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**SHREE JAGADGURU GAVISIDDHESHWARA AYURVEDIC
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STUDIES & RESEARCH CENTRE, KOPPAL – 583231**
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GAVI KALPATARU

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March 2025 | Edition 05

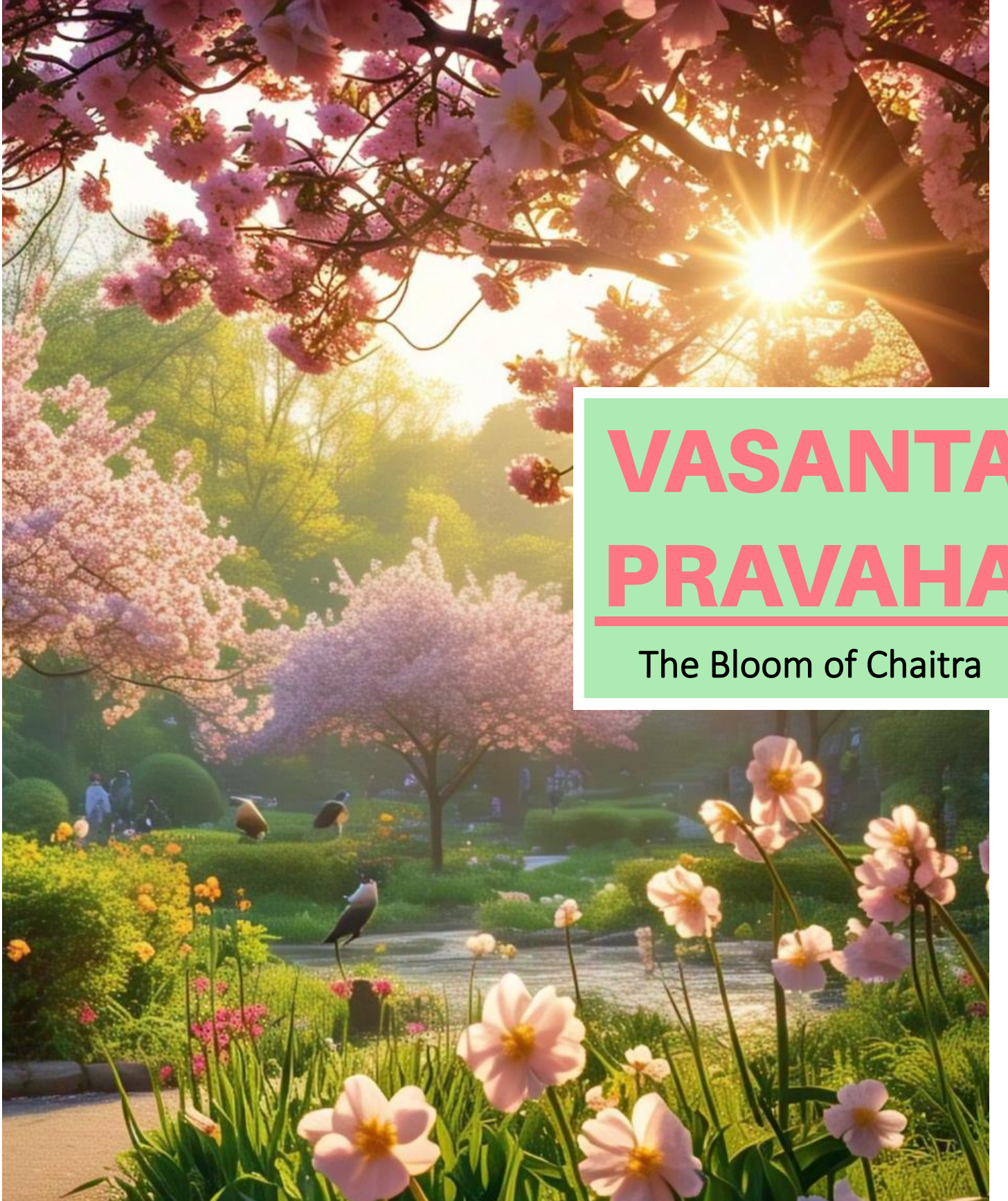
April 12, 2025



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GAVI KALPATARU

March 2025 | Edition 05



VASANTA PRAVAHA

The Bloom of Chaitra



GAVIKALPATARU

MARCH 2025/ EDITION 05

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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
March Edition, 2025

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Principal & Editor's Letter



Dear Readers,

As we step into the vibrant and rejuvenating month of **March**, I extend my heartfelt greetings to all students, faculty, and readers of **Gavi Kalpataru**. This edition is dedicated to **Vasanta Pravaha** – the gentle yet powerful flow of spring that symbolizes renewal, vitality, and well-being.

Vasanta Ritu (spring season) is a time of transformation, when nature awakens with fresh energy, and Ayurveda guides us to adapt our lifestyles for balance and rejuvenation. Just as the earth blossoms with new life, it is also a season for self-care, purification, and embracing health-conscious practices. This theme holds special significance as we also focus on **women's well-being**, recognizing the vital role of holistic health in nurturing both individuals and society.

In this edition, we bring you insightful perspectives on seasonal wellness, Ayurvedic wisdom, and the profound connection between *Vasanta Ritu* and feminine vitality. I commend the editorial team for their dedication in curating a collection of thought-provoking articles, creative expressions, and valuable knowledge that enrich our understanding.

May this issue inspire you to align with nature's rhythm and embrace a lifestyle of health, harmony, and holistic growth.

Wishing you all a season of renewal, wisdom, and well-being.

