A Huge Success in Community Engagement:

The event saw an outpouring of support from residents, students, and professionals who came together to contribute to this noble cause. The camp not only helped to replenish critical blood supplies but also raised awareness about the importance of blood donation and its life-saving potential.

“We are extremely grateful to all the donors who came forward to donate blood and to the Indian Red Cross Society for their continuous support in organizing such events. This camp was a great success and showed the power of community spirit,”

The blood donation camp concluded on a high note, having met its goals of both providing valuable blood donations and fostering a spirit of giving within the community.

## SAMSKARA 2025: A Grand Postgraduate Orientation Program at SJG AMC

**KOPPAL:** Shree Jagadguru Gavisiddeshwara Ayurvedic Medical College & Hospital, Koppal, recently conducted **SAMSKARA 2025**, a Postgraduate Orientation Program, marking another milestone in its legacy of nurturing excellence in Ayurvedic education.

The event was held on **January 24, 2025**, at the **Vagbhata Hall** of the college. It served as a formal introduction to the institution’s mission, vision, and academic culture for the newly admitted postgraduate students.



### Ceremonial Opening with Dignitaries

The program commenced with the lighting of the ceremonial lamp, symbolizing enlightenment, and knowledge, in the presence of distinguished guests and faculty members. The event was inaugurated by the college principal, **Dr. Mahantesh M. Salimath**, whose opening remarks emphasized the importance of blending traditional Ayurvedic knowledge with modern healthcare advancements.

The occasion was graced by **Dr. Shivakumar Solabannavar**, a renowned healthcare expert, as the **Chief Guest**, and **Dr. Shravankumar Kerur**, Principal of BGMIT Mudhol, as the **Guest of Honour**. Both speakers inspired the audience with their insights into the growing relevance of Ayurveda and the critical role of postgraduates in advancing this ancient science.



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## Highlights of the Program

- **Vice Principal's Address:** Vice Principal **Dr. Suresh N. Hakkandi** welcomed the attendees and presented an overview of the institution's illustrious history and commitment to quality education and research.

- **Keynote Address:** Dr. Veerayya Hiremath delivered a thought-provoking keynote address, emphasizing the need for continuous learning and research in Ayurveda.
- **Senior PG Scholars' Experiences:** Senior students shared their journeys, providing valuable guidance and motivation to the new batch of scholars.
- **Interactive Sessions:** The event featured interactive sessions to help students integrate into the academic and cultural ethos of the institution.
- **Vote of Thanks:** The program concluded with a vote of thanks delivered by Dr. Somnath, expressing gratitude to the organizers, faculty, and participants who contributed to making SAMSKARA 2025 a memorable and enriching experience.

The program concluded with a vote of thanks, expressing gratitude to the organizers, faculty, and participants who contributed to making SAMSKARA 2025 a memorable and enriching experience.

## A Vision for the Future

SAMSKARA 2025 underscored the college's commitment to preparing future leaders in Ayurveda. By fostering an environment of academic excellence, research, and community

service, Shree Jagadguru Gavisiddheshwara Ayurvedic Medical College continues to set benchmarks in Ayurvedic education, inspiring students to embrace their roles as torchbearers of this ancient science in modern healthcare.

## Department of Kaumarabhritya Conducts Free Health Checkups and Anemia Screening for School Children

**Koppal, Karnataka** – The Department of Kaumarabhritya has been actively engaged in promoting children's health and well-being through a series of free medical health checkups and anemia screening programs. These initiatives aim to ensure early diagnosis and timely intervention for school children.



Talagal, Karnataka, India  
92h3+gqh, Komalapur Road, Danaraddi Layout, Talagal, Tadkal,  
Karnataka 583238, India  
Lat 15.378703° Long 76.016967°  
09/01/25 11:05 AM GMT +05:30

### Health Checkup at Jnanadaahi English Medium School

On **January 9, 2025**, the department conducted a **free medical health checkup** for approximately **199 students** of **Jnanadaahi English Medium School, Talagal**. As part of this initiative, children were provided with **Balaraksha Kits**, aimed at enhancing their immunity and overall well-being.

