



S.G.V. V. T's
**SHREE JAGADGURU GAVISIDDHESHWARA AYURVEDIC
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GAVI KALPATARU

July 2025 | Edition 09

WISDOM WITHOUT END: THE GURU'S LIGHT IN AYURVEDA





GAVIKALPATARU

JUNE 2025/ EDITION 09

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ACKNOWLEDGMENT

*With immense gratitude and humility, we offer our sincere thanks to **Shree Jagadguru Gavisiddeswara Swamiji**, whose divine presence and spiritual vision continue to inspire and guide us on our path of Ayurvedic wisdom and holistic well-being.*

*We bow with reverence to **Lord Dhanvantari**, the divine physician, whose eternal light illumines our understanding of seasonal balance and the healing rhythms of nature.*

*Our deepest appreciation goes to our respected **Chairman, Shri Sanjay Kotbal Sir**, for his unwavering encouragement and steadfast support. We are especially thankful to our **Chief Editor, Dr. M.M. Salimath Sir**, whose scholarly insight, and editorial excellence have once again shaped this edition with depth, precision, and clarity.*

*We gratefully acknowledge the sincere efforts of the **Editorial Committee**, whose thoughtful planning, dedication, and creative collaboration.*

*Special thanks are due to the **teaching and non-teaching staff, PG scholars, UG students, and interns of SJGAMC**, whose enthusiastic contributions enriched the magazine with insightful articles, reflections, and artistic expressions.*

*We are deeply grateful to our **Principal and Vice Principal** for their steadfast leadership, which continues to propel this initiative forward with integrity and purpose.*

To our beloved readers, your enduring support and appreciation uplift our spirits and inspire us to delve deeper into the timeless science of life.

*Finally, heartfelt thanks to the entire **GAVI KALPATARU** team, whose spirit of unity, dedication, and commitment have transformed this edition into a vibrant celebration of Ayurveda's purity and its healing touch across the world.*

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

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Principal & Editor's Letter



Dear Readers,

It is a matter of great joy to present the July 2025 Edition 9 of **GAVI KALPATARU**, a publication that continues to reflect the intellectual and cultural vibrance of our institution.

This edition centres around a theme that holds profound relevance not just in Ayurveda, but in all Indian knowledge systems; the *Guru*. Under the title “**Wisdom Without End: The Guru’s Light in Ayurveda,**” we explore the timeless guidance of Āptopadeśa, the words of the enlightened teacher.

In an age defined by fast knowledge and digital shortcuts, this theme reminds us that true wisdom flows from disciplined learning, inner clarity, and the light of a realized guide. The sacred bond between Guru and Shishya, as exemplified by great Acharyas like Charaka and Sushruta, remains central to the integrity and vitality of Ayurveda.

I am proud of the students and faculty who have contributed their thoughts, reflections, and research to this special issue. Your dedication ensures that the lamp of tradition continues to burn brightly in modern times.

My sincere appreciation to the editorial team for curating this edition with such thoughtful care and purpose. Let this be a guiding light for all who walk the path of learning.

Warm regards,

Dr. M. M. Salimath

Principal & Chief Editor

THE ETERNAL LIGHT OF THE GURU IN AYURVEDA: A NARRATIVE ON ĀPTOPADEŚA

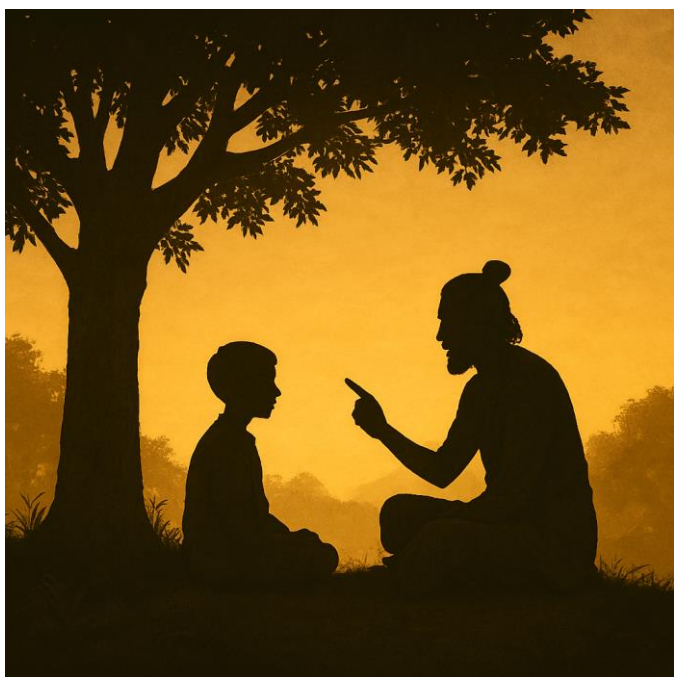
Namaste! It is truly wonderful to delve into the ancient wisdom of Ayurveda and understand its very heart, which is all about the **Guru** and their precious **Āptopadeśa**.

Ayurveda, this profound system of healing, as a majestic, ever-flowing river of knowledge that began its journey in the silent forests of ancient India, where wise sages meditated and the air resonated with sacred chants. This knowledge was not simply formed by experiments or logic alone; it was born from something much, much deeper: the wisdom of a trusted guide, someone we call the **Guru**.



So, **who exactly is this, Guru?**

In Ayurveda, a Guru is not just any teacher who simply tells you facts from a book. They are **the very embodiment of knowledge itself**. They are known as an **Āpta**. Now, what does this 'Āpta' mean? It means they are truly remarkable individuals, completely **free from any delusion, selfish desires, or emotional biases** that might cloud their judgment. They see things with incredible clarity and **speak from deep experience**, not from mere guesswork or speculation. Their wisdom, you see, comes from the depths of spiritual understanding and practical mastery, making it timeless. When such a person speaks, their words are considered **truth itself**, because they are perfectly aligned with the eternal laws of nature and consciousness. In a world that often feels uncertain and clouded, the Guru becomes like an **unwavering light or a steady flame** that guides the student through any darkness.

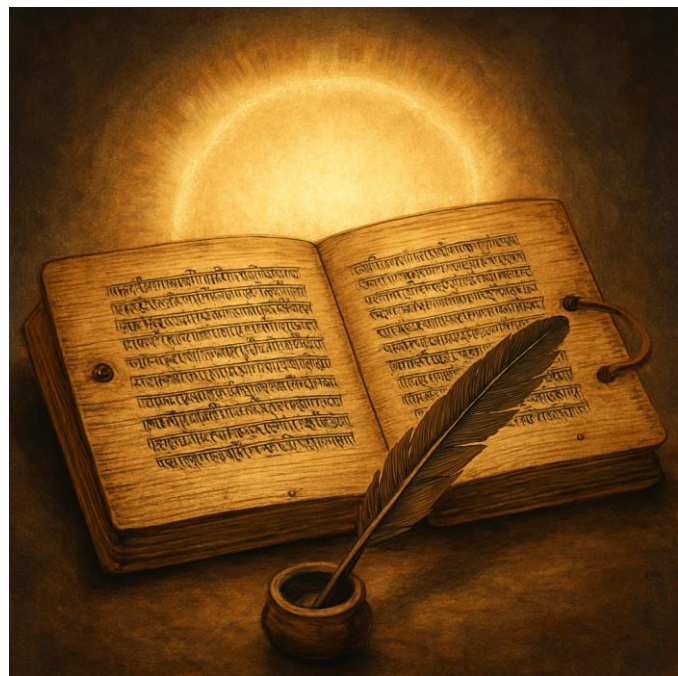


Now, about their “words,” these are called **Āptopadeśa**.