Warm regards,

Dr. M. M. Salimath
Principal & Chief
Editor

CHAITRA MASA: THE DAWN OF A NEW CYCLE

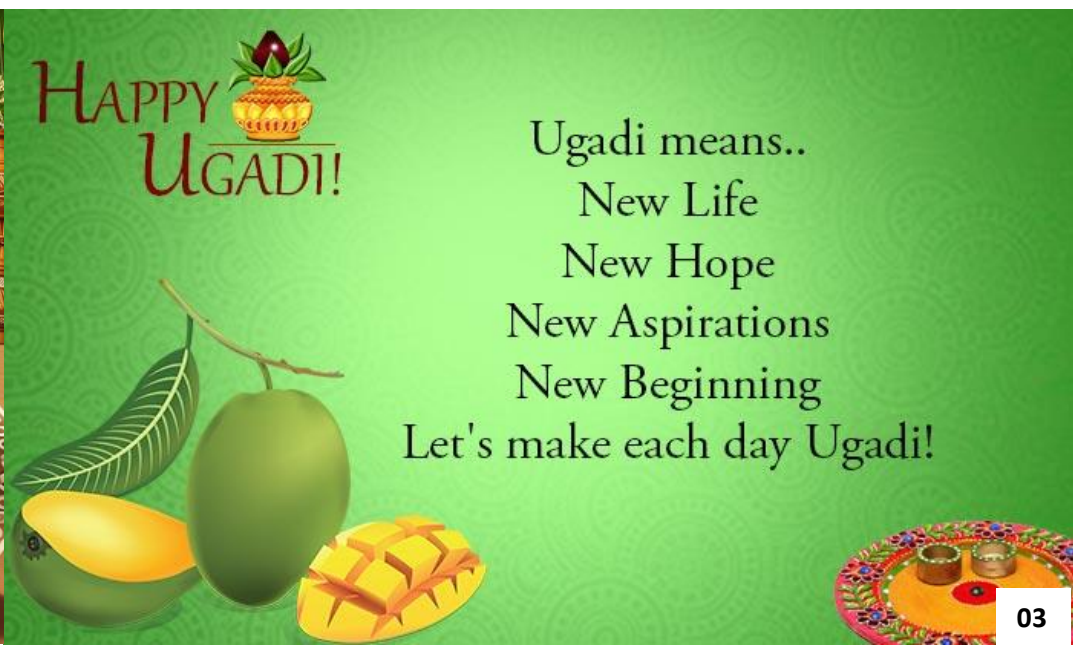
As the cold whispers of winter fade and the golden hues of spring embrace the earth, nature awakens to a fresh beginning. This transition marks the arrival of *Chaitra Masa*, the first month of the Hindu lunar calendar. It is not just the start of a new month but the renewal of life itself—a time of transformation, cleansing, and spiritual awakening.

Ancient Hindu traditions hold this month in deep reverence. According to Vedic wisdom, *Chaitra Masa* is the time when Lord Brahma began the creation of the universe, making it a period of immense spiritual significance. The Sun moves from *Meena Rashi* (Pisces) to *Mesha Rashi* (Aries), symbolizing new beginnings. Around this time, the vernal equinox occurs, balancing day and night in perfect harmony. Nature mirrors this balance—rivers flow more freely, trees bloom with new life, and the air carries the fragrance of fresh flowers. This shift is not just external; it affects the human body as well. Ayurveda explains that *Kapha Dosha*, which accumulated during the cold months, starts to melt, leading to seasonal imbalances like allergies, colds, and digestive sluggishness. To maintain well-being, this period calls for cleansing—not just of the body but also of the mind and soul.

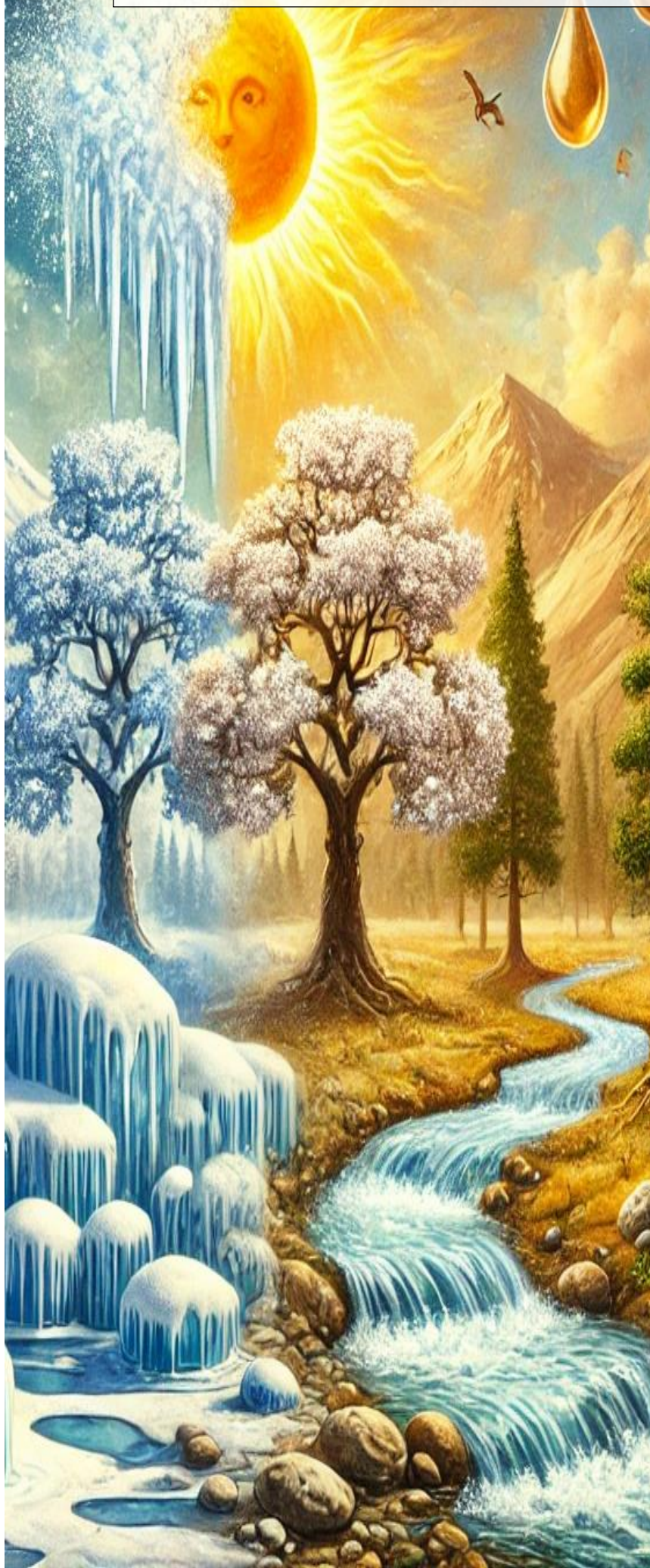
The spirit of renewal is reflected in the grand festivals celebrated during this time. In Maharashtra, Karnataka, Andhra Pradesh, and Telangana, people welcome the new year with *Gudi Padwa* and *Ugadi*. Homes are cleaned, colourful decorations adorn entrances, and special dishes are prepared to mark the occasion. A key tradition is the consumption of a mixture of neem leaves and jaggery. Ayurveda regards neem as a powerful purifier that cleanses the blood and strengthens immunity, while jaggery provides warmth and enhances digestion. This ritual symbolizes life's balance—accepting both bitter and sweet moments with grace. Another significant custom in Maharashtra is the hoisting of the *Gudi* (a decorated victory flag), which is believed to attract positive energy and prosperity.

For the Sindhi community, *Cheti Chand* marks the new year, dedicated to *Jhulelal*, the divine protector of water and life. The essence of these celebrations is the same—to embrace renewal, seek divine blessings, and align oneself with the rhythms of nature.

