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

AYURVEDA E MAGAZINE

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GAVIKALPATARU

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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
August Edition, 2025*

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Principal & Editor's Letter



Dear Readers,

It brings me great joy to share the August 2025 Edition 10 of GAVI KALPATARU. This publication reflects the lively intellectual and cultural spirit of our institution.

Each edition shows the hard work of our students and faculty. Their reflections, research, and creativity give this magazine its energy and character. Thanks to their efforts, our tradition of knowledge, inquiry, and expression grows stronger each month.

This issue brings together a variety of voices and viewpoints, providing readers with insight and inspiration. It is encouraging to see the spirit of learning and sharing continue to shine brightly in our community.

I want to express my gratitude to the editorial team for putting together this edition with such thoughtfulness and care. I hope this publication remains a source of encouragement, connection, and pride for everyone in our institution.

Warm regards,

Dr. M. M. Salimath

Principal & Chief Editor

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.

World Breastfeeding Week Celebration at Adopted Village Koluru Panchayat

The Department of **Kaumarabhritya**, SJG Ayurveda Medical College, Koppal, organized the **9th consecutive World Breastfeeding Week** celebration under the initiative **PEEYUSHA** on **2nd August 2025** at the adopted village, **Koluru Panchayat**.

The program aimed to create awareness among **lactating mothers, pregnant women, ASHA workers, and Anganwadi workers** about the importance of breastfeeding and proper care during the lactation period.

As part of the awareness program, **Postgraduate scholars** from the department conducted live demonstrations on **breastfeeding techniques, different breastfeeding positions, the importance of breastfeeding, burping practices, and nutritional care during lactation**.

The interactive sessions were well received by the participants, helping them gain practical knowledge to improve maternal and child health in the community.



Charaka Jayanti 2025 Celebrated at SJG Ayurvedic Medical College, Koppal

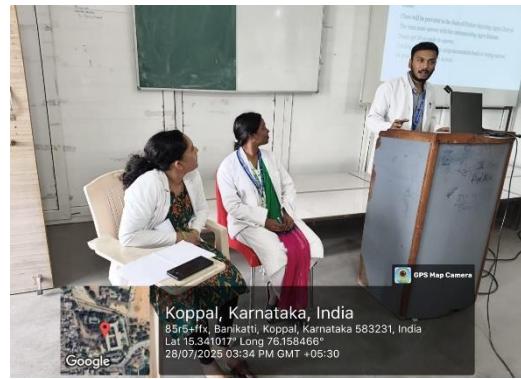


The Department of Samhita Siddhanta and Sanskrit, in association with the Vaidyabhoosha Sanskrit Club, celebrated *Charaka Jayanti* on **28th and 29th July 2025** at SJG Ayurvedic Medical College, Koppal. Various academic and cultural competitions were organized for BAMS students to honor the great Acharya Charaka and his contribution to Ayurveda.

The events included:

- **Shloka Recitation Competitions** were conducted for first, second, and third-year BAMS students. Students recited NCISM-recommended shlokas and verses from

- *Charaka Samhita*. Winners included *Miss Neela*, *Mr. Srilaxmi*, *Miss Meena*, *Mr. Akash*, *Miss Kavyashree*, and *Miss Sangeeta*.
- An **E-poster Competition** on the theme “*History of Acharya Charaka*” saw creative entries from students. *Karthik Bakale* won first prize, while *Kiran M* secured second prize.
- A **Quiz Competition – Rasa Prashna Spardha** was held with four teams. *Team Chakrapani* won first place and *Team Dridabala* won second place.
- An **Offline Guest Lecture** on “*Sandhi Vishleshana in Charaka Samhita*” was delivered by **Dr. Raghav K.L.** on 29th July 2025. The lecture helped students understand Sanskrit grammar in Ayurvedic texts and improved interpretative skills.



The program was coordinated by faculty members including **Dr. C.S. Hiremath**, **Dr. Hema C.H**, **Dr. Suhas M**, **Dr. Megha T**, and **Dr. Savitha M**. The principal, **Dr. Mahantesh M. Salimath**, Vice Principal **Dr. Suresh Hakkandi**, and senior staff **Dr. K.B. Hiremath** and **Dr. Rahul K.L.** appreciated the efforts of the students and congratulated the winners

Samskrith Maasa Utsava at SJGAMC, Koppal



Koppal: Shree Jagadguru Gavisiddheshwara Ayurvedic Medical College and Hospital (SJGAMC) celebrated *Sanskrit Month* from July 25 to August 24, 2025. The event was organized by the college’s Sanskrit Club, *Vaidhyabhoosha*, to honor and promote the ancient language of Sanskrit.

