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COLLEGE, HOSPITAL, POST GRADUATE STUDIES & RESEARCH CENTRE,
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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
December Edition, 2025

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Principal & Editor's Letter



Dear Readers,

It brings me great joy to share the December 2025 Edition 14 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.

ADR Reporting Awareness Session Held at SJGAMC

Koppal, December 4, 2025:

The Pharmacovigilance Cell of SJGAMC, Koppal, successfully organized an awareness session on Adverse Drug Reaction (ADR) reporting for the faculty members of the institution on Wednesday.

The session was coordinated by **Dr. Vishwanath**, Co-ordinator of the Pharmacovigilance (PV) Cell, who elaborated on the importance of pharmacovigilance in clinical practice. He highlighted various aspects of ADR reporting, including identification, documentation, and timely reporting of adverse drug reactions to improve patient safety and drug efficacy.

Faculty members actively participated in the session, which aimed to strengthen awareness and encourage a culture of systematic ADR reporting within the institution. The program also emphasized the role of healthcare professionals in contributing to national pharmacovigilance efforts.

The Pharmacovigilance Cell expressed gratitude to the **Principal, Vice Principal, and the Management of SJGAMC** for their guidance and support in organizing the session successfully.



SJGAMC Koppal Signs MoU with BLDE (Deemed to be University), Vijayapura



Koppal, Karnataka | December 5, 2025

Shri Jagadguru Gavisiddheshwara Ayurvedic Medical College (SJGAMC), Koppal, has entered a significant academic partnership by signing a Memorandum of Understanding (MoU) with BLDE (Deemed to be University), Vijayapura, Karnataka. The agreement marks an important step toward strengthening collaboration in the fields of education, research, and innovation, particularly in Ayurveda and allied sciences.

The MoU was formally exchanged during a meeting

attended by Administrator, Beloved principal Dr. M. M Salimath, and senior administrators and faculty members from BLDE institutions. The ceremony reflected a shared vision to promote academic excellence, interdisciplinary research, and knowledge exchange.

Under this collaboration, SJGAMC Koppal and BLDE University aim to jointly undertake research projects, faculty and student exchange programs, academic workshops, seminars, and continuing education initiatives. The partnership is expected to provide enhanced learning opportunities for students and create a strong platform for integrating traditional Ayurvedic knowledge with modern scientific research.

SJGAMC and KSU Bengaluru Launch Collaborative Literary Research Project



December 5, 2025

SJGAMC, Koppal, in collaboration with Karnataka Sanskrit University (KSU), Bengaluru, formally initiated a collaborative literary research project on December 5, 2025. The inaugural programme was held at the **Shri Bhagavad Ramanujacharya**

National Research Institute, Mandya.

The research initiative aims to promote joint scholarly work in the field of literary and classical studies, strengthening academic cooperation between the two institutions. The project is being carried out under the supervision of **Dr. Raghav K. L.**, Research Associate, Karnataka Sanskrit University, Bengaluru.

Faculty members **Dr. Hema C. H.** and **Dr. Suhas M.** from SJGAMC are actively involved in the project. During the initiation meeting, discussions were held regarding research methodology, access to manuscripts, and future academic outcomes.

SHOURYA 2025 Celebrated with Enthusiasm at SJC AMC, Koppal

Koppal, Karnataka — December 7, 2025:

SJC AMC, Koppal witnessed a spirited celebration of athleticism and unity as the annual sports fest SHOURYA 2025 concluded on December 7. Organized by the Dhruva Batch (Final Year Students,



2021–22), the three-day event held from December 5 to 7 brought together students, faculty, and staff in a vibrant showcase of sportsmanship and teamwork.

A Packed Schedule of Events

The fest featured a diverse lineup of competitions:

Indoor Games (Dec 3–6):

- Chess and Carrom (Men's & Women's categories)
- Table Tennis and Badminton (Men's, Women's & Mixed categories)

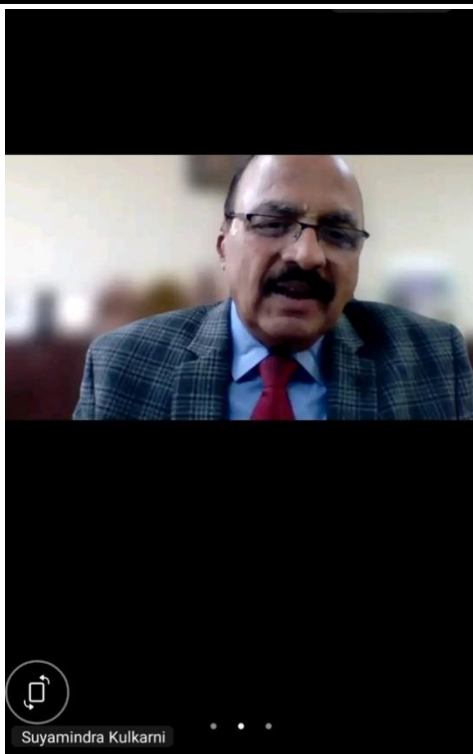
Outdoor Events (Dec 5–7):

- 100m Running and Relay races
- Throwball, Volleyball, Cricket, and Kho-Kho (Men's & Women's categories)

Strengthening Campus Bonds

SHOURYA 2025 proved to be more than just a sports fest—it became a celebration of unity, resilience, and shared joy. Faculty members participated enthusiastically, mentored students, and cheered from the sidelines, reinforcing the institution's spirit of collaboration.