### Health Screening on National Ayurveda Day

To mark the **9th National Ayurveda Day**, on **October 28, 2024**, the Department of Kaumarabhritya organized another **free medical health checkup** at **Lions Swami Vivekananda English Medium School, Koppal**. Around **800 students** benefited from the program, reinforcing the importance of Ayurveda in preventive healthcare.



Koppal, Karnataka, India  
Koppal, B.t.patil Nagar, Koppal, Karnataka 583231,  
India  
Lat 15.351664° Long 76.159672°  
07/01/25 12:41 PM GMT +05:30

### Anemia Screening & Awareness Program

On **January 22 and 23, 2025**, the department participated in an **Anemia Screening & Awareness Program** held at **Shankaracharya Mata, Bhagyanagar, Koppal**. A total of **200 children** were screened for anemia, out of which **7 were diagnosed with the condition**. These children received appropriate medical treatment and guidance for improving their health.

### Commitment to Children's Health

Through these efforts, the Department of Kaumarabhritya continues to play a crucial role in

promoting child healthcare by emphasizing early detection, preventive measures, and holistic well-being. These initiatives highlight the significance of regular health checkups and Ayurveda-based interventions in ensuring a healthier future for young students.

Local authorities, school administrations, and parents have appreciated the department's dedicated efforts in safeguarding children's health. The department aims to conduct more such programs in the future to expand its reach and impact in the community.

## **Orientation Program on Hospital Infection Control**



Shree Jagadguru Gavisiddheshwara Ayurvedic Medical College & Hospital, Koppal, successfully conducted an orientation program on *Hospital Infection Control* on January 24, 2025. The event was held in the Multipurpose Hall at 12:00 PM and witnessed active participation from hospital staff, PG scholars, and interneees.



The session was led by **Dr. Shivakumar Solabannavar**, who provided an in-depth overview of infection control measures essential for maintaining hospital hygiene and patient safety.

The interactive lecture highlighted critical strategies for preventing infections and emphasized their importance in a healthcare setting.

The orientation program was an engaging and informative event, reflecting the institution's commitment to upholding high standards of healthcare practices.

## **SJGAMC, Koppal Secures CCRAS SPARK Research Grant**

Koppal, January 18, 2025 – Sri Jagadguru Gavisiddheshwara Ayurvedic Medical College, Koppal, has once again demonstrated its commitment to academic excellence and research by securing the **CCRAS SPARK Research Grant for the year 2024-25**. This prestigious grant has been provided to **Anushree Ullatti, a 2nd-year BAMS student**, under the guidance of **Dr. Prabhu C. Nagalapur**, Professor and Head of the Department of Swasthavritta & Yoga.

The achievement was celebrated with great enthusiasm by the institution's management, including chairman **Shree Sanjay Kotbal**, beloved **Principal Dr. Mahantesh M. Salimath**, and **Vice Principal Dr. Suresh Hakkandi**. They extended their heartfelt congratulations to Anushree Ullatti and Dr. Prabhu C. Nagalapur for their dedication to research in Ayurveda.

All faculty of SJGAMC, expressed their pride and extended their best wishes to Anushree Ullatti for her research journey.

## Republic Day Celebrations at SJGAMC, Koppal



Koppal, January 26, 2025 – Sri Jagadguru Gavisiddheshwara Ayurvedic Medical College, Koppal, celebrated the 76th Republic Day with great enthusiasm and patriotic fervor. The event, held on the college premises, was attended by faculty members, students, and dignitaries.

The celebration commenced with the hoisting of the national flag, followed by the rendition of the national anthem. The gathering then witnessed an inspiring speech by **Dr. Vishwanath**, who highlighted the significance of

Republic Day and the values enshrined in the Indian Constitution. He emphasized the role of students in shaping the nation's future and encouraged them to uphold ethical and moral values.



**Dr. K.B. Hiremath**, in his address, shed light on the progress India has made since becoming a Republic. He spoke about the importance of Ayurveda in modern healthcare and students to take pride in their profession while contributing to the well-being of society.

The event concluded with a **presidential speech by Principal Dr. Mahantesh M. Salimath**, who applauded the efforts of students and faculty in organizing the celebrations. He reiterated the importance of discipline, dedication, and service to the nation.