The celebrations started with an inauguration on July 25. The program began with Vedic hymns and speeches by Principal Dr. Mahantesh S. Salimath, Vice Principal Dr. Suresh Hakkandi, and Sanskrit lecturer Mr. C. S. Hiremath. They spoke about the importance of Sanskrit in culture, education,

and science.

During the month, many activities were held:

- **Shloka Recitation** by students.
- **Sanskrit Speech Competition** on history, grammar, and culture.
- **Daily Sanskrit Practices**, including *Dheya Mantra* and *Geeta Pathana*.
- **Sanskrit Day with Raksha Bandhan**, where students tied rakhis to staff and classmates.
- **Seminars and Workshops**, such as a special session on Panini's grammar led by Mr. Raghav K. L. from KSU, Bengaluru.
- **Library Visit** to learn about Sanskrit grammar and literature.
- **Cultural Programs**, including Sanskrit drama, devotional songs, and stotra recitals.



Over 100 students, 60 faculty members, and guests participated. The programs received positive feedback and helped students connect with Sanskrit in a meaningful way.

The month ended with a grand cultural event. Students showcased plays and devotional songs in Sanskrit, which were enjoyed by all.

Pharmacovigilance Awareness Program at SJGAMC, Koppal

The **Pharmacovigilance Cell** of **SJG Ayurvedic Medical College and Hospital, Koppal**, in collaboration with the **Department of AYUSH, Government of Karnataka**, organized a **CME on Pharmacovigilance Awareness and Adverse Drug Reaction (ADR) Reporting** on **5th August 2025**. The program was held at the college campus with the blessings of **Shree Jagadguru Gavisiddheshwara Mahaswamiji**.

The event was inaugurated in the presence of distinguished guests. The **Chief Guest** was **Dr. Parvatagowda Hiregowder**, District AYUSH Officer, Koppal. The program was presided



over by *Dr. Mahantesh M. Salimath*, Principal, SJGAMC, Koppal, along with *Dr. Suresh Hakkandi*, Vice Principal.

Sessions were conducted by **Dr. Santosh Kulkarni** (Coordinator, PVC) and **Dr. Vishwanath** (Co-coordinator, PVC). They explained the importance of Pharmacovigilance in Ayurveda and highlighted the need for accurate **Adverse Drug Reaction (ADR) reporting**. The CME focused on **detection, prevention, assessment, and understanding of ADRs**, which are essential for patient safety.



The program was attended by **Government AYUSH doctors, members of NIMA, and AFI associations from Koppal**. All participants actively engaged in the discussions and gained valuable insights into safe drug practices.

The **Pharmacovigilance Cell of SJGAMC** expressed heartfelt thanks to the **Management, Principal, Vice Principal, DAO Koppal, NIMA, and AFI associations** for their support and cooperation, which made the program a grand success.

National Librarian's Day Celebrated at SJGAMC Koppal with Book Exhibition



Koppal: Shri Jagadguru Gavishiddeshwar Ayurvedic Medical College, Koppal, celebrated **National Librarian's Day** on August 12th with a special Book Exhibition and Sale organized by the Central Library staff.

National Librarian's Day is observed every year in India to mark the birth anniversary of **Dr. S.R. Ranganathan**, known as the *Father of Library Science in India*. The day recognizes the vital role of librarians in spreading knowledge, promoting literacy, and ensuring access to information.



As part of the celebration, students and faculty explored a wide collection of books on Ayurveda, health sciences, and general reading. The event encouraged students to develop reading habits and highlighted the importance of libraries in academic and personal growth.

The management, teaching staff, and students appreciated the efforts of the library team for organizing the event and making the day meaningful

Free Medical Camp on Arthritis with BMD Tests at Adopted Village Bahaddur Bandi



The Departments of **Kayachikitsa** and **Swasthavrutta**, SJG Ayurveda Medical College, Koppal, jointly organized a **Free Medical Camp on Arthritis with Bone Mineral Density (BMD) Screening and Diagnostic Tests** on **13th August 2025** at **Bahaddur Bandi**, the adopted village of the institution.