More than just a change in the calendar, *Chaitra Masa* is an opportunity for self-renewal. It is a time to reset, both physically and spiritually, by following Ayurvedic wisdom—eating light, engaging in detoxifying practices, and cultivating a positive mindset. As the Sun begins its journey into a new zodiac and nature comes alive with fresh energy, may we, too, rise with renewed wisdom, strength, and purpose, welcoming the year ahead with health and harmony.



VASANTA RITUCHARYA: EMBRACING AYURVEDA'S SEASONAL WISDOM



As the vibrant hues of Vasanta paint the landscape, nature undergoes a profound transformation. The crisp winter air gives way to a gentle warmth, awakening life in flora and fauna alike. However, this seasonal shift also influences our Doshas, especially Kapha, which accumulates during winter and starts melting due to the increasing heat of the sun. According to Ayurveda, this transition demands a conscious shift in lifestyle, diet, and daily routine to maintain health and vitality.

The Ayurvedic Perspective on Vasanta

The ancient Ayurvedic Samhita Vasanta as a season that rekindles Agni (digestive fire) while also provoking Kapha, leading to sluggish digestion and susceptibility to ailments such as colds, congestion, and seasonal allergies. The revered verse from the classical Samhitas explains:



"In Vasanta, the accumulated Kapha liquefies due to the heat of the sun, disturbing digestion and leading to diseases. Therapies such as Vamana (emesis) should be administered, and heavy, unctuous, sour, and sweet foods should be avoided. Regular exercise, oleation, herbal smoke inhalation, gargling, and collyrium application are recommended. One should cleanse the body with

warm water, anoint it with sandalwood and aguru, and consume foods like barley, wheat, and lean meats."

Following these guidelines ensures that the body remains balanced, energetic, and disease-free during Vasanta.

Dietary Adjustments for Vasanta

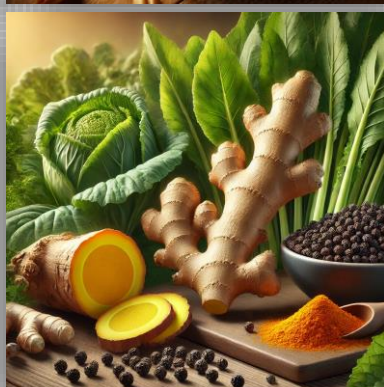
Vasanta is a time to transition from the heavy, oily foods of winter to a lighter, drier diet that counters the dampness of Kapha. The recommended foods include:



- **Grains:** Barley and wheat, which help absorb excess moisture and

maintain digestive fire.

- **Proteins:** Lean meats such as sharabha (a wild animal), shasha (rabbit), ena (deer), lava (quail), and kapinjala (a type of partridge) are preferred.



- **Beverages:** Unpolluted Sidhu (fermented beverage) and Mridvika (grape wine) aid digestion and stimulate circulation.

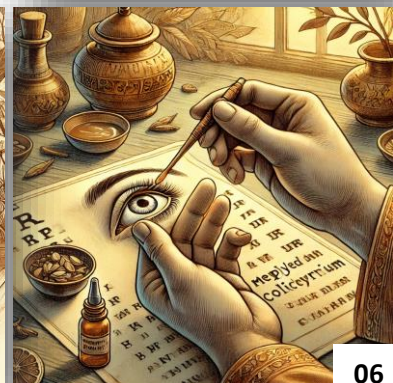
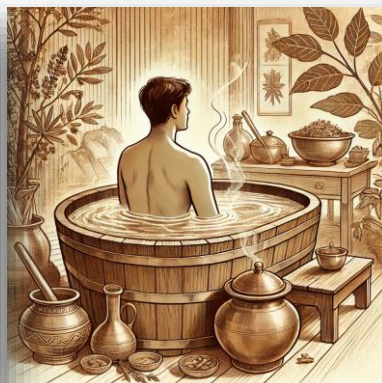
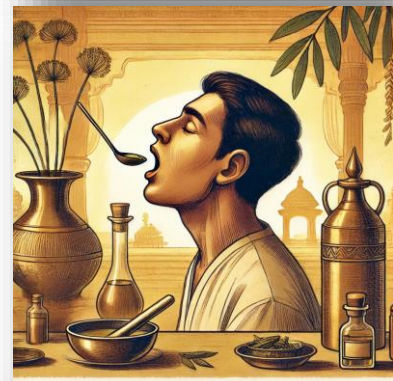
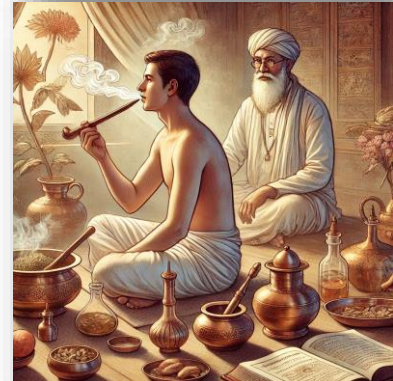
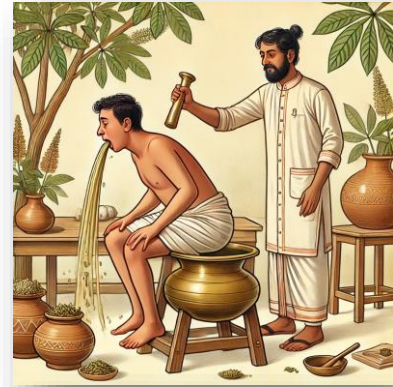
- **Spices & Herbs:** Ginger, black pepper, turmeric, and bitter greens should be incorporated to counteract Kapha's heaviness.

Foods that increase Kapha, such as dairy, sweets, and excessively sour or unctuous dishes, should be minimized.

Lifestyle Practices for a Healthy Vasanta

Apart from dietary modifications, Ayurveda prescribes specific regimens to maintain equilibrium during Vasanta:

- **Vamana:** To expel excess Kapha, detoxification through therapeutic vomiting may be beneficial.
- **Vyayama:** Regular physical activity, including yoga, brisk walking, and stretching, is advised to counteract Kapha-induced lethargy.
- **Dhumapana:** Inhaling medicated smoke helps clear congestion and promotes respiratory health.
- **Gandusha & Anjana:** These oral and ocular practices help cleanse accumulated toxins and enhance sensory clarity.
- **Warm Water Baths:** Washing the body, especially excretory orifices, with lukewarm water prevents Kapha-related blockages.
- **Natural Fragrances:** Applying sandalwood and aguru pastes imparts cooling effects and maintains skin health.