## SJGAMC Koppal Shines at Janaka-25 National Conference



Dr. Veerayya Hiremath, a distinguished faculty member of SJG Ayurvedic Medical College, Koppal, graced the prestigious Janaka-25 Shalakyatantra National Conference and Workshop as the chief guest for the valedictory ceremony on January 6, 2025. The event was hosted by Shri Vijay Mahantesh Ayurvedic Medical

College (SVMAMC), Ilkal, and focused on advancements in Shalakyatantra.

A proud moment for SJGAMC was the recognition of Dr. Shashikala Khadabadi and postgraduate scholar Dr. Jyoti, who received the Best Paper Presentation Award for their outstanding research contributions. Their achievement reflects the commitment to academic excellence upheld by the institution.



A strong delegation of 14 members from SJGAMC participated in the conference. This included 3 faculty members, 5 postgraduate scholars, and 2 undergraduate students who presented scientific papers, showcasing their expertise and innovative research in Ayurveda.

The conference provided a platform for knowledge exchange and highlighted the college's active role in contributing to the field of Shalakyatantra.

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## **Blood Donation Camp Organized by SJGAMC Gains Support from Koppal District Drug Dealers' Welfare Association and the All-India Organization of Chemists and Druggists**

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*Koppal, 24 January 2025* – A voluntary blood donation camp was successfully organized by Sri Jagadguru Gavisiddheshwara Ayurvedic Medical College (SJGAMC), Koppal, in collaboration with the Indian Red Cross Society, District Branch, Koppal Blood Centre. The initiative, which began under the leadership of SJGAMC, later received support from the Koppal District Drug Dealers' Welfare Association and the All-India Organization of Chemists and Druggists on 24 January, further strengthening the cause.

A total of **59 donors** came forward to contribute blood in a **mobile blood collection vehicle**, demonstrating the community's commitment to healthcare and humanitarian efforts. The event was graced by the presence of **Dr. Srinivasa Hattie**, General Secretary of the Welfare Association, **Dr. Gavisiddanagowda G. Patil**, Director, and **Mr. Venkatesa Rathoda**, Koppal District Drug Control Officer.

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## **PRASRAVANA-2025: The Vital Flow**

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Shri Jagadguru Gavisiddheshwar Ayurvedic Medical College & Hospital, Koppal, Karnataka, proudly presents **PRASRAVANA-2025**, a **National Seminar on Mutravaha Srotas**, taking place on **February 13th & 14th, 2025**. This seminar offers an in-depth exploration of urinary health, integrating **traditional Ayurvedic principles with modern medical advancements**.

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

**PRASRAVANA-2025**  
*The Vital Flow*

NATIONAL SEMINAR ON MUTRAVAHA SROTAS  
ORGANIZED BY  
DEPARTMENT OF RACHANA SHAREERA,  
KRIYA SHAREERA, KAYACHIKITSA, PANCHAKARMA &  
SHALYA TANTRA

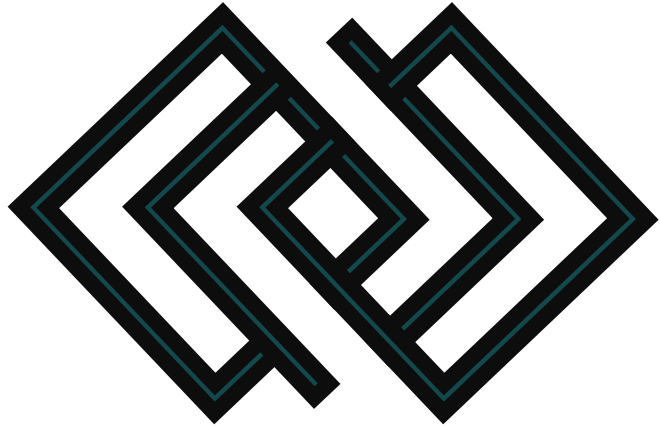
ON 13<sup>TH</sup> & 14<sup>TH</sup> FEBRUARY 2025  
VENUE  
SHRI SHIVASHANTVEER MANGALA BHAVANA  
KOPPAL-583231, KARNATAKA

Participants will gain insights into the **anatomy, physiology, clinical significance, diagnosis, and therapeutic approaches** related to Mutravaha Srotas.

The event will feature **keynote sessions by esteemed experts, panel discussions, research paper and poster presentations, and specialized interventions** for managing urinary disorders. Attendees will have the opportunity to engage with leading scholars and practitioners, enhancing their understanding of **surgical and therapeutic procedures** while networking with professionals in the field.