These are not just ordinary teachings; they are considered a **Pramāṇa**, which means a **valid way of knowing truth**. Alongside direct perception (Pratyakṣa), inference (Anumāṇa), and reasoned application (Yukti), Āptopadeśa forms the very foundation upon which Ayurvedic science rests. You might wonder, in our modern world, how can this be? Well, many of Ayurveda’s deepest insights especially about the intricate nature of the body, mind, and soul were not discovered under

a microscope in a lab, but rather through the **inner vision of these enlightened beings.**

These profound revelations were then passed down as Āptopadeśa, forming the earliest Ayurvedic scriptures. For instance, one of Ayurveda's most important texts, the **Charaka Samhitā, begins as a conversation among these wise sages.**



These discourses, collected and preserved, are still consulted by practitioners today and their credibility is never questioned, because the wisdom comes from Gurus whose insight transcends time.



Why does this matter so much today, in our digital, information-heavy world?

Even with all the books and online searches available, the Guru offers something truly unique that technology simply cannot provide: **living wisdom.** It is personal, intuitive, and born of direct realization.

The Guru plays several vital roles even now:

- They **interpret ancient knowledge** so it makes perfect sense for our modern times.
- They **guide not just your intellect, but also your heart.** This is very important.
- They ensure that the beautiful tradition of Ayurveda is passed down **purely, ethically, and rooted in dharma.**

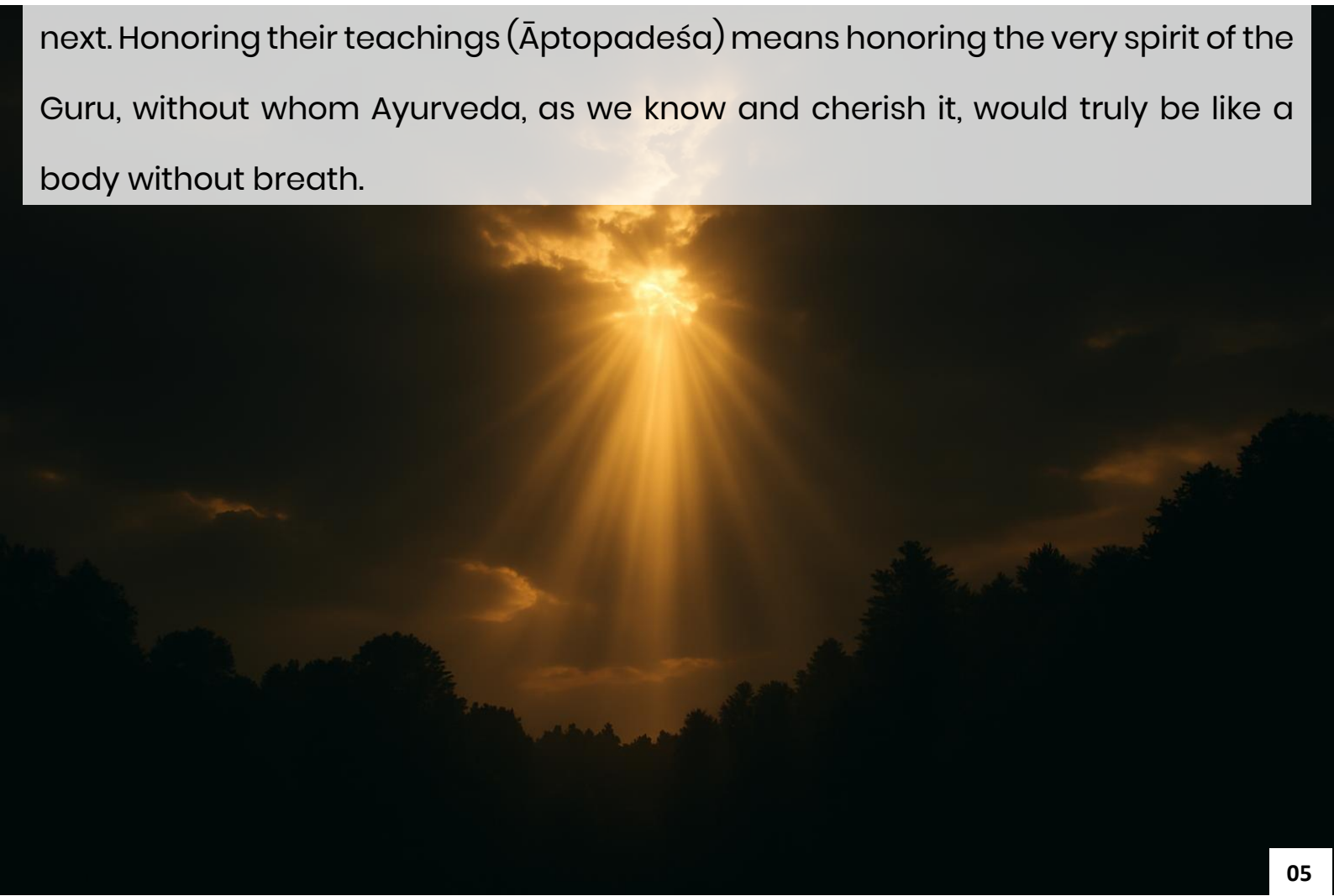
Without the Guru's guiding light, Ayurveda could easily risk becoming a purely mechanical science, almost like a body without its soul. But under their presence,

Ayurveda truly remains a **living, breathing tradition**, evident in every pulse diagnosis, every herbal formulation, and every act of compassionate care.

And what about the student, the one who seeks this wisdom?

Just as the Guru must be pure in motive, the student also has a crucial role to play. They need to cultivate **śraddhā (faith) and vinaya (humility)**. Trusting these deep teachings of Āptopadeśa requires a kind of surrender, not blind submission, mind you, but a recognition that truth can often lie beyond what our five senses can immediately grasp. When a student sits at the Guru's feet, it is not just about getting facts; it is about entering a **transformative relationship**. The Guru shapes not only what the student knows, but also their **character, their ethics, and their entire vision of life**.

In essence, the Guru is much more than just a teacher; they are like a **torchbearer**, someone who passes on this eternal flame of healing from one generation to the next. Honoring their teachings (Āptopadeśa) means honoring the very spirit of the Guru, without whom Ayurveda, as we know and cherish it, would truly be like a body without breath.



ACHARYA CHARAKA: THE WANDERING SAGE WHO REVOLUTIONIZED INDIAN MEDICINE



Long, long ago, even before today's modern science, there was a special travelling doctor named **Charaka**. He is often called the **“Father of Indian Medicine”** because he really changed and improved how healing was done in ancient India. His name, “Charaka,” means “one who moves” or a “wandering scholar.”

Charaka lived sometime between 100 BCE and 200 CE, though the exact dates are not fully known. He was a dedicated student, a “disciple,” of a very wise teacher named **Punarvasu Ātreya**, who was one of the first important sages of Ayurveda. Charaka is thought to have come from a village called Kapisthala, which is now in Punjab, but his influence spread much wider than just that one place.

Charaka's biggest and most lasting gift to us is a huge and very important book called the **Charaka Samhita**. While his teacher, Ātreya, might have taught the first ideas, it was Agnivesha who collected and Charaka edited, and expanded these ideas into a full, well-organized medical book.