Vasanta's Influence on Mind & Emotions

Vasanta is not just a season of physical renewal; it also awakens creativity, joy, and romance. The blossoming flora and fragrant gardens symbolize rejuvenation and fresh beginnings. The companionship of loved ones, the warmth of social interactions, and engagement in art and music elevate mental well-being. Ayurveda encourages embracing this vibrancy by immersing oneself in nature, meditative practices, and soulful connections.

Conclusion

By aligning our daily routine with Ayurvedic Vasanta Ritucharya, we can gracefully transition into this season with vitality and harmony. The wisdom of Ayurveda guides us to honor seasonal rhythms, making conscious choices in diet, lifestyle, and self-care. As nature blossoms, so too should we—embracing lightness, energy, and the essence of renewal that Vasanta so beautifully offers.

Let this season be a reminder to cleanse, rejuvenate, and thrive!





News Bites

A cozy spot for latest updates.

Successful Completion of "Sakala Chetana" Free Hearing Aid Camp at SJGAMC, Koppal



Koppal, 28th February 2025 – Shree Jagadguru Gavisiddheshwara Ayurvedic Medical College (SJGAMC), Koppal, in association with **Shri Gavimatha Koppal, AISH Mysuru, and Red Cross Koppal**, successfully organized a **two-day Free Hearing & Speech Assessment and Hearing Aid Camp** under the theme "**Sakala Chetana.**"



The inaugural program on **27th February 2025** featured distinguished speakers, including:

- 🕉 **Dr. Pushpavati, Director, AISH Mysuru – Inaugural Speech**
- 🕉 **Shri Somareddy Alavandi, Director, Red Cross Koppal – Introductory Speech**
- 🕉 **Dr. Mahantesh M Salimath, Principal, SJGAMC Koppal – Presidential Address**



The camp provided **free hearing and speech screenings** to individuals in need and distributed **free hearing aids** to beneficiaries. The statistics from the two-day event highlight the impact of this initiative:

- ✅ **Audiology screenings conducted: 260**
- ✅ **Speech screenings conducted: 149**
- ✅ **Hearing aids distributed: 128**



The **valedictory program on 28th February 2025** marked the successful conclusion of the camp, with appreciation extended to all collaborating organizations and volunteers for their dedicated efforts.

Interactive Guest Lecture on Speech & Language Issues in Clinical Practice

Shree Jagadguru Gavisiddeshwara Ayurvedic Medical College, Koppal

On February 28, 2025, an insightful and interactive guest lecture was organized for Shalakyta Tantra postgraduate scholars and first-year PG students at Shree Jagadguru Gavisiddeshwara Ayurvedic Medical College & Hospital, Koppal. The session was conducted in collaboration with esteemed faculty members from the All-India Institute of Speech and Hearing (AIISH), Mysore, focusing on *"Speech & Language Issues in Clinical Practice."*

The distinguished resource persons for the session were:

1. **Dr. Amulya**, Assistant Professor, Speech, and Language Pathology
2. **Ms. Getcy**, Speech Language Pathologist

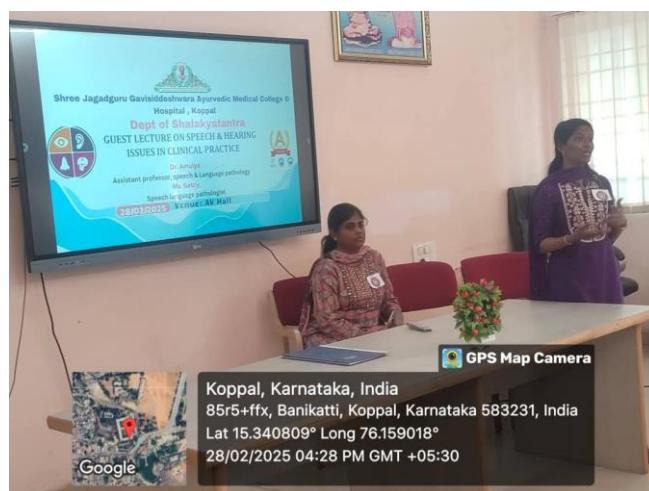
The session provided a comprehensive understanding of speech and language disorders, their assessment, and management in clinical settings. It emphasized the significance of speech therapy, early diagnosis, and intervention in Ayurvedic and modern medical practice. Students actively participated, engaging in discussions and case studies, enhancing their knowledge of communication disorders.

The lecture was well-received, reflecting the institution's commitment to integrating interdisciplinary approaches for holistic healthcare education.

SJGAMC Koppal Celebrates International Women's Day with Inspiration and Unity

Koppal, 8th March 2024 – Sri Jagadguru Gavisiddeshwara Ayurvedic Medical College, Koppal, marked **International Women's Day** with an inspiring celebration that emphasized the role of women in society and their deep connection with nature.

The event began with a **cake-cutting ceremony**, symbolizing unity, and appreciation for the





contributions of women in all fields. Faculty members, students, and staff gathered to celebrate the spirit of womanhood and empowerment.

Principal's Address: Stree and Prakruti – Protecting the Earth

Principal **Dr. M.M Salimath** delivered an insightful speech on the significance of Women's Day, highlighting how **'Stree' (woman)** and **'Prakruti' (nature)** share a profound connection. He emphasized that **just as nature nurtures and sustains life; women play a pivotal role in shaping families, communities, and the world at large.** His speech encouraged everyone to respect and uplift women, just as we must protect and preserve the environment.

SJGAMC Conducts Free Medical Camp at Valmiki Bhavan, Hyati



Koppal, 7th March 2025 – Sri Jagadguru Gangadhar Ayurvedic Medical College (SJGAMC), Koppal, successfully organized a **Free Medical Camp at Valmiki Bhavan, Hyati**, providing essential healthcare services to the local community. The initiative aimed to promote health awareness and offer medical consultations to those in need.

The camp commenced with a dedicated team of **faculty consultants,**

postgraduate students, and interns from the clinical department actively participating. The medical team provided **free consultations, diagnosis, and Ayurvedic treatments** to numerous patients, addressing a wide range of health concerns.

The event was well-coordinated, with the college bus departing from SJGAMC at **9:00 AM sharp**, ensuring timely arrival of the medical team. Community members benefitted from expert advice on **preventive healthcare, lifestyle modifications, and Ayurvedic remedies** for various ailments.

Speaking about the initiative, faculty members emphasized the **importance of outreach programs** in promoting holistic healthcare and bringing Ayurvedic medicine closer to the



people. The camp witnessed a **positive response from the local community**, reinforcing the commitment of SJGAMC to public health service.

The successful execution of the Free Medical Camp showcased the dedication and expertise of the SJGAMC team, making a meaningful impact on community well-being.