The camp was jointly coordinated by **Dr. Manjula K.B, Professor & HOD, Department of Kayachikitsa**, and **Dr. Prabhu C. Naglapur, Professor & HOD, Department of Swasthavrutta**. They were supported by **Dr. Rajshekar Shettar, Assistant Professor, Department of Kayachikitsa**, and **Dr. Naveen, Assistant Professor, Department of Swasthavrutta**.



The primary objective of the camp was to diagnose arthritis-related problems, offer **free BMD tests**, and provide **free medicines and health guidance** to the needy.

The camp was **sponsored by Dhanwantari Pharmaceuticals** and witnessed an encouraging response from the villagers. A total of **84 patients** benefited from diagnosis, treatment, and counseling services.

The collaborative initiative achieved its goal of early detection and timely treatment, while also strengthening the institution's commitment to community health service. The departments expressed their gratitude to the sponsors and the local community for their support.

Independence Day Celebrated at SJGAMC Koppal



Koppal: Shri Jagadguru Gavishiddeshwar Ayurvedic Medical College, Koppal, celebrated **Independence Day** with great enthusiasm and patriotic spirit. The event brought together students, faculty, and staff to honour the nation's freedom.

The celebration was graced by the presence of **Secretary Maricoudar** as the Chief Guest,



Principal Dr. M.M. Salimath, Vice Principal Dr. Suresh Hakkandi, and senior faculty Dr. K.B. Hiremath also joined the occasion along with teaching and non-teaching staff.

UG and PG students actively participated in the program, showcasing their respect and love for the nation. The event

concluded with a message of unity, dedication, and service towards the country.

Best Library Users of the Year – 2025 Awarded at SJGAMC Koppal

Koppal: Shri Jagadguru Gavishiddeshwar Ayurvedic Medical College, Koppal, honored the **Best Library Users of the Year – 2025** by recognizing students who made the most use of library facilities throughout the year.

As a token of appreciation for their dedication to learning, the winners were presented with two valuable books – **Charaka Samhita Moola Teeka** and **A Guide to Ayurvedic Clinical Practice**.



The initiative encourages students to develop regular reading habits and make effective use of the library's rich resources. Faculty members and students appreciated this recognition, noting that it serves as motivation for all learners to strengthen their academic engagement.

Guest Lecture and Training on Herbal Drug Identification at SJG Arts, Science & Commerce College, Koppal



Koppal: The **Department of Botany** of Shri S.J.G. Arts, Science & Commerce College, Koppal, in association with the **Department of Dravyaguna, SJGAMC Koppal**, organized a special **guest lecture and hands-on training** session on **21st August 2025** for B.Sc. (Botany) 2nd year students.

The session was delivered by **Dr. Gangadhar T. Aralelimath**, Professor, Department of Dravyaguna,

SJGAMC Koppal, who spoke on *“Identification, Adulteration of Herbal Drugs, and Cultivation Profile.”* Students gained practical knowledge about **pharmacognostic**

techniques, methods to identify genuine herbal drugs, detect adulteration, and understand the cultivation and conservation of medicinal plants.

The training also aligned with the **Phytochemistry and Pharmacognostic Studies** syllabus prescribed by Vijayanagara Sri Krishnadevaraya University. Key aspects such as **sources of crude drugs, evaluation methods, adulteration detection, primary and secondary metabolites, and conservation of medicinal plants** were emphasized, bridging classroom learning with real-world applications.

The program helped students connect **Ayurveda and Botany**, providing them with a broader perspective on the role of pharmacognosy in traditional and modern medicine. Faculty members appreciated the initiative, noting that such sessions strengthen students' applied knowledge and skills.

Eye Surgery Camp Successfully Conducted at SJGAMC Koppal



Koppal, August 15, 2025: The Department of Shalakyatantra, SJG Ayurvedic Medical College, Koppal, continued its service to the community by organizing an **Eye Surgery Camp** on Independence Day, 15th August 2025.