Designed for **UG and PG students, Ayurveda practitioners, and researchers**, PRASRAVANA-2025 aims to foster knowledge exchange and innovation. The **registration fees** are ₹1500 for UG students, ₹1800 for PG/Interns and ₹2000 for Ph.D. scholars, faculty, and practitioners.

The seminar will be held at **Shri Shivashantveer Mangala Bhavana, Koppal, Karnataka**. To register, scan the QR code or email [sigprasravana2025@gmail.com](mailto:sigprasravana2025@gmail.com). For any queries, contact **+91 9164587676, 9485442136**. Do not miss this opportunity to deepen your expertise in **Ayurvedic urology and holistic health management!**



# Knowledge Hub

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

# REGIMENS OF HEMANTA

Dr. Savita Akki

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Adityas are the shining objects in the sky, including the sun, planets, stars, and other celestial bodies. The five **Mahabhutas** (fundamental elements) are **Prithvi (earth)**, **Ap (water)**, **Tejas (fire)**, **Vayu (air)**, and **Akasha (space)**. All things in the universe are created through the combination of these elements. Everything in the universe is constantly undergoing change.

The transition from one condition to another is called "**Kāla**" (**Time**), which signifies both age and seasonal changes. Everything in the cosmos, from planets to the minutest substances, undergoes transformation in an orderly manner. Changes in the atmosphere occur in a systematic pattern, forming **seasons**, which in turn influence the physical bodies of all living beings. These changes are **inexorable (unavoidable)** and occur continuously. Due to these transformations, the body experiences different conditions such as aging, variations in the properties of substances (like taste and potency), and the formation of beneficial or harmful effects.

To facilitate understanding, eternal, and continuous time has been subdivided into various arbitrary divisions.

"**Ritu**" means **season**, and "**Charya**" means **regimen**. The regimen that is beneficial for everyone, including dietary and lifestyle practices, in response to changing climatic conditions is known as **Ritucharya**.

India experiences six different seasons in a year, classified as:

1. **Varsha Ritu** (Monsoon)
2. **Sharad Ritu** (Autumn)
3. **Hemanta Ritu** (Pre-Winter)
4. **Shishira Ritu** (Winter)
5. **Vasant Ritu** (Spring)
6. **Grishma Ritu** (Summer)

These seasons are further divided into **two Ayans (solstices)** based on the sun's movement:

- **Uttarayana** (Shishira, Vasant, and Grishma) – Also known as **Adana Kala**, where the sun gradually takes away the strength of people.
- **Dakshinayana** (Varsha, Sharad, and Hemanta) – Also known as **Visarga Kala**, where the moon's influence increases, strengthening the body.

## HEMANTA RITU (PRE-WINTER SEASON)

### Months

- According to the **Hindu calendar**, Hemanta Ritu falls in **Margashirsha (Agrahayana)** and **Pushya months**.



- According to the **Gregorian calendar**, it extends from **November 15 to January 15**.

### Effects of Hemanta Ritu on Doshas

- The medicinal properties of herbs and substances are enhanced due to seasonal influences.
- Water becomes clear, unctuous, and heavy.
- Sun rays are mild due to mist and ice in the atmosphere.
- Accumulation of **Kapha Dosha** occurs due to the predominance of **Madhura Vipaka (sweet post-digestive effect), Guru (heavy), Sheeta (cold), and Snigdha (unctuous) qualities**.

### General Conditions of the Body

1. **Predominant Rasa (Taste)** – Madhura (Sweet)
2. **Predominant Mahabhutas (Elements)** – Prithvi (Earth) and Ap (Water)
3. **Predominant Gunas (Qualities)** – Snigdha (Unctuous), Sheeta (Cold), Guru (Heavy)
4. **Effect on Doshas** – Pitta is pacified (**Pitta Prashamana**)
5. **Body Strength (Deha Bala)** – Maximum (**Pravara**)
6. **Digestive Fire (Agni Bala)** – Maximum (**Pravara**)

### Effects of Hemanta Ritu on the Body

- Winds are **mild, not too dry or harsh**.
- The **moon** is more powerful than the **sun**, reducing the earth's heat through **clouds, rain, and cold winds**.
- **Unctuousness** increases in the environment.
- **Sour, salty, and sweet tastes** are predominant, enhancing physical strength.
- The **digestive fire (Agni)** is at its peak, burning away **Rasa Dhatus (nutrients)** rapidly. If proper food (fuel) is not consumed, the body may suffer.