Pharmacovigilance Awareness Program Conducted at SJGAMC, Koppal



Koppal, 15th March 2024 – The **Pharmacovigilance Cell of Sri Jagadguru Gavisiddheshwara Ayurvedic Medical College (SJGAMC), Koppal**, successfully organized a **Pharmacovigilance Awareness Program on ASU&H (Ayurveda, Siddha, Unani, and Homeopathy) drugs for PG First-Year Scholars and**

Interns of the college.

The session was led by **Dr. Santosh Kulkarni**, Coordinator of the Pharmacovigilance Cell, who delivered an insightful awareness talk on the **importance of monitoring the safety and efficacy of ASU&H drugs**. The program aimed to enhance the understanding of **drug safety, adverse drug reactions (ADRs), and the role of pharmacovigilance in ensuring quality healthcare**.

SJGAMC Signs MoU with SDM College of Ayurveda, Udupi for Academic and Research Collaboration

Koppal, 20th March 2025 – Shree Jagadguru Gavisiddheshwara Ayurvedic Medical College (SJGAMC), Koppal, has signed a **Memorandum of Understanding (MoU)** with **SDM College of Ayurveda, Udupi**, strengthening academic and research collaboration between the two prestigious institutions.

SDM College of Ayurveda, Udupi, is **ranked No. 1 in Karnataka and No. 2 in India (QCI-NABET Rating)** for its excellence in Ayurveda education and research. This partnership aims to foster **knowledge exchange, research collaboration, and academic advancements**.

Through this MoU, faculty members, researchers, and students of SJGAMC will have the opportunity to engage in **joint research projects, academic interactions, and specialized training programs**. This collaboration is expected to **enhance Ayurvedic education, innovation, and healthcare practices**, benefiting both institutions and the broader community.

The administration has encouraged **faculty and students** to actively participate in various initiatives under this partnership to **maximize learning and research opportunities**.

With this significant collaboration, **SJGAMC reaffirms its commitment to academic excellence and innovation in Ayurveda**, paving the way for future advancements in Ayurvedic education and healthcare.

SJGAMC Successfully Organizes Grand Free Health Check-up & Treatment Camp

Koppal, 23rd March 2025 – Shree Jagadguru Gavisiddheshwara Ayurvedic Medical College, Hospital, Post-Graduate Studies & Research Centre (SJGAMC), Koppal, successfully conducted a **large-scale Free Health Check-up and Treatment Camp** in connection with the **holy anniversary of Pujya Sri Shivshanthavir Maha Swamiji**.

The annual event witnessed the **active participation of faculty members, doctors, postgraduate scholars, and interns**, who came together to provide essential healthcare services to hundreds of patients. The camp offered **free medical consultations, diagnosis, and Ayurvedic treatments**, benefiting individuals from various communities.

The medical team provided specialized care, including **Ayurvedic therapies, herbal medication guidance, and wellness counseling**. Patients received treatment for a range of ailments, and awareness was raised about **preventive healthcare and holistic well-being**.

The event was **well-organized and successfully executed**, thanks to the **dedicated efforts of the SJGAMC team, under the guidance of the Principal Dr. M. M Salimath, Vice Principal Dr. Suresh Hakkandi, and organizing committee**. The college expressed gratitude to all **medical staff, volunteers, and participants** for making the event a success.

The **Free Health Check-up Camp** once again reinforced SJGAMC's commitment to **community health and Ayurvedic service**, ensuring that quality healthcare reaches those in need.

"Sakala Chetana" Free Artificial Limb Implant Camp Benefited 47 Individuals at SJGAMC, Koppal

Koppal, 23rd March 2025 – Under the **"Sakala Chetana"** initiative, Shree Jagadguru Gavisiddheshwara Ayurvedic Medical College (SJGAMC), Koppal, in collaboration with Mahavir Limb Center, Hubli, and the Indian Red Cross Society, Koppal, successfully conducted a **Free Artificial Limb Implant Camp** to restore mobility for individuals in need.



A total of **47 beneficiaries** received **free artificial limb implants**, helping them regain independence and improve their quality of life. The camp was conducted with the dedicated efforts of **medical professionals, prosthetic specialists, and volunteers**, ensuring smooth execution and comprehensive care for the recipients.



The **SJGAMC** administration expressed gratitude to **Mahavir Limb Center, the Indian Red Cross Society, Shri Gavimatha Koppal, AISH Mysuru**, and all the volunteers who contributed to this noble cause.

With such impactful initiatives, **SJGAMC** continues its commitment to community healthcare, accessibility, and social service.

World Kidney Day 2025 Observed at SG Girls Hostel with an Insightful Awareness Talk

Koppal, March 13, 2025 —

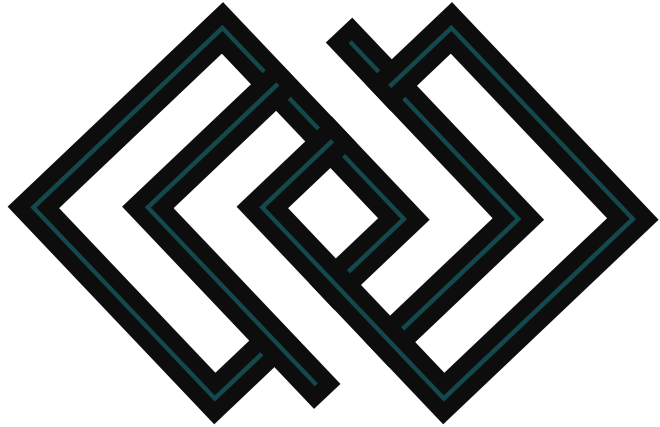
In observance of **World Kidney Day 2025**, an engaging and informative awareness talk was organized at **SG Girls**



Hostel, Koppal, to educate students about the importance of kidney health and disease prevention.

The session was conducted by **Dr. Anisha S. Ashraf**, Assistant Professor in the Department of **Shalya Tantra**, who addressed the gathering with a focus on promoting healthy lifestyle choices and the early detection of kidney-related issues.

Dr. Ashraf emphasized the growing prevalence of chronic kidney diseases globally and the urgent need for awareness among the youth. She explained the vital functions of kidneys in the human body, signs and symptoms of kidney dysfunction, and preventive measures such as maintaining hydration, eating a balanced diet, managing blood pressure, and avoiding self-medication.



Knowledge Hub

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

A CLINICAL COMPARATIVE STUDY ON THE EFFICACY OF SHIVAA GUTI AND YAVADI KWATHA IN URDWAGA AMLAPITTA

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Asst. Professor. Dept of Kayachikitsa

Shri Jagadguru Gavisiddeshwara ayurvedic medical college and hospital Koppal

Abstract

Background: Urdwaga Amlapitta, a gastrointestinal disorder, is frequently observed due to modern lifestyle and dietary habits. Excessive vitiation of Pitta is considered the main pathological mechanism.