Orientation Program on KIDNAR Facilities Held for SJGAMC Faculty



Koppal, Dec. 10, 2025: As part of its MoU activities, S. J. G. Ayurveda Medical College (SJGAMC), Koppal organized an orientation program on the facilities and research opportunities available at the Karnataka Institute for DNA Research (KIDNAR), Dharwad. The session was conducted online on December 10, 2025, from 12:30 pm to 1:30 pm.

Shri Pramod Sadi, Director of KIDNAR, Dharwad, served as the resource person and delivered an informative presentation highlighting the advanced infrastructure, forensic and DNA research capabilities, and collaborative research prospects offered by KIDNAR. He also emphasized the importance of interdisciplinary research and institutional partnerships in strengthening academic and scientific outcomes.

The program primarily benefited the teaching faculty of SJGAMC, Koppal, providing them with insights into potential avenues for research collaboration, training, and utilization of state-of-the-art DNA research facilities. Faculty members actively participated in the session and interacted with the resource person through discussions and queries.

Expert Talk on Biotechnology and Ayurveda Held for Postgraduate Scholars



An expert lecture on “**Biotechnology and its Role in Support of Ayurveda for Societal Needs**” was successfully organized for postgraduate scholars at the institute on **12/12/2025**.



The session was delivered by **Dr. S. V. Hiremath**, who highlighted the growing integration of modern biotechnology with traditional Ayurvedic science to address contemporary social and healthcare challenges. Postgraduate scholars from various departments actively participated in the program, making the event academically enriching and interactive.

The expert speaker elaborated on how biotechnological tools can enhance the validation, standardization, and global acceptance of Ayurvedic formulations. Emphasis was laid on research opportunities, interdisciplinary collaboration, and the role of innovation in strengthening traditional medical systems for societal benefit.

Orientation Program on Biomedical Waste Management Held at SIGAMC, Koppal

Koppal, Karnataka: The Hospital Infection Control Committee of SJGAMC, Koppal, organized orientation programs on Biomedical Waste Management for hospital staff and



medical interns as part of its ongoing efforts to strengthen infection control and promote safe healthcare practices. The programs were conducted on December 16 and December 18, 2025.



The orientation sessions aimed to create awareness about the importance of proper segregation, handling, and disposal of biomedical waste in healthcare settings to ensure patient safety, prevent infections, and protect the environment. On December 16, the program for hospital staff was led by Dr. Asha S, Associate Professor at Swasthavritta, who served as the resource person. She provided comprehensive guidance

on biomedical waste segregation, handling procedures, and adherence to prescribed safety standards.

The program for medical interns, held on December 18, featured Dr. Preeti Patil, Assistant Professor, Department of Swasthavritta, as the resource person. She explained biomedical waste categories, colour coding, and compliance with the Biomedical Waste Management Rules, 2016, emphasizing the responsibility of young medical professionals in maintaining infection control standards.

Both sessions included practical demonstrations and interactive discussions to help participants understand the real-time application of biomedical waste management protocols in hospital settings. The programs were coordinated by Dr. Shashikala, Dr. Ramya, and Dr. Lohit, whose efforts ensured the smooth conduct of the events.

Active participation from hospital staff and interns marked the success of the programs, which reaffirmed SIGAMC's commitment to infection control, patient safety, environmental responsibility, and adherence to biomedical waste management regulations.

Guest Lecture on Adolescent Psychiatric Issues Held at SJGAMC, Koppal



Koppal, Karnataka | December 19, 2025

The Department of Agada Tantra, in collaboration with the Anti-Ragging Committee and the National Service Scheme (NSS) Unit of Sri Jagadguru Gavisiddeshwara Ayurvedic Medical College (SJGAMC), Koppal, jointly organized a guest



lecture on “**Adolescent Psychiatric Issues**” on December 19, 2025, at the college campus.

The program aimed to create awareness among students about the growing mental health challenges faced by adolescents and the importance of early identification and

intervention. The session witnessed active participation from undergraduate students and faculty members.

Renowned experts **Dr. R. Amrutha** and **Dr. Shreekara** served as the resource persons for the program. They delivered insightful lectures highlighting common psychiatric issues during adolescence, including stress, anxiety, depression, behavioural disorders, and the impact of social and academic pressures. The speakers also emphasized the role of counselling, family support, and holistic approaches in promoting adolescent mental well-being.

4th Alumni Meet “Marali Gavikrupege” Successfully Held at SJGAMC, Koppal



Koppal, December 21, 2025: SJGAMC, Koppal, successfully conducted its **4th Alumni Meet**, titled “**Marali Gavikrupege,**” on **Saturday, December 21, 2025**, at **9:30 a.m.** The event was held at the **Vagbhata Hall** on the college campus.