The camp witnessed successful eye surgeries performed by **Dr. Rajashekhar, Consultant Ophthalmic Surgeon**, whose expertise, and dedicated efforts brought immense benefit to the patients. The initiative reflects the department's ongoing commitment to extending quality healthcare services to society.

This program not only provided treatment to patients in need but also highlighted the importance of community outreach and specialized medical care

National Eye Donation Fortnight Observed at SJGAMC



Koppal, 26th August 2025 – The Department of Shalakyatantra at SJGAMC, Koppal, observed the **National Eye Donation Fortnight 2025** from 25th August to 8th September. As part of the awareness activities, a **guest lecture** was organized on 26th August.

Koppal, Karnataka, India
85r5+ffx, Banikatti, Koppal, Karnataka 583231, India
Lat 15.341164° Long 76.158591°
26/08/2025 11:22 AM GMT +05:30

The lecture was delivered by **Dr. Prakash Hegde**, who spoke about the importance of eye donation and encouraged people to pledge their eyes for this noble cause. The program was presided over by **Principal Dr. M. M. Salimath**, who highlighted the significance of spreading awareness about eye donation in society.

The event successfully educated students and staff about the life-changing impact of eye donation, inspiring more people to contribute to this humanitarian effort.

Medical Camp and Lab Tests Conducted at BNRK PU College, Koppal



Koppal, 22nd August 2025 – The **Department of Shalakyatantra, SJG Ayurveda Medical College, Koppal**, organized a **medical camp and laboratory tests** at **BNRK PU College, Koppal**.

The camp aimed to provide **healthcare services and awareness** to the students. Various medical check-ups and lab tests were conducted, helping students understand the importance of regular health monitoring and preventive care.

The initiative reflects the college's commitment to **community health and student well-being**.

Guest Lecture on Fluid, Electrolyte & Shock Management

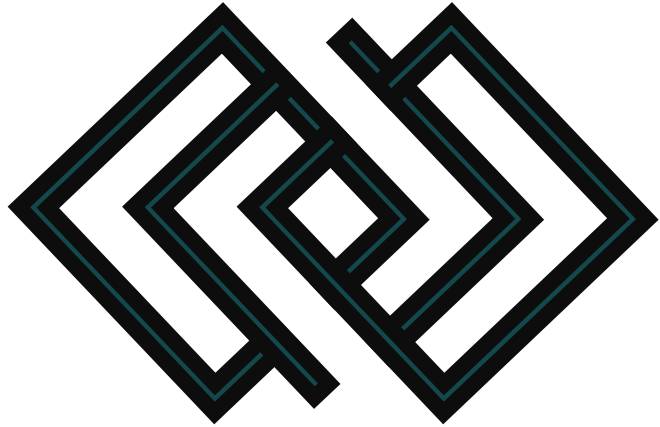
Koppal, Aug 22: The Department of PG & Ph.D. Studies in Shalya Tantra at SJG Ayurveda Medical College, Koppal, organized a guest lecture for postgraduate scholars on “**Fluid, Electrolyte & Management of Shock**” on 22nd August 2025.



The insightful session was delivered by **Dr. Gopal Gotur, Anesthetist**, who shared his vast clinical expertise on the importance of fluid balance, electrolyte correction, and the timely management of shock in critical care settings.

The lecture emphasized practical approaches, modern perspectives, and their relevance in surgical and emergency management, greatly benefitting the postgraduate scholars.

The program was well-received and enriched the academic exposure of students, contributing to their advanced learning in Shalva Tantra.



Knowledge Hub

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

Passion with Purpose: Therapeutic Potentials of *Passion fruit*.

Dr. Rahul Inamdar

2nd yr PG scholar Dept of Dravya guna

Shri Jagadguru Gavisiddheshwara ayurvedic medical college and hospital Koppal

Botanical Profile

- **Latin name:** *Passiflora edulis*
- **Family:** Passifloraceae
- **Common names:** Passion fruit, purple granadilla, Krishna Phal
- **Parts used:** Fruit pulp, leaves, seeds, flowers
- **Native range:** India, South America (Brazil, Paraguay, Argentina), now cultivated worldwide in tropical and subtropical regions.