Objective: To evaluate and compare the efficacy of Shivaa Gutti and Yavadi Kwatha in the management of Urdwaga Amlapitta.

Methods: A randomized, controlled, comparative clinical study was conducted with 40 patients divided into two groups. Group A received Shivaa Gutti (500 mg, 2 tablets, thrice daily) and Group B received Yavadi Kwatha (50 ml, twice daily) for 30 days. Symptoms like Avipaka, Utklesha, Tikta Amla Udgara, Hrit Kanta Daha, Chardi, and Aruchi were assessed.

Results: Both groups showed statistically significant improvement in symptoms. However, Shivaa Gutti showed better efficacy compared to Yavadi Kwatha, as observed in the reduction of Avipaka, Tiktamlodgara, and Hrit Kanta Daha.

Conclusion: Shivaa Gutti is a more effective formulation than Yavadi Kwatha for managing Urdwaga Amlapitta.

Introduction

Amlapitta, a disorder of the Annavaha Srotas, is a modern-day health issue caused by irregular food habits, mental stress, and lifestyle changes. It is characterized by symptoms like heartburn, sour eructation, and nausea, and can be compared to gastritis in modern medicine. This study aims to compare the therapeutic effects of two Ayurvedic formulations—Shivaa Gutti and Yavadi Kwatha—in managing Urdwaga Amlapitta.

Materials and Methods

Study Design

- Study Type: Randomized, comparative clinical trial.
- Participants: 40 patients diagnosed with Urdwaga Amlapitta based on classical Ayurvedic symptoms.

- Inclusion Criteria: Age 18-60, either gender, classic symptoms of Urdwaga Amlapitta (Avipaka, Utklesha, etc.).
- Exclusion Criteria: Patients with severe co-morbidities or surgical conditions.

Intervention

- Group A: Shivaa Gutti (500 mg, 2 tablets, thrice daily before food) for 30 days.
- Group B: Yavadi Kwatha (50 ml, twice daily before food) for 30 days.

Assessment Criteria

The primary outcome was assessed based on symptom relief (Avipaka, Utklesha, Tikta Amla Udgara, Hrit Kanta Daha, Chardi, and Aruchi) using a structured scoring system before treatment (BT), after treatment (AT), and during follow-up (AF).

Statistical Analysis

Data were analyzed using paired and unpaired t-tests. The mean, standard deviation (SD), and p-values were calculated to compare the two groups.

Results

Efficacy Analysis

1. Avipaka: Shivaa Gutī demonstrated better results in reducing symptoms compared to Yavadi Kwatha ($p < 0.05$).
2. Utklesha: Significant reduction was observed in both groups, with a greater impact in the Shivaa Gutī group.
3. Tikta Amla Udgara: The results indicated superior efficacy of Shivaa Gutī in managing this symptom.
4. Hrit Kanta Daha: Shivaa Gutī showed a marked reduction compared to Yavadi Kwatha ($p < 0.05$).
5. Chardi and Aruchi: Both groups showed significant improvement, but Shivaa Gutī had a marginally better impact.

A comparison of the two groups using paired t-tests revealed that Shivaa Gutī was more effective than Yavadi Kwatha for all major symptoms.

Discussion

The study results suggest that both Shivaa Gutī and Yavadi Kwatha have potential therapeutic effects on Urdwaga Amlapitta. Shivaa Gutī was found to be more effective, possibly due to its ingredients having a stronger ability to balance aggravated Pitta and promote digestive health. The superiority of Shivaa Gutī may be attributed to its combined effects on Avipaka (indigestion) and Tikta Amla Udgara (sour belching), which are pivotal symptoms of Urdwaga Amlapitta.

Previous studies have explored similar Ayurvedic remedies for Amlapitta, but the present study adds value

by comparing two distinct formulations. This comparative analysis underscores the importance of selecting the right Ayurvedic preparation for specific conditions.

Conclusion

The clinical trial demonstrated that both Shivaa Gutī and Yavadi Kwatha were effective in treating Urdwaga Amlapitta. However, Shivaa Gutī had a higher efficacy, as indicated by the significant improvement in symptoms like Avipaka, Tikta Amla Udgara, and Hrit Kanta Daha. These findings support the therapeutic use of Shivaa Gutī in managing Urdwaga Amlapitta, with a potential for further clinical research on larger populations.

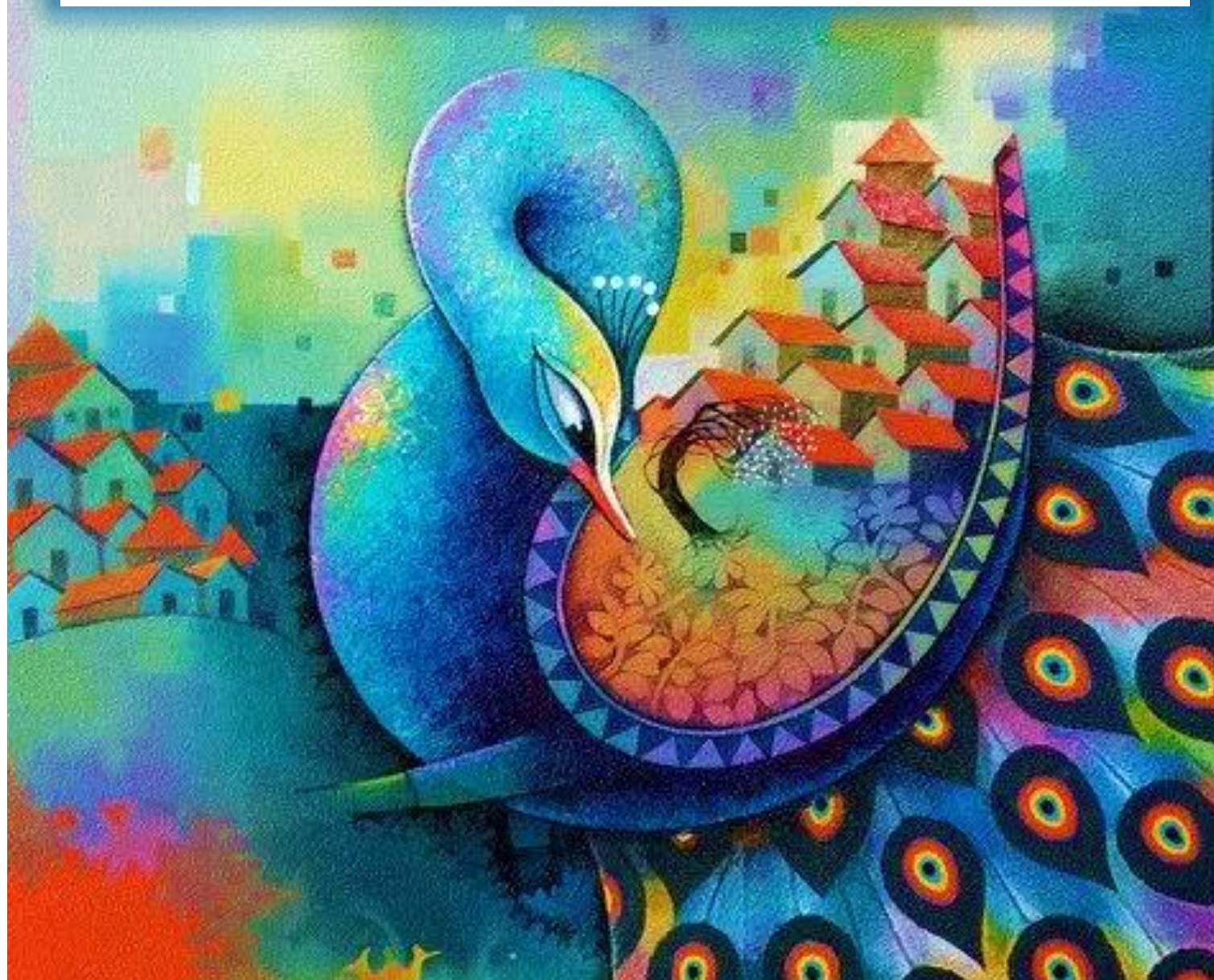
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5. Bhavaprakasha – Madhyama Khanda, Amlapitta Chikitsa Adhyaya.