This special book, the Charaka Samhita, talks about many things related to health:

- How the human body works (its anatomy and physiology)

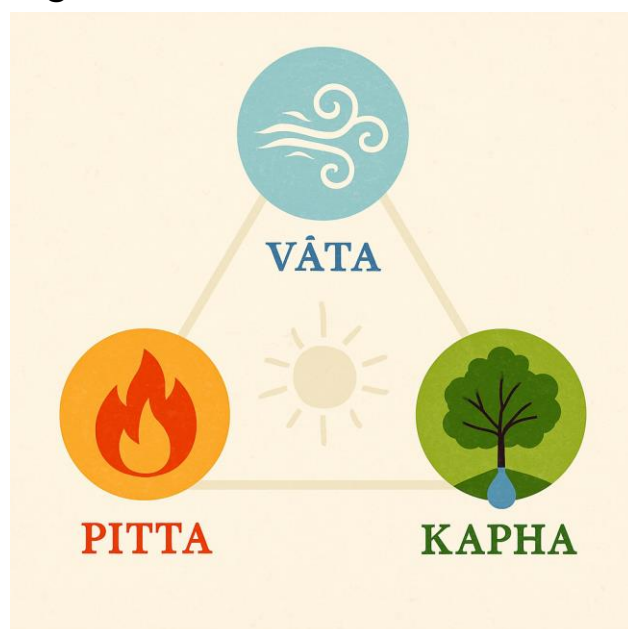
- Why people get sick (the causes of diseases)
- How to figure out what illness someone has (clinical diagnosis)
- Medicines made from plants and how to prepare them
- Ways to treat illnesses and the right way for doctors to act (ethical medical practice)

What makes this book truly amazing is how it mixes deep philosophy with practical medicine. This balance is still a very important part of Ayurveda today.

One of Charaka's most revolutionary ideas was that your **health is not just decided by fate** or by some divine power. Instead, he strongly believed that our own choices and how we live our lives are very important for staying healthy and stopping diseases from happening. This idea gave a lot of power to people themselves, which was very advanced for his time. He famously said that a doctor should "not only cure illness but to prevent its occurrence," meaning that **preventing sickness was the best kind of healing.**

Charaka also helped make the idea of **Tridosha** very popular. These are three biological forces that control how our body works:

- **Vāta:** This controls movement and communication in the body.
- **Pitta:** This controls transformation and metabolism (like digestion).
- **Kapha:** This controls stability and structure in the body.



He explained that if these three doshas are in a balanced state, you are healthy, but if they get out of sync, that's when disease happens. This simple yet powerful

model became the main way to diagnose and treat illnesses in Ayurveda.

Some old Buddhist writings suggest that Charaka might have been a doctor for **King Kanishka**, who was a big supporter of art and science during the Kushan Empire. This shows how important Ayurveda was back then. His work, which was written on palm leaves, was translated into many languages, helping Ayurvedic wisdom spread across Asia and the Middle East.

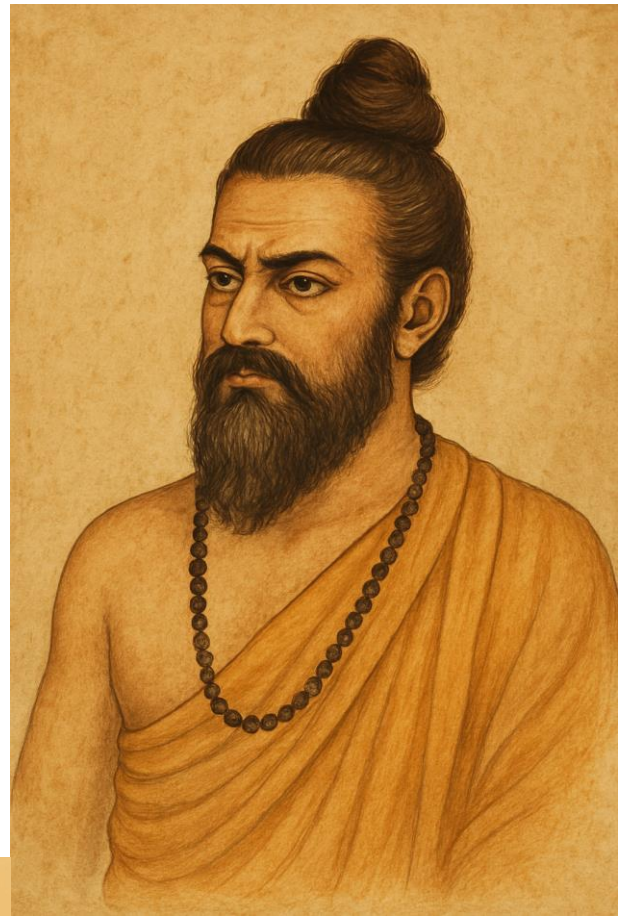
The Charaka Samhita is not just an old book; it is still a **living guide** for Ayurvedic education. Charaka's teachings still influence how doctors diagnose, how herbal medicines are made, and the ethical rules in Ayurveda. His focus on treating the root cause of illness, the importance of lifestyle, and strong ethics makes his work very important and relevant even now, in the age of modern medicine.



ACHARYA SUSHRUTA: THE TIMELESS SURGEON OF KASHI

Namaste! Let us talk about Acharya Sushruta, a truly great figure from ancient India, in simple terms.

Acharya Sushruta was a super wise doctor and a brilliant teacher who lived a very long time ago, around the 6th century BCE. He lived in the sacred city of Kashi, which is Varanasi today, right by the holy River Ganga. He is often called the “**Father of Surgery**” because of his amazing knowledge and skills in this field.



Here is what makes him so special:

Book: Sushruta Samhita

- Sushruta wrote a very important book called the **Sushruta Samhita**. It



is one of the main books of Ayurveda, which is India's traditional system of medicine.

- While other books focused on internal medicine, Sushruta's book was all about **surgery**.
- In this book, he described many surgical procedures in detail, like:
 - **Rhinoplasty**, which is fixing or reconstructing the nose.

- Cataract surgery (for eyes).
- How to treat wounds.
- He also talked about **disinfection** (keeping things clean), **suturing** (stitching wounds), and even using **wine and herbs for anesthesia** (to make people not feel pain during surgery).
- He had **very precise descriptions of surgical instruments** like scalpels, forceps, and needles, many of which he designed himself.
- Many of his techniques were centuries ahead of their time compared to other parts of the world.

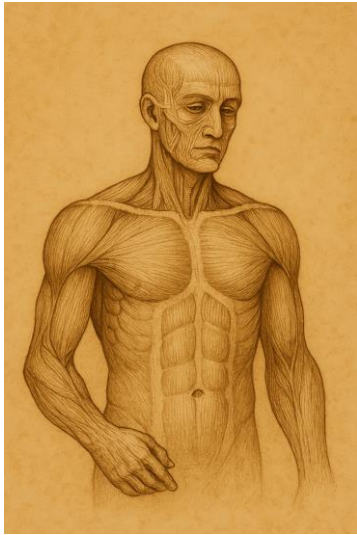
Learning by Doing (Practical Wisdom)

- Acharya Sushruta believed in **hands-on learning**. He told his students to practice surgery on things like vegetables, animal skins, and gourds before operating on people. This way, they learned real-life skills, not just theory. This practical approach is still important in medical training today.
- He saw surgery not as a separate thing, but as a part of a **complete Ayurvedic approach** that included checking symptoms, lifestyle, and preventive care.

The Father of Plastic Surgery

- One of his most famous contributions is his work on **reconstructive surgery**, especially nose reconstruction, which is why he is known as the **“Father of Plastic Surgery.”**
- He knew that facial disfigurement could make people sad and excluded from society, so his work helped not just the body but also people’s social and emotional well-being.
- His technique of using a flap of skin from the forehead to rebuild a nose is

considered the **ancestor of modern plastic surgery**.



Deep Understanding of the Body

- Sushruta had an amazing understanding of **human anatomy** (how the body is made). He even dissected dead bodies to study them, which was a very brave and unusual thing to do in his time.
- He described muscles, bones, nerves, and blood vessels

very clearly.