Morphology

- **Habit:** Woody climber with tendrils for support
- **Leaves:** 3-lobed, deep green, serrated edges
- **Flowers:** Large, ornamental, purple-white, with a unique corona of filaments
- **Fruit:** Round to oval, purple or yellow rind, aromatic pulp with numerous seeds



Ayurvedic Perspective

While *Passiflora edulis* is not a classical Ayurvedic plant, it is categorized under **Anukta Dravya** (non-native plant described later). Based on pratyaksha, anumana and

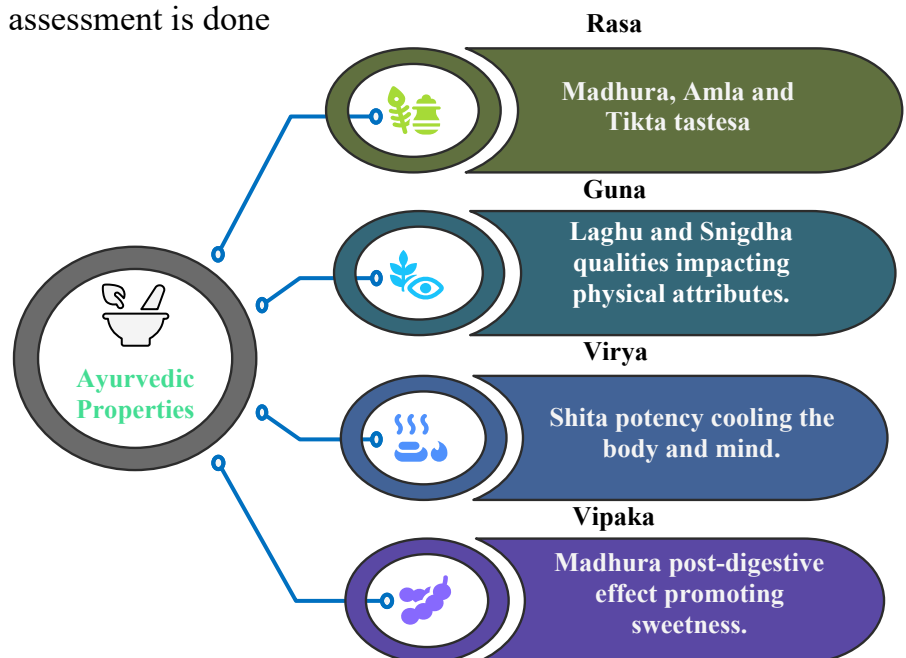
yukthi Pramana rasa -guna – virya - vipaka assessment is done

Probable karma: Manas shamak, Balya, Hridya, Anuloma

Sedative & Anxiolytic: Leaf and flower extracts are used for mild insomnia, restlessness, and anxiety.

Antispasmodic: Relieves smooth muscle spasms in digestive tract.

Antioxidant: Rich in vitamin C and polyphenols



Medicinal Uses (Traditional & Scientific)



Manas shamak
Calms mental agitation and



Hridva
Improves cardiac tone and



Balya
Promotes strength and



Anuloman
Supports healthy bowel



Shwasahara
Eases breathlessness, especially in



Nidrajanaka
Mild sedative that aids

PASSION FRUIT JUICE (*Passiflora edulis*)

*One of the best, tastiest and easiest juices.
It will take about 10 minutes for 2 - 3 liters of
delicious, refreshing drink.*



Passiflora edulis is a vine species of passion flower that is native to Brazil, Paraguay, Uruguay and northern Argentina.

The flower of the passion fruit is the national flower of Paraguay.

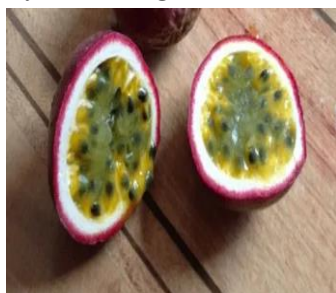
Its common names include **passion fruit, purple granadilla.**

It is cultivated commercially in warmer, frost free areas for its fruit

It is widely grown in, Argentina, Australia, Brazil, **India**, Indonesia, Israel, Mexico, New Zealand, Sri Lanka, South Africa, United States

A passion fruit-flavored soft drink called Passiona has also been manufactured in Australia.