Creative corner

Celebrating artistic flair and originality



Where words take flight

FROM THOUGHT TO VERSE

ತಾಳ್ಮೆ

ತಾಳಿದವನು ಬಾಳಿಯಾನು ಎಂಬ ನುಡಿಯಂತೆ

ಸಮಾಧಾನದಿ ನಡೆಯಬೇಕು ಜೀವನದ ಸಂತೆ

ಈ ಕಾಲದ ಯುವಜನತೆಗೆ ಇಲ್ಲವೇ ಇಲ್ಲ ತಾಳ್ಮೆ !!

ಬಹು ಯೋಚಿಸುವಂತದ್ದು ಮುಂದಿನ ಬಾಳ್ಮೆ

ಬೇಕಂದತೆ ಖರೀದಿಸಲಾಗದ ಸಾಧನ ಇರು

ಇದನ್ನು ಅರಿತು ನಡೆಯಬೇಕು ನಾವು ಮುಂದು

ಸಿಕ್ಕೇಸಿಗುವುದು ಜಯ ತಾಳ್ಮೆಯುಳ್ಳವರಿಗೆ

ತಾಳ್ಮೆಯಿಂದ ಇರಬೇಕು ಅಲ್ಲಿಯವರೆಗೆ

ಜೀವನದಲ್ಲಿ ಒಂದನ್ನು ನೆನಪಿಟ್ಟುಕೊಳ್ಳೋಣ ಸ್ನೇಹಿತರೆ...

ನಮ್ಮನ್ನು ಯಾರು ಕೈ ಬಿಟ್ಟರೂ ನಮ್ಮ ತಾಳ್ಮೆ

ಜಯದೆಡೆಗೇಸಾಗುತ್ತದೆ.....



Dr. Priyanka S R

Asst. Professor Dept. of Panchakarma

ವಿಶ್ವ ಮಹಿಳಾ ದಿನಾಚರಣೆ - ೨೦೨೫

"ಎಲ್ಲ ಮಹಿಳೆಯರಿಗೆ ಹಕ್ಕು, ಸಮಾನತೆ, ಸಬಲೀಕರಣ" ಎಂಬ ಧೈಯ ವಾಕ್ಯದೊಂದಿಗೆ ಈ ವರ್ಷದ ಮಹಿಳಾ ದಿನಾಚರಣೆಯನ್ನು ಆಚರಿಸಲಾಯಿತು. ಮಹಿಳಾ ಹಕ್ಕು, ಸಮಾನತೆ, ಸಬಲೀಕರಣ ಈ ಮೂರೂ ವಿಷಯಗಳು ಅತ್ಯಂತ ಮಹತ್ವವಾದದ್ದವು. ನಿತ್ಯ ನಿರಂತರ ಜಗತ್ತಿನಲ್ಲಿ ಮೇಲೆ ಉಲ್ಲೇಖಿಸಿದ ವಿಷಯಗಳ ಕುರಿತು ಅನೇಕ ಹೊರಾಟ, ಹಗ್ಗಜಗ್ಗಾಟಗಳನ್ನು ನೋಡೋಯೇ ಇರುತ್ತವೆ. ಆದರೆ ಅನಾದಿ ಕಾಲದಿಂದಲೂ ಮಹಿಳೆಯರಿಗೆ ನಮ್ಮ ಭರತ ವರ್ಷದಲ್ಲಿ ನೀಡಿದ, ನೀಡುತ್ತಬಂದಿರುವ ಹಕ್ಕು, ಸಮಾನತೆ, ಸಬಲೀಕರಣಗಳನ್ನು ಪ್ರಮಾಣಿಸಿ ನೋಡದೆ ಇರುವುದು ಶೋಚನೀಯ. ಹೆಣ್ಣು ಎಂದರೆ ಅದೊಂದು ವಿಶೇಷ ಶಕ್ತಿ, ಹೆಣ್ಣು ಎಂದರೆ ಸೌಭಾಗ್ಯ, ಸೌಜನ್ಯ, ಸಂಸ್ಕಾರ, ಸಂಸ್ಕೃತಿಯ ಪ್ರತೀಕ, ಹೆಣ್ಣು ಎಂದರೆ ಅದು ತಾಳ್ಮೆಯ, ಸಹನೆಯ, ಸಹೃದೌದ ಸಾಕಾರ ರೂಪ. ಅಬ್ಬಾ...! ಒಟ್ಟಾರೆಯಾಗಿ ಹೇಳುವುದಾದರೆ, ಭಾವನೆಗಳನ್ನು ಭರಪೂರವಾಗಿ ಹೊಂದಿದ ಸರ್ವಗುಣಗಳ ಸಮ್ಮಿಶ್ರಣ. ಸ್ತ್ರೀ ಎಂದರೆ ಭಾರತೀಯರಿಗೆ ಪೂಜ್ಯನೀಯಭಾವ, ಉದಾಹರಣೆಗೆ ನಮ್ಮ ದೇಶಕ್ಕೆ ತಾಯಿಭಾರತಿ ಎಂದರೆ ಕರ್ನಾಟಕಕ್ಕೆ ಕರ್ನಾಟಕ ಮಾತೆ ಎನ್ನುತ್ತೇವೆ. ಮೊದಲಿನ ಕಾಲದಲ್ಲಿ ಹೆಣ್ಣುಮಕ್ಕಳು ದೊಡ್ಡಸ್ತಾನಮಾನದಿಂದ ಹಿಡಿದು ಎಲ್ಲ ತರಹದ ಆಯಾಮಗಳಲ್ಲಿ ಕಾಣಸಿಗುತ್ತಾರೆ, ರಾಜ್ಯಕ್ಕೆ ರಾಜಮಾತೆಯಾಗಿ, ಮಹಾರಾಣಿಯಾಗಿ, ಹೀಗೆ ಇನ್ನು ಅನೇಕ. ನಮ್ಮ ದೇಶದಲ್ಲಿ ಮಹಿಳೆಯರಿಗೆ ಎಷ್ಟು ಗೌರವ ಸಮ್ಮಾನವಿದೆ ಎನ್ನುವುದು ದೇಶದಲ್ಲಿರುವ ಎಲ್ಲ ನದಿಗಳ ಹೆಸರು ಹೆಣ್ಣು ಎಂಬುದು ಗಮನಿಸಿ ನೋಡಿದಾಗ ತಿಳಿಯುತ್ತದೆ, ದೇವತೆಗಳಲ್ಲಿ ನವ ಅವತಾರಿ ದುರ್ಗೆಯಾಗಿ, ಸೌಮ್ಯ ಸ್ವಭಾವದ ಸರಸ್ವತಿಯಾಗಿ, ಮಂದಸ್ಥಿತದ ಪಾರ್ವತಿಯಾಗಿ, ಐಶ್ವರ್ಯದ ಪ್ರತೀಕ ಲಕ್ಷ್ಮಿಯಾಗಿ ಇನ್ನು ಅನೇಕ.. ಅಷ್ಟೆ ಏಕೆ ಹಳ್ಳಿಗಳಲ್ಲಿ ಗ್ರಾಮದೇವತೆ ಎಂದು ಹೆಣ್ಣು ದೇವರೇ ಇರುವುದು ಇವೆಲ್ಲವುಗಳಿಗೆ ಪೂರಕ.