### CLIMATIC CONDITIONS

- Cold **northern winds** with **dust and smoke** fill the atmosphere.
- The **sun remains covered** with mist.
- **Lakes and water bodies freeze**.
- **Nights are longer**, leading to early-morning hunger.

### DIETARY RECOMMENDATIONS (Pathya Ahara)

- **Snigdha, Amla, and Lavana Ahara** (Oily, sour, and salty foods)
- **Warm (Ushna) foods**

- **Meat from aquatic and marshy animals (Anoopa Mamsa)**
- **Meat soup (Mamsa Rasa) prepared with ghee**
- **Alcoholic preparations made from molasses and rice flour (Sura)**
- **Pastries made from wheat (Godhuma)**
- **Black gram (Masha)**
- **Sugarcane juice (Ikshu Rasa)**
- **Milk and dairy products (Ksheera and Ksheera Dravyas)**
- **Newly harvested grains (Navanna)**
- **Sesame oil (Tila Taila)**
- **Bone marrow (Vasa)**

### **LIFESTYLE RECOMMENDATIONS (Pathya Vihara)**

1. **Regular exercise (Vyayama)**
2. **Warm water baths with herbal decoctions**
3. **Application of saffron paste (Kumkuma Lepana)**
4. **Fumigation with Agarwood (Agaru Dhupana)**
5. **Use of hot water (Sukhodaka) for cleansing**
6. **Wearing warm clothes and blankets (Ushna & Laghu Pravara)**
7. **Applying Agarwood paste (Agaru Lepana)**
8. **Sun exposure in moderation (Yuktyarkakiranaan)**
9. **Wearing footwear (Padatranam)**
10. **Engaging in sexual activity (Vyavaya)**
11. **Staying in underground rooms (Bhugarbhagriha)**
12. **Sleeping on beds covered with silk or antelope hide**
13. **Practicing wrestling (Niyuddha)**

### **Other Recommended Practices**

1. **Oil massage (Abhyanga)**
2. **Applying oil to the head (Murdha Taila)**
3. **Body massage with Vatahara oils (Vimardana)**
4. **Sweat-inducing therapy (Jentaka Sweda)**

## THINGS TO AVOID (Apathya Ahara & Vihara)

### Unwholesome Foods

7. **Vata-aggravating foods** (Light, cold, dry foods)
8. **Cold beverages (Sheeta Jala)**

### Unwholesome Activities

7. **Exposure to strong cold winds**
8. **Daytime sleep (Divaswapna)**

## CONCLUSION

Health is a **dynamic state** that constantly undergoes change due to **internal** and **external factors**. The body needs to be protected from **seasonal variations** and **aggravation of Doshas** caused by improper lifestyle and diet. By **following Ritucharya**, one can **adapt to seasonal transitions effectively**, thereby preventing seasonal disorders and maintaining good health.