"It is also used as a mild sedative, and its active ingredient is commercialized under several brands, most notably Maracugina



Nutritional value per 100 g (3.5 oz)

Energy	406 kJ (97 kcal)	Folate (vit. B ₉)	14 µg (4%)
Carbohydrates	23.38 g	Choline	7.6 mg (2%)
- Sugars	11.2 g	Vitamin C	30 mg (36%)
- Dietary fiber	10.4 g	Vitamin K	0.7 µg (1%)
Fat	0.7 g	Calcium	12 mg (1%)
Protein	2.2 g	Iron	1.6 mg (12%)
Vitamin A equiv.	64 µg (8%)	Magnesium	29 mg (8%)
- beta-carotene	743 µg (7%)	Phosphorus	68 mg (10%)
Riboflavin (vit. B ₂)	0.13 mg (11%)	Potassium	348 mg (7%)
Niacin (vit. B ₃)	1.5 mg (10%)	Sodium	28 mg (2%)
Vitamin B ₆	0.1 mg (8%)	Zinc	0.1 mg (1%)

Uses:

1. Passion fruit juice is an excellent digestive stimulant and helps in the treatment of other gastric ailments.
2. Passion fruit seeds contain high amount of fiber that the body needs to cleanse the colon, improve digestion, and help prevent heart attacks and strokes.
3. Passion fruit is high in vitamin A which helps the body to remove free radicals that cause skin and tissue damage, and it also helps to improve our vision.
4. It is also rich in Vitamin C which helps to repair tissue, helps prevent heart disease and cancer and helps our bones.
5. There is also a compound in passion fruit that is believed to block histamine, reduce allergy and inflammation; passion fruit therefore has the health benefit of reducing the symptoms of asthma.
6. The antioxidants found in passion fruit have been found to inhibit the growth of cancer cells.

HOW TO MAKE PASSION FRUIT JUICE

1. Ingredients

- 5 ripe passion fruit
- Cold water
- Ice
- Sugar
- Maricha

3. Add about 3 times the amount of water and run the grinder for a minute or so. The black seed will separate from the jelly. Do not over blend as the seeds will break up and create grit.

2. Cut each in half and scoop out the flesh into a vessel.



4. Pour the mixture into a large jug or bowl through a sieve to catch the seeds. Rub in the mixture in the sieve to get every drop.



5. Add about three times as much cold water again and sugar to taste, also can add Maricha.



6. Run the juice through a funnel into a jug or bottle and cool. 5 passion fruit will make around 1/2 liters of juice, so make sure your bottle is large enough.



7. Enjoy from the fridge with ice



Herbal Remedies



Passiflora and Brahmi

A decoction of Passiflora leaf combined with Brahmi is used to treat anxiety and insomnia.



Fruit Juice and Draksha

Mixing fruit juice with Draksha is beneficial for cardiac debility and relieving summer thirst.



Pulp and Isabgol

Combining pulp with Isabgol husk provides relief from constipation.



Department of Samhita Siddhanta

HISTORY OF ACHARYA CHARAKA :

ETERNAL FLAME OF AYURVEDIC WISDOM..



चरति इति चरकः||

derived from the Sanskrit word चर, meaning
"to wander" or "to move around"

GURUPARAMPARA:

Charaka is considered as key representative of Atreya school of Ayurveda.

A Legendary sage **ATREYA** who taught knowledge to his six disciples, Charaka was one among them.

Who is this..?
Acharya Charaka (2nd century B.C. - secondary author or the redactor)- Original name of Charaka is **Kapishthala Charaka**, son of **Vishuddha**, student of **Vaishampayana** and Charaka was the Raja Vaidya of **Rajya Kanishka**. The place of Charaka was **Kapishthala Grama** which is near to bank of river **Chadrabhaga (Iravati)**. Charaka is one of the most well known names associated with Ayurveda. One of the stalwarts of Ayurveda who has redacted the **Agnivesha Tantra** and made in to the **Samhita** form known as **Charaka Samhita**. Charaka is considered to be an incarnation of the lord of the serpents, **Adi Shesha**. Also he is considered to be the community which was the branch of **Krishna Yajurveda**. He is also believed of the six categories epistemology of the school of **Nyaya** and the inclusion of the disciplinary known as **Swasthavritta** in Ayurveda parlance.

CONNECTION WITH ANCIENT UNIVERSITIES:

Modern scholars suggest that Acharya Charaka may have been associated with **Takshashila University** (in present-day Pakistan), which flourished from 7th century BCE to 5th century CE.