ಶಾಂತ ಸ್ವಭಾವದ ಹೆಣ್ಣು ವಿಷಮ ಪರಿಸ್ಥಿತಿ ಬಂದಾಗ ರುದ್ರಕಾಳಿಯಾಗಿದ್ದುಕೆ ಇತಿಹಾಸ ಸಾಕ್ಷಿ, ಆಡಳಿತದ ವಿಚಾರ ಬಂದಾಗ ರಾಣಿ ಅಬ್ಬಕ್ಕ, ಕೆಳದಿಯ ಚೆನ್ನಮ್ಮ, ರುಪಾನ್ಸಿಯ ರಾಣಿ ಲಕ್ಷ್ಮಿಬಾಯಿ, ಬೆಳವಡಿ ಮಲ್ಲಮ್ಮ, ರಾಜಮಾತೆ ಕೆಂಪನಂಜಮ್ಮಣ್ಣಿ, ಗಂಡೂಬಳವ ನಾಗತಿ, ಕಿತ್ತೂರು ಚೆನ್ನಮ್ಮ..... ಹೇಳುತ್ತ ಹೋದರೆ ಹೀಗೆ ಇನ್ನು ಹಲವು ಮಹಿಳೆಯರು ಸಿಗುತ್ತಾರೆ. ಇವರೆಲ್ಲರ ಆಡಳಿಯ, ದಕ್ಷತೆ, ಗಟ್ಟಿನಿಲುವು, ದಿಟ್ಟನಿರ್ಧಾರ, ಅಚಲ ಆತ್ಮ ವಿಶ್ವಾಸ ಇಗಿನ ಮಹಿಳೆಯರಿಗೆ ದಾರಿದೀಪ. ಒಬ್ಬ ಮಹಿಳೆ ಪುರುಷ ಎಂಬ

ಜೀವಿಯ ಜೀವನದಲ್ಲಿ ಎಷ್ಟು ಮಹತ್ವದ ಸ್ಥಾನ ತುಂಬುವಳು, ಮಗುವಿಗೆ ತಾಯಾಗಿ, ಯೌವನಾವಸ್ಥದಲ್ಲಿ ಮಡದಿಯಾಗಿ, ಅಕ್ಕ - ತಂಗಿಯಾಗಿ, ಮುಂದೆ ಮಗಳಾಗಿ, ಗೆಳತಿಯಾಗಿ, ಎಲ್ಲ ಸಮಯದಲ್ಲೂ ರಥದ ಸಾರಥಿಯಂತೆ ನಿಲ್ಲುತ್ತಾಳೆ. ಇಂಥಹ ವಿಶ್ವದಲ್ಲಿರುವ ಎಲ್ಲ ಮಹಿಳೆಯರಿಗೆ ಮಹಿಳಾ ದಿನಾಚರಣೆಯ ಶುಭಾಶಯಗಳನ್ನು ತಿಳಿಸುತ್ತಾ, ನಾನು ಮಹಿಳಾದಿನಾಚರಣೆಯ ಪ್ರಯುಕ್ತ ೨೦೨೩ ರಲ್ಲಿ ಬರೆದ ಒಂದು ಚುಟುಕು ನಿಮ್ಮ ಮುಂದೆ ಪ್ರಸ್ತುತ ಪಡಿಸುತ್ತಾ ಮತ್ತೊಮ್ಮೆ ಶುಭಾಶಯಗಳನ್ನು ತಿಳಿಸುತ್ತಾ.

ಹೆಣ್ಣೆಂಬುದು ಹುಣ್ಣಲ್ಲವೋ ಕುನ್ನಿ,

ಹೆಣ್ಣೆಂಬುದು ಕಣ್ಣು

ಹೆಣ್ಣೆಂಬುದು ಮಮತೆಯ ಮಡಿಲು

ಕರುಣೆಯ ಕಡಲು

ವಾತ್ಸಲ್ಯದ ಭಾವ

ಕೇವಲ ಕಾಮವಲ್ಲವೋ ಅವಳು

ನಮ್ಮ ಅವ್ವ..

ಧನ್ಯವಾದಗಳು

ಡಾ|| ಪುನೀತ, ಸಿದ್ದಲಿಂಗಯ್ಯ, ಚಿಕ್ಕಮಠ

**“If you want to shine like
sun, first burn like a sun”**

– Abdul Kalam