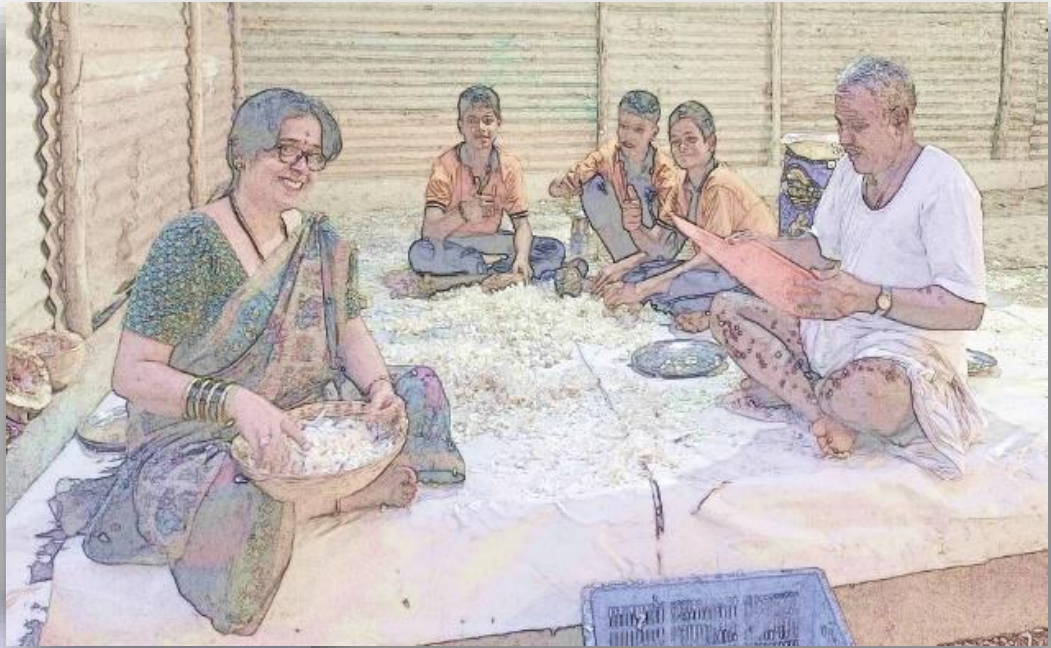
# Creative corner

*Celebrating artistic flair and originality*

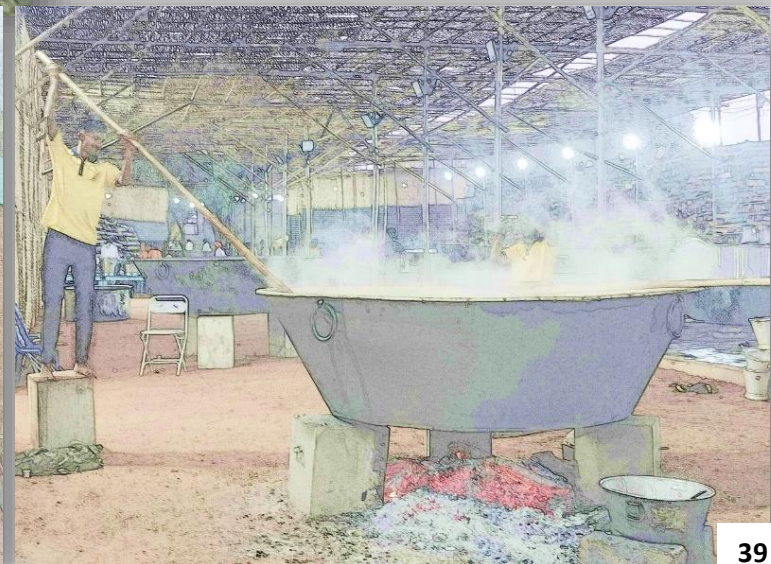


The world through

# PHOTOGRAPHY



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Where words take flight

# FROM THOUGHT TO VERSE

## ಸುಗ್ಗಿ - ಸಂಭ್ರಮ

ಸುಗ್ಗಿಯ ಸಂಭ್ರಮ ಪರಿಶ್ರಮದ ಸಂಕೇತ  
ಸಿಹಿಯ ಭೋಗಿ ಉಣ್ಣುವನು ಕಹಿ ಸಹಿಸಿದಾತ  
ಬೆಳೆ ಫಲಿಸುವಲ್ಲಿ ಕಳೆ ಕೊಳೆ ಸುತ್ತ  
ಸದ್ಭಾವಕೆ ಸಮೃದ್ಧಿಯ ನೀಡುವಾತ  
ನಮ್ಮ ಶ್ರೀ ಗವಿಸಿದ್ವೇಶ ಮಂಗಳದಾತ  
ನಮ್ಮ ಶ್ರೀ ಗವಿಸಿದ್ವೇಶ ಮಂಗಳದಾತ