Takshashila was known for medical education, and many Vaidyas like **Jivaka (Buddha's physician)** studied there.



LEGACY & GLOBAL INFLUENCE :

Known as the **Father of Indian Medicine**, Charaka emphasized ethics, preventive care, and holistic health.

His teachings influenced not only Ayurveda but also ancient **Unani** medicine and global systems of traditional healing.

ADDITIONAL SOURCE ABOUT ACHARYA CHARAKA AND HIS TEACHINGS:

- **Chakrapani's Ayurveda Dipika (11th CE)** - Clarifies that Charaka refined Agnivesha's teachings
- **Bhavamishra's Bhavaprakasha (16th CE)** - Praises Charaka as one of the greatest Vaidyas
- **Bhela Samhita (Another disciple of Atreya)** - Parallels many of Charaka's teachings
- **Sushruta Samhita (Indirect)** - Acknowledges the Atreya school as the foundation of internal medicine
- **Chinese Chronicles (Hsien Tsang)** - Associates Charaka with King Kanishka's court

CONTRIBUTION :

- First to introduce a patient-centered approach in ancient medicine.
- Emphasized the importance of prevention, proper daily routine (**Dinacharya**) and seasonal regimen (**Ritucharya**).
- Advocated that a true physician not only treats but uplifts the patient:

निदाने माधवः श्रेष्ठः सूत्रस्थाने तु वाग्भटः ।
शारीरे सुश्रुतः प्रोक्तः चरकस्तु चिकित्सिते ॥

Guided by : Dr.Hema ,
Professor & HOD
Department of Samhita siddhanta



Presented by : Karthik.Bakale
3rd phase BAMS



Department of samhita Siddhanta

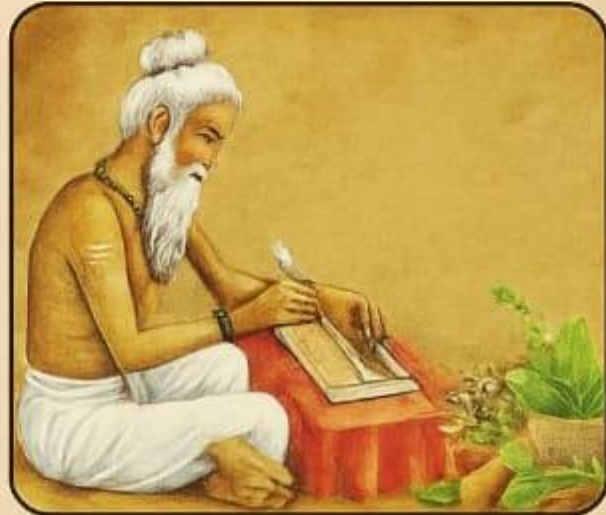
HISTORY OF CHARAKA

THE FATHER OF INDIAN MEDICINE

A Tribute to the Pioneer of Ayurveda

WHO WAS CHARAKA?

Charaka was an ancient Indian physician who lived around the 1st century CE. He is widely recognized as one of the principal contributors to **Ayurveda**, the traditional system of Indian medicine.



THE CHARAKA SAMHITA

- Charaka is the author of the *Charaka Samhita*, one of the foundational texts of Ayurveda.
- This work focuses on internal medicine (*Kaya Chikitsa*) and outlines various concepts of diagnosis, treatment, and holistic health.
- It emphasizes the importance of prevention, balance, and lifestyle.

LEGACY

- Charaka's teachings still influence Ayurvedic practices today.
- His holistic approach is echoed in modern integrative and alternative medicine.
- Celebrated annually on Charaka Jayanti.

*“Health is the foundation
of virtue, wealth, enjoyment
and salvation.”*

– Charaka



Guided by : Dr. Hema, Prof & HOD
Department of Samhita Siddhanta

- His holistic approach is echoed in modern integrative and alternative medicine.
- Celebrated annually on Charaka Jayanti.

Presented by : Kiran. M
3rd Phase BAMS



GAVIKALPATARU

**Ayurveda E - Magazine
August 2025 | Edition 10**

**“Everything is easy
when you are busy,
but nothing is easy
when you are lazy ”**

**– Swami
Vivekananda**