- He also understood **embryology** (how babies develop inside the womb).
- He gave detailed descriptions of various diseases, their causes, symptoms, how to diagnose them, and treatments, including surgery, herbal medicines, and diet.

His Everlasting Legacy

- Acharya Sushruta's work was so important that it **travelled across the ancient world**. His book was translated into Arabic and might have influenced early Islamic and European surgical practices.
- Even today, modern surgeons and Ayurvedic doctors speak his name with great respect.
- His teachings about **scientific precision, strong ethical values, and compassionate care** are still seen as shining examples for doctors.
- He believed that a doctor is not just a technical expert, but a **guardian of life**, always committed to truth and healing.

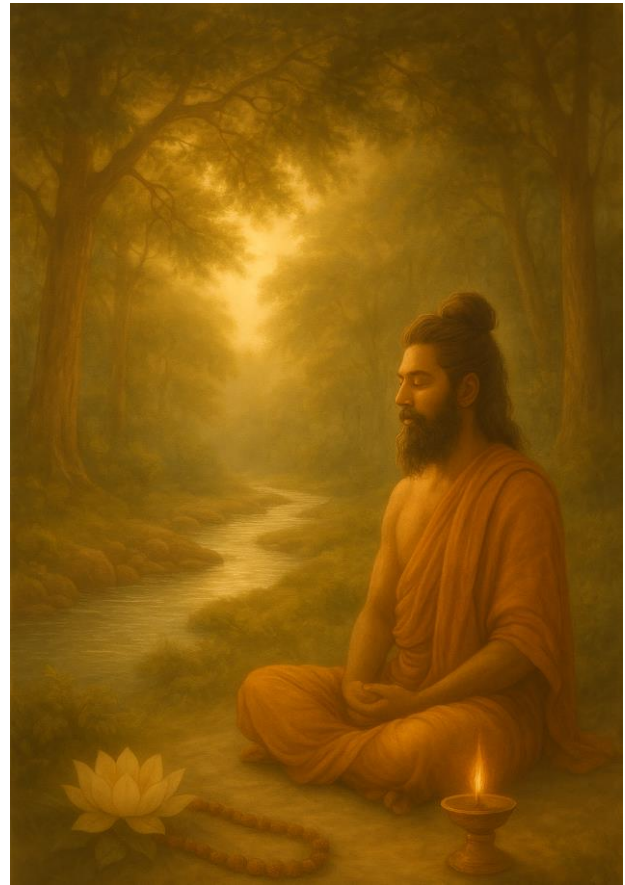
Sushruta's life shows us that science and spirituality can go together. He used his surgical tools not just for precision, but also with great compassion.

ACHARYA VAGBHATA: THE HARMONIZER OF AYURVEDIC WISDOM

Acharya Vagbhata was a very important healer in an ancient Indian medicine system called Ayurveda. He lived around the 6th century.

Here is why he was so important:

- **He brought things together:** Before him, there were two other great healers, Charaka, and Sushruta. Vagbhata **combined their teachings** and made them easier to understand and use.
- **His family and teachers:** Vagbhata came from a family of doctors and scholars. His father was Simhagupta, and his grandfather was also named Vagbhata. He also learned from a Buddhist teacher named Avalokita. This mix of traditional Indian (Vedic) and Buddhist ideas made his work special.
- **Where he lived:** He is thought to have lived in a place called Sindh, which is now in Pakistan. From there, his ideas travelled far, even to Kerala in southern India, where they are still very important today.
- **His main books:** Vagbhata wrote two big books about Ayurveda:
 - **Astanga Hridaya:** This book was written entirely in **poetry**, which made it **very popular and easy for students** to learn across India, especially in Kerala.
 - **Astanga Sangraha:** This book used both prose (regular writing) and poetry. It is more detailed and is being studied more again today.

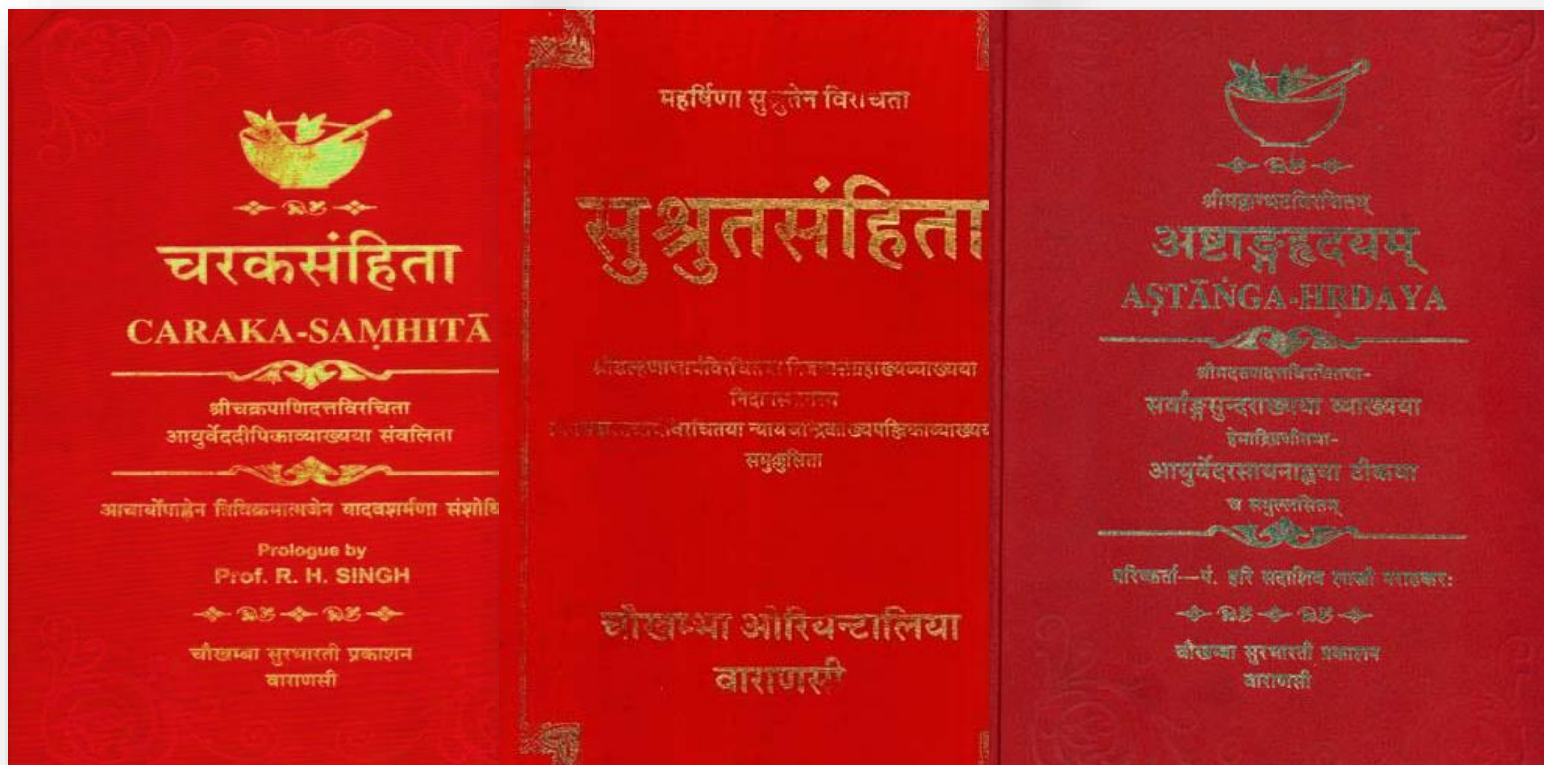


- **What made his teaching special:**

- He was a genius because he could **make complicated ideas simple and clear.**
- He strongly believed in **preventing sickness** and using **lifestyle choices as medicine**, which are ideas people still talk about today.
- His books cover topics like healthy eating, how diseases start, natural treatments, and special detoxification methods called Panchakarma.