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## ಜಾತ್ರಾ - ಯಾತ್ರಾ

ಸಂಭ್ರಮದ ಜನಸಾಗರ  
ಅದ್ಭುತ ಸೇವಾ ದರ್ಶನ  
ಅನ್ನ ಆಶ್ರಯ ಅಕ್ಷರದ ನಿತ್ಯೋತ್ಸವ  
ಅನ್ನ ಆಶ್ರಯ ಅಕ್ಷರ ಆರೋಗ್ಯದ ನಿತ್ಯೋತ್ಸವ  
ಭಕ್ತಿಭಾವ ಸಂತಸದಿ ಒಗ್ಗೂಡಿಸಿತು ಮಹಾರಥೋತ್ಸವ  
ಆಂತರ್ಯದ ಅರಿವಿನ ಜ್ಞಾನ ದೀಪೋತ್ಸವ  
ಶ್ರೀ ಜಗದ್ಗುರು ಗವಿಸಿದ್ವೇಶ್ವರರ ಜಾತ್ರಾ ಮಹೋತ್ಸವ

\*\*\*\*\*

ಡಾ.ಆಶಾ ಎಸ್.ಎ.

ಸಹ ಪ್ರಾಧ್ಯಾಪಕರು,

ಸ್ವಸ್ಥವೃತ್ತ ಮತ್ತು ಯೋಗ ವಿಭಾಗ

ಶ್ರೀ ಜಗದ್ಗುರು ಗವಿಸಿದ್ವೇಶ್ವರ ಆಯುರ್ವೇದ ಮೆಡಿಕಲ್ ಕಾಲೇಜು ಮತ್ತು ಆಸ್ಪತ್ರೆ,

ಕೊಪ್ಪಳ

# ಆಯುರ್ವೇದದ ನಡೆ, ಸ್ವಾಸ್ಥ್ಯದ ಕಡೆ.

ಬ್ರಹ್ಮನ ಸ್ಮೃತಿಯಿಂದ ಸೃಷ್ಟಿ,

ಅಮೃತದಂತೆ ಇದು ನಮ್ಮೆಲ್ಲರ ದೃಷ್ಟಿಯಲ್ಲಿ.

ವಿಪರೀತ ವಿಪರೀತಾರ್ಥಕಾರಿ ಚಿಕಿತ್ಸೆ ಹೊಂದಿದ ದೈವೀ ಶಕ್ತಿಯ ವರ,

ಪ್ರಮ್ ಪಿಡಿಯಾಟ್ರಿಕ್ಸ್ ಟು ಜೆರಿಯಾಟ್ರಿಕ್ಸ್ ಇದು ಎಲ್ಲರ ಪರ.

ರಸಾಯನ ವಾಚಿಕರಣ ಸ್ವಸ್ಥನಿಗೆ,

ವೈದ್ಯನ ಯುಕ್ತಿಯ ಚಿಕಿತ್ಸೆ ಆತುರನಿಗೆ.

ಬ್ರಹ್ಮ ವಿಷ್ಣು ಮಹೇಶ್ವರರಂತೆ ವಾತ ಪಿತ್ತ ಕಫಗಳ ಕರ್ಮ,

ಅವರಣದಂತೆ ಕೆಲವೊಮ್ಮೆ ಭಾಸ ವಾದರು ಅರ್ಥೈಸಿ ಕೊಂಡವನಿಗೆ ಗೊತ್ತು ಅದರ  
ಮರ್ಮ.

ಬೃಹತ್ರಯಿ ಲಘುತ್ರಯಿಗಳ ಆಶೀರ್ವಾದ ನಮ್ಮ ಮೇಲೆ ಸದಾ ಇರಲಿ,

ಕಾಲ ಚಕ್ರ ಮರಳಿ ತನ್ನ ಸ್ಥಾನಕ್ಕೆ ಬರುವಂತೆ ಜನರಿಗೆ ಈ ವೈದ್ಯಕೀಯ ವಿಭಾಗ  
ಮನದಟ್ಟಾಗಲಿ,

ಆಯುರ್ವೇದಿಕ್ ಭಿಷಕ್ ಪಟ್ಟವು ನಮ್ಮ ರಚನಾ ಹಾಗೂ ಕ್ರಿಯಾ ಶರೀರಕ್ಕೆ  
ಕಾರಣಿಕೃತರಾದವರಿಗೆ ಹರುಷ ವನ್ನು ತಂದು ಕೊಡಲಿ.

ಡಾ|| ಪ್ರತಿಮಾ ಪಾಟೀಲ್.ಸಿ.ಜಿ



# GAVIKALPATARU Ayurveda E - Magazine

January 2025 | Edition 03

“To succeed in your mission, you must have single minded devotion to your goal”

– Abdul Kalam