- **He connected different ideas:** Vagbhata was unique because he used both traditional Vedic ideas and Buddhist ideas in his teachings. He believed that healing should be about compassion and clear thinking, not limited by religion. This made his teachings **welcomed by many different people** across India.

In short, Vagbhata is seen as the **“Hridaya” or “heart” of Ayurveda** because he gave the system not just rules, but a soul, emphasizing holistic care and compassion. He is considered one of the greatest healers, alongside Charaka and Sushruta.



The image features a globe as the central element, showing the Americas and parts of Europe and Africa. The globe is set against a background of a newspaper with various headlines. A white rectangular box with a thin blue border is centered over the globe, containing the title 'News Bites' and a subtitle.

News Bites

A cozy spot for latest updates.

Awareness Program on Ragging and Sexual Harassment Held at SJGAMC Koppal

Koppal, Karnataka, July 1, 2025:

A significant step towards ensuring student safety and fostering a culture of respect was taken at Shri Jagadguru Gavisiddheshwara Ayurvedic Medical College, Koppal, as the institution organized a *Sensitization & Awareness Program on Prevention of Ragging and Sexual Harassment*.

The event, conducted in collaboration with the District Police Office, Koppal, and the District Legal Services Authority (DLSA), Koppal, brought together esteemed dignitaries, law enforcement officers, faculty, and students to deliberate on issues critical to student welfare.

Distinguished Speakers Address the Gathering

Prominent speakers at the event included **Shri Muttanna Saravagol, DYSP, Koppal Sub-Division; Shri Yashavantkumar S B, DYSP, Cyber Station, Koppal; and Shri Mahantesh Daragad, Senior Civil Judge** and representative of DLSA.

Addressing the audience, Shri Muttanna Saravagol emphasized the legal implications and psychological consequences of ragging and sexual harassment. He urged students to come forward fearlessly to report such incidents, assuring them of complete support and confidentiality.

Shri Yashavantkumar S B spoke extensively about cyber safety and the increasing menace of online harassment. He explained the hints of cyber laws, urging students to exercise caution while using digital platforms and to be vigilant about privacy breaches.

Adding a judicial perspective, Shri Mahantesh Daragad elaborated on legal provisions under the Indian Penal Code and various laws related to the prevention of sexual harassment. He highlighted the role of the DLSA in providing legal aid to victims and ensuring justice is served without delay.



A Step Towards Safer Campuses

SJGAMC Koppal has been proactive in promoting a zero-tolerance policy towards ragging and sexual harassment. Events like this underscore the institution's commitment to creating a safe, respectful, and inclusive campus atmosphere.

The program concluded with a group photograph capturing faculty, students, and dignitaries, reflecting the spirit of solidarity in addressing critical social issues.

Such initiatives not only create awareness but also empower students to stand up for themselves and their peers, fostering a campus culture grounded in respect and safety.

Doctors' Day 2025 Celebrated with Enthusiasm at SJGAMC, Koppal



Koppal, Karnataka – July 1, 2025

Sri Jagadguru Gavisiddheshwara Ayurvedic Medical College, Koppal, commemorated National Doctors' Day 2025 with great fervour and respect. The event was organized by the interneers of the college, who extended a warm welcome to dignitaries, teaching faculty, and medical officers.



The program began with a traditional lamp-lighting ceremony, symbolizing the dispelling of darkness and the spread of knowledge. The gathering was addressed by eminent speakers including Dr. Mahanthesh M Salimath,

Dr. Suresh Hakkandi, Dr. Veerayya Hiremath, and Dr. Suryanarayana Mudadla. Each speaker highlighted the invaluable contributions of doctors to society and emphasized the importance of compassionate patient care and ongoing professional development.

The celebration also featured felicitations of faculty members and cultural performances by students, creating a vibrant atmosphere. Attendees expressed pride in being part of the medical fraternity and renewed their commitment to serving the community.

The event concluded with a vote of thanks, acknowledging the efforts of all who contributed to making the program a success.

National Doctors' Day, observed annually on July 1 in India, commemorates the birth and

death anniversary of the legendary physician Dr. Bidhan Chandra Roy and serves as a tribute to the dedication and service of medical professionals across the country.

Sushruta Jayanti Celebrated at SJG Ayurvedic Medical College, Koppal



Koppal, July 15, 2025 — Shree Jagadguru Gavisiddheshwara Ayurvedic Medical College, Hospital, Post-Graduate Studies & Research Centre in Koppal solemnly celebrated Sushruta Jayanti on July 15, 2025. The event, held at the Shalya Tantra Skill Lab, marked a tribute to Acharya Sushruta, regarded as the Father of Surgery and a pioneer in the field of Ayurveda.



The ceremony witnessed enthusiastic participation from final phase BAMS students and PG scholars. The celebration was organized to emphasize the contributions of Sushruta to both Ayurveda and modern medical science.

The event was graced by the presence of beloved Principal Dr. Mahantesh. M. Salimath and Vice Principal Dr. Hakkandi, who addressed the gathering. In their speeches, they highlighted the importance of commemorating Sushruta Jayanti, underlining how Acharya Sushruta laid the foundational principles of surgical science, many of which continue to influence contemporary surgical practices and Ayurvedic surgery.

They also spoke about the need for young Ayurvedic scholars to take inspiration from Sushruta's dedication to knowledge, innovation, and patient care. Their speeches aimed to instill a sense of pride and responsibility among the students towards preserving and advancing traditional medical wisdom.

This celebration not only honored the legacy of a great scholar but also served as a platform to reconnect the students and faculty with the roots of Ayurvedic surgical excellence.

Guest Lecture on "Sandhana Karma in Ayurveda" Conducted at SJG Ayurvedic Medical College, Koppal

Koppal, July 15, 2025 — The Department of Shalya Tantra at SJG Ayurvedic Medical College, Hospital, Post-Graduate Studies & Research Centre, Koppal, successfully organized a guest lecture on the topic "**Sandhana Karma in Ayurveda**" as part of the "Shalya Prabhoda" initiative, commemorating **Sushrutha Jayanti**.

The event took place on **15th July 2025** from **3:00 PM to 4:00 PM** at **Vagbhatta Hall**. The

session was specially arranged for **Final Phase BAMS students and Postgraduate Scholars**.

The lecture aimed to deepen students' understanding of traditional Ayurvedic surgical practices, with a specific focus on *Sandhana Karma* an essential aspect of wound healing and tissue repair in Ayurvedic medicine.

The principal appreciated the efforts of the Department of Shalya Tantra and emphasized the importance of such academic events in preserving and propagating ancient Ayurvedic knowledge.



Free Ayurvedic Health Camp Held at Kolor Village



Kolor, July 12, 2025:

Sri Jagadguru Gavisiddheshwara Ayurvedic Medical College, Koppal, held a free health check-up and treatment camp at the Government Higher Primary and High School in Kolor.

The camp was organized with help from the AYUSH Department, Nava Pragati Mahila Mandal, and Grama Panchayat Kolor.

Villagers received free check-ups, medicines, and lab tests. A team of Ayurvedic doctors treated many health problems such as:

- Diabetes, asthma, and stomach issues
- Nerve and joint problems like paralysis and sciatica
- Skin, hair, allergy, and beauty concerns
- Kidney, urinary, and menstrual issues
- Mental health and child development problems
- ENT, eye, and oral diseases
- Obesity, breast diseases, and insect bites

Pregnant women were also guided through Garbha Sanskar, and special counselling was offered for fertility and women's health.

S.J.G. Ayurvedic Medical College Successfully Hosts RGUHS Kalaburagi Zone Shuttle Badminton Event



Koppal, Karnataka – July 24, 2025:

In a vibrant celebration of sportsmanship and teamwork, **Shree Jagadguru Gavisiddheshwar Ayurvedic Medical College, and Hospital, Gavimath, Koppal**, successfully hosted the **RGUHS Kalaburagi Zone Shuttle Badminton (Men's & Women's) Tournament 2025** on July 23rd and 24th. The event was held under the guidance of **Rajiv Gandhi University of Health Sciences (RGUHS), Bengaluru**.

The tournament witnessed enthusiastic participation from various medical and nursing colleges across the Kalaburagi zone. The atmosphere was charged with competitive spirit, camaraderie, and discipline, making the two-day event a grand success.

Men's Section – Results:

- **Winners:** *Navodaya Medical College, Raichur*
- **Runners-Up:** *Koppal Institute of Medical Sciences, Koppal*
- **Second Runner-Up:** *Shree Jagadguru Gavisiddheshwar Ayurvedic Medical College, Koppal*
- **Fourth Place:** *Al-Ameen Medical College, Vijaypur*

Women's Section – Results:

- **Winners:** *Navodaya Nursing College, Raichur*
- **Runners-Up:** *Shri B.M. Patil Nijalingappa Medical College, Bagalkot*
- **Second Runner-Up:** *Shri Vijaymahantesh Ayurvedic Medical College, Ilkal*
- **Fourth Place:** *Sajjalshri Institute of Nursing Sciences, Bagalkot*

The Principal of S.G.V.V. Ayurvedic Medical College extended heartfelt congratulations to all the winners and participants and expressed gratitude to the faculty and organizing team for their tireless efforts. Their commitment ensured the event was executed seamlessly and joyously.

This successful event not only promoted physical wellness and sportsmanship but also showcased the organizing excellence of the host institution. Congratulations poured in from all quarters for the achievements and smooth conduct of the tournament.

Congratulations to all the achievers! 🌸 🙌 🏆

Dr. Kumarswamy Kallimath of SJGAMC Koppal Wins Best Paper Presenter Award at SHALYACON 2025

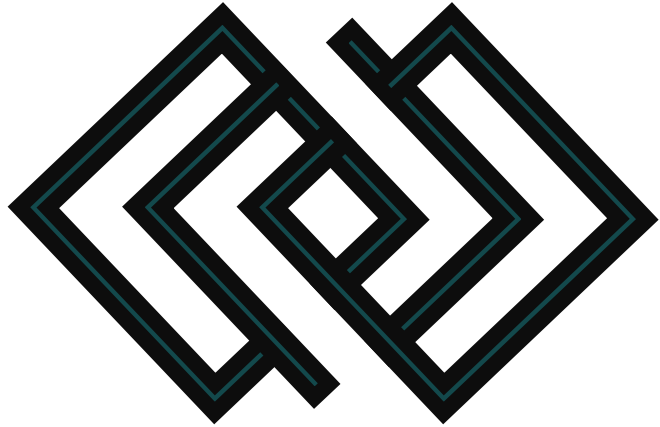


New Delhi, July 15, 2025 — In a moment of great pride for the **Sri Jagadguru Gavisiddheshwara Ayurvedic Medical College, Koppal**, Dr. Kumarswamy Kallimath, Assistant Professor in the Department of Shalya Tantra, has been honoured with the "**Best Paper Presenter**" award at **SHALYACON 2025**.

The prestigious conference was held at the **All-India Institute of Ayurveda (AIIA)**, New Delhi, and brought together leading Ayurvedic scholars, and researchers from across the country. Dr. Kallimath's outstanding presentation and research in the field of Shalya Tantra earned him top recognition among a competitive group of presenters.

The event took place on **July 15, 2025**, and highlighted Dr. Kallimath's scholarly contributions and dedication to the advancement of Ayurvedic surgical knowledge. His work was particularly praised for its clinical relevance, clarity, and research depth.

SHALYACON is a renowned national conference dedicated to the field of Shalya Tantra, promoting innovation, research, and academic excellence in Ayurvedic surgery.



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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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.

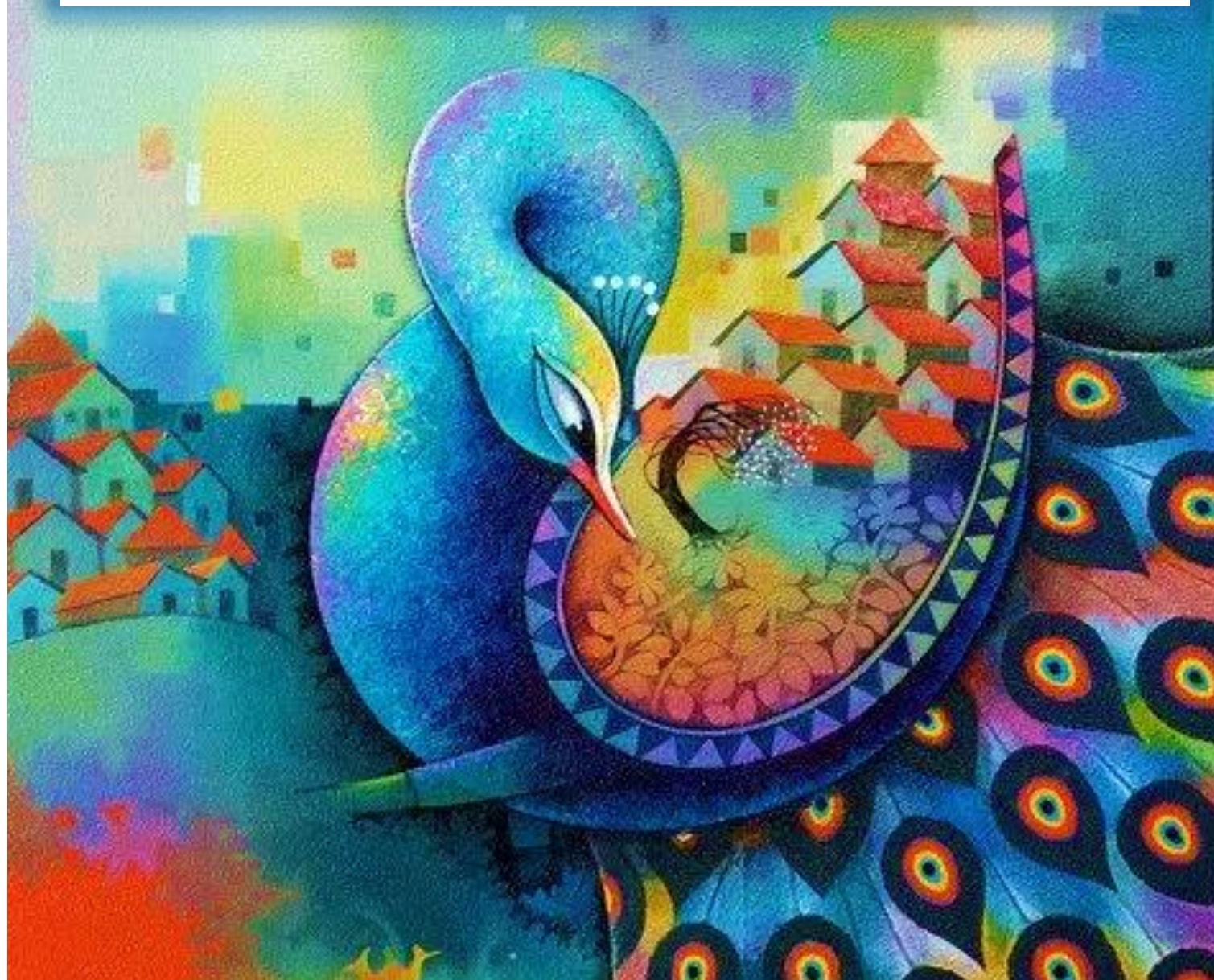
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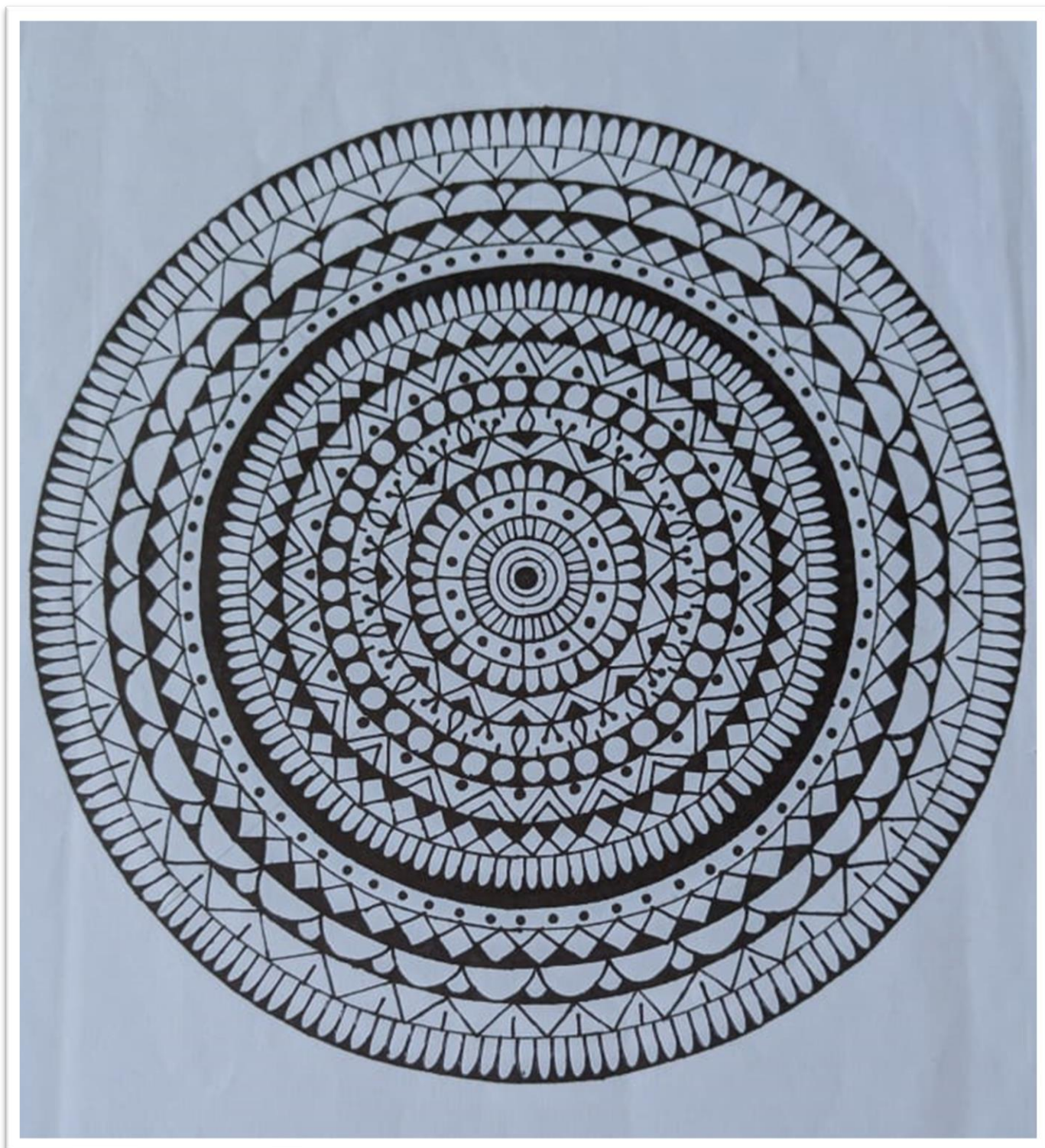


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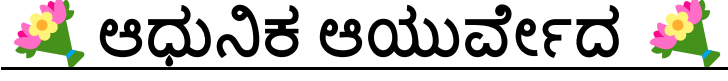
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Where words take flight

FROM THOUGHT TO VERSE



ಪ್ರಿಯ ಓದುಗರಿಗೆ ನಮಸ್ಕಾರ, ಭಗವಂತ ಧನ್ವಂತರಿಯ ಪ್ರಸಾದವಾದ 12000 ಆಯುರ್ವೇದವು, ಪುರಾತನ ಕಾಲದ
ಔಷಧ ಪದ್ಧತಿ

ಸ್ವಸ್ಥಶ್ ಸ್ವಸ್ಥ ರಕ್ಷಣಾಂ

ಆಶುರಸ್ಯ ವಿಕಾರ ಪ್ರಶಮನಾಂ ಚ

ಅಂದರೆ ಪ್ರಿವೆನ್ಷನ್ ಇಸ್ ಬೆಟರ್ ಧ್ಯಾನ್ ಕ್ಯೂರ್ ಎಂಬ ಮೂಲ ಉದ್ದೇಶದಿಂದ ಜನ್ಮತಾಳಿ ಪ್ರಪಂಚದ ಎಲ್ಲಾ ರೋಗಗಳಿಗೆ
ಪರಿಹಾರ ಒದಗಿಸಿಕೊಡಲು ಆಚಾರ್ಯ ಚರಕರ ಚರಕ ಸಂಹಿತೆ ಆಚಾರ್ಯ ಸುಶ್ರುತ ರಚಿಸಿದ ಸುಶ್ರುತ ಸಂಹಿತ ವಾಕ್ಯಟನ
ಅಷ್ಟಾಂಗ ಹೃದಯ ಮೂರು ಬೃಹತ್ ಸಂಹಿತೆಗಳು ರಚನೆಯಾದವು

ಆರೋಗ್ಯ ಎಂಬುದು ಮನುಷ್ಯನ ಜೀವನಕ್ಕೆ ಅಡಿಪಾಯ ಪ್ರಪಂಚದಲ್ಲಿರುವ ಎಲ್ಲಾ ಅಂಶಗಳು ಎಲ್ಲಾ ಅಂಶಗಳು ಚರಕ
ಸಂಹಿತೆಯಲ್ಲಿ ಅಡಗಿದೆ ಆ ಸಂಹಿತೆಯಲ್ಲಿ ಇಲ್ಲದ್ದು ಪ್ರಪಂಚದಲ್ಲಿ ಇಲ್ಲ. ಎಂಬ ಮಾತನ್ನು ನಿಜ ಮಾಡಲು ಹಲವಾರು
ಉದಾಹರಣೆಗಳು ಹಾಗೂ ಪುರಾವೆಗಳಿವೆ ಈಗಿನ ಭೌತಶಾಸ್ತ್ರ. ರಾಸಾಯನಶಾಸ್ತ್ರ ಜೀವಶಾಸ್ತ್ರ ಇನ್ನೂ ಹತ್ತು ಹಲವಾರು
ವಿಷಯಗಳ ಪರಿಚಯ ಆಚಾರ್ಯರು ನಮಗೆ 5000 ವರ್ಷಗಳ ಹಿಂದೆಯೇ ತಿಳಿಸಿದ್ದಾರೆ

ಜಾನ್ ಡಾಲ್ಟನ್ ನ "ಆಟೋಮಿಕ್ ಥೇರಿ ಆಫ್ ಮ್ಯಾಟರ್." ಪರಮಾಣು. ದ್ರವ್ಯಾನು ಟ್ರಯಾನ್ ಎಂದು ಹೇಳಿ ಅಣುಗಳ
ಪರಿಚಯವನ್ನು ಸೂಕ್ಷ್ಮದರ್ಶನದ ಸಹಾಯವಿಲ್ಲದೆ ಅಣುಗಳ ಕಣದ ಮಹರ್ಷಿ ವೈಶೋಸಿಕ್ ದರ್ಶನದಲ್ಲಿ ಅಭಿವ್ಯಕ್ತಿಸಿದ್ದಾರೆ
" ದಿ ಮ್ಯಾಟರ್ ಕಂಟೆನ್ಸ್ ಬೋತ್ ಕ್ವಾಲಿಟಿ ಅಂಡ್ ಇಟ್ಸ್ ಓನ್ ಫಂಕ್ಷನ್ " ಎಂಬುದನ್ನು ಯತ್ರೆಶಿತ ಕರ್ಮಗುಣ
ಸಾಮವ್ಯಾಯಿ ಏತ್ ತತ್ ದ್ರವ್ಯಯಂ ಎಂದು ಆಗಿನ ಕಾಲದಲ್ಲಿ ಹೇಳಿದ್ದಾರೆ ಹಾಗೆಯೇ ನಾನ್ ಎಕ್ಸಿಸ್ಟೆನ್ಸ್ ಕೆ ನಾಟ್ ಗೀವ್
ರೈಸ್ ಟು ಎಕ್ಸಿಸ್ಟೆನ್ಸ್ ತಿಂಗ್ ಎಂಬ ಥಿಯರಿಯನ್ನು ಭಗವದ್ಗೀತೆಯಲ್ಲಿ ನಾ ಅಸ್ತೋ ವಿಧೇಯತೆ ಬಹೋ ನಾ ಬಹೋ
ವಿಧೇಯತೆ ಶತಮ್ ಎಂದು ವರ್ಣಿಸಿದ್ದಾರೆ ಸತ್ಯ. ರಜ. ತಮ. ತ್ರಿಗುಣಗಳು ಭೂಮಿಯ ಸೃಷ್ಟಿಗೆ ಅಗತ್ಯವಾದ ಶಕ್ತಿ ಹಾಗೂ
ಕಣಗಳ ಚಲನೆಯ ವಿಚಾರವನ್ನು ವ್ಯಕ್ತಪಡಿಸಿದ್ದಾರೆ ವಸ್ತು ಉತ್ಪಾದನೆಯ ಥಿಯರಿಯನ್ನು ಸರ್ವದ್ರವ್ಯ ಪಂಚ ಬೈತಿಕ ಎಂಬ

ಆಚಾರ್ಯ ಚರಕರ ಶ್ಲೋಕ ಹೇಳುತ್ತದೆ ಹಾಗೆಯೇ ಆಯುರ್ವೇದದ ಬೇರುಗಳಾದ ವಾತ ಪಿತ್ತ ಕಫ ಆಧುನಿಕ ಪರಿಕಲ್ಪನೆಗೆ ಹೋಲಿಸಬಹುದು ವಾತ ದೋಷವು ಚಲನೆಯ ಸಿದ್ಧಾಂತ (ದ ಥಿಯರಿ ಆಫ್ ಮೋಶನ್) ಅನ್ನು ವಾಗತಿ ಗದನೀಯ ಅಂದರೆ ವಾತ ದೋಷ ಚಲನೆಗೆ ಸಹಾಯ ಮಾಡುತ್ತದೆ ಎಂದು ಹೇಳಿದ್ದಾರೆ

ಪಿತ್ತ ದೋಷವು ಪ್ರಿನ್ಸಿಪಲ್ ಆಫ್ ಟ್ರಾನ್ಸ್ ಮೇಷನ್ ಬಗ್ಗೆ ವಿವರಣೆ ಮಾಡುತ್ತದೆ ಕಫ ದೋಷ ಸಹ ಪ್ರಿನ್ಸಿಪಲ್ ಆಫ್ ಸ್ಟ್ರಕ್ಚರ್ ಅಂದರೆ ರಚನೆಯ ತತ್ವವನ್ನು ಪರಿಪೂರ್ಣವಾಗಿ ವಿವರಿಸುತ್ತದೆ

ಅಷ್ಟೇ ಅಲ್ಲದೆ ವಿಲಿಯಂ ಗಿಲ್ಬರ್ಟ್ ಕಂಡು ಹಿಡಿದ ಎಲೆಕ್ಟ್ರಿಸಿಟಿ ಅನ್ನು ಆಗಿನ ದಿನಮಾನದಲ್ಲಿಯೇ ನಮ್ಮ ಆಚಾರ್ಯರು ವಿಶೇಷ ದೀಪ್ತಿಗತಿ ಎಂದು ತೇಜ್ ಸಂತುಷ್ಟತಾ ವಿವರಿಸುವಾಗಲೇ ಇದರ ಮಾಹಿತಿಯನ್ನು ನೀಡಿದ್ದಾರೆ ಅಷ್ಟೇ ಏಕೆ ನ್ಯೂಟನ್‌ನ ಗುರುತ್ವಾಕರ್ಷಣ ಸಿದ್ಧಾಂತವನ್ನು ಸಹಿತ ನಮ್ಮ ಕಣದ ಆಚಾರ್ಯರು ಸಂಸ್ಕಾರ ಬಾತೆ ಗುರುತ್ವ ಪತನ್ ಎಂದು ಗುರುತ್ವಾಕರ್ಷಣ ಶಕ್ತಿಯ ಬಗ್ಗೆ ವಿ ಮರ್ಶನೆಯನ್ನು ವೈಶೇಷಿಕ ದರ್ಶನದಲ್ಲಿ ನೀಡಿದ್ದಾರೆ ಈಗಿನ ಯುವಕ ಯುವತಿಯರು ಹೋಗುವ ಜಿಮ್ ಗಳ ಬಗ್ಗೆ ನಮ್ಮ ವಾಗ್ಬಟ ಆಚಾರ್ಯರು ಅಷ್ಟಾಂಗವಾದ ದಿನಚರಿಯ ಅಧ್ಯಾಯದಲ್ಲಿ ಲಾಘವ ಕರ್ಮ ಸಮರ್ಥಿಯಂ diptho ಅಗ್ನಿ ಮೇದಸ ಕ್ಷಯ ಎಂದು ಸೌಂದರ್ಯವನ್ನು ಹೆಚ್ಚಿಸಿಕೊಳ್ಳಲು ವ್ಯಾಯಾಮದ ಬಗ್ಗೆ ಸುಂದರವಾಗಿ ವರ್ಣಿಸಿದ್ದಾರೆ ಹೀಗೆಯೇ ಹಲವಾರು ವಿಚಾರಗಳ ಬಗ್ಗೆ ಆಗಿನ ಕಾಲದಲ್ಲಿ ಯಾವುದೇ ಸಾಧನಗಳ ಬಳಕೆ ಇಲ್ಲದೆ ಹೇಳಿರುವುದು ನಮಗೆ ಹೆಮ್ಮೆಯ ಹಾಗೂ ಆಶ್ಚರ್ಯಕರವಾದ ಸಂಗತಿ ಅಲ್ಲವೇ?

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GAVIKALPATARU

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**“The GURU is the
means of
realization, there is
no knowledge
without teacher”**

**– Swami
Vivekananda**