The alumni meet was organized by the **Alumni Committee** with the aim of reconnecting former students with their alma mater and strengthening professional and emotional bonds.

Alumni from various batches and faculty members actively participated in the program. The event provided a meaningful platform for alumni to share their professional journeys, relive memorable moments from their student life, and offer valuable suggestions for the future development of the institution.

The management and organizing committee expressed their gratitude to all alumni and faculty members for their enthusiastic participation, which contributed to the grand success of the meet.

Capacity Building Program on Research and IPR Held at SJG Ayurvedic Medical College, Koppal

Koppal 30 December: The S.J.G. Ayurvedic Medical College and Hospital, Koppal, successfully organized a one-day Capacity Building Program on **Research Proposal**

Writing and Intellectual Property Rights (IPR) – Patent Application aimed at strengthening research aptitude and innovation among students and faculty members.

The program was conducted under the guidance of SJGAMC management and witnessed active participation from teaching staff and postgraduate students. Renowned experts **Dr. Vasant C. Patil** and **Dr. Venkatesh D. P.** served as resource persons and delivered insightful sessions on effective research proposal development, research funding strategies, and the fundamentals of intellectual property rights, with special emphasis on patent filing procedures.

The event commenced with a traditional lamp-lighting ceremony, symbolizing the pursuit of knowledge and innovation. The speakers highlighted the growing importance of research in medical education and encouraged participants to engage in quality research aligned with national and global healthcare needs.



MoU Activity and Faculty Exchange Held at Ayurveda Mahavidyalaya, Hubballi

Hubballi, Dec 31, 2025: As part of a Memorandum of Understanding (MoU) initiative, a faculty exchange and academic interaction programme was successfully conducted at Ayurveda Mahavidyalaya, Hubballi, on December 31, 2025.

The programme featured resource persons Dr. Suresh Hakkandi, Dr. Santosh Kulkarni, and Dr. Rajshekar Shettar, who actively participated in faculty development sessions and orientation activities for postgraduate (PG) and undergraduate (UG) students. The sessions focused on academic collaboration, interdisciplinary learning, and strengthening institutional ties under the MoU framework.



Faculty members and students benefited from expert talks, interactive discussions, and knowledge-sharing sessions aimed at enhancing teaching methodologies and academic exposure. The event also provided a platform for exchanging best practices in education and research within the field of Ayurveda.

The MoU activity marks an important step toward fostering sustained academic cooperation

and improving the quality of education through collaborative initiatives between the participating institutions.

Student Brings Laurels to College at World Ayurveda Summit



Bengaluru: A proud moment for the institution as **Prathibha Ramangodru**, a final year UG student, secured **First Place in the Paper Presentation Competition** at the **2nd World Ayurveda Summit**, held recently in Bengaluru.

The prestigious international event witnessed participation from students and scholars across the country and abroad.

Prathibha's presentation stood out for its academic depth and clarity, earning her the top honour in the undergraduate category.

The achievement was made possible with the **blessings of Shree Gavisiddheshwara Mahaswamiji**, the continuous support of the **college management**, and the special encouragement of the **principal and faculty members**. The college community expressed immense pride in her success, which has brought recognition and prestige to the institution on an international platform.

BCLS Workshop Successfully Conducted at S.J.G. Ayurvedic Medical College, Koppal



Shree Jagadguru Gavisiddheshwar Ayurvedic Medical College, Koppal, successfully conducted a **Basic Cardiac Life Support (BCLS) Workshop** for interns of the **2025–26 batch** on **15th and 16th December 2025** at the **AV Hall**.

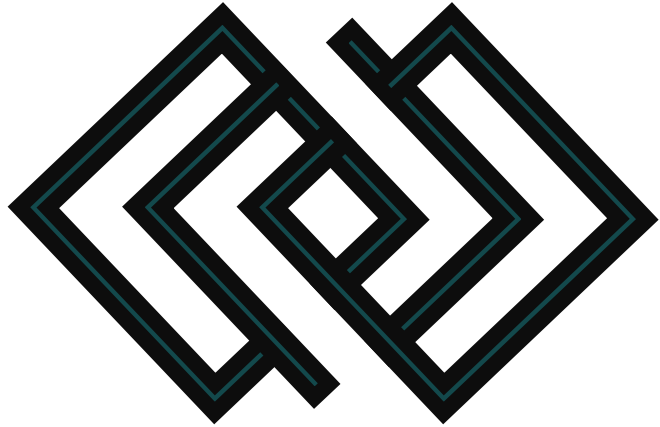


The two-day workshop was organized in association with **Jeeva Raksha Trust, Rajiv Gandhi University of Health Sciences (RGUHS), Bengaluru**, with the primary objective of enhancing emergency response skills and ensuring clinical preparedness among budding medical professionals. The program focused on imparting essential life-saving techniques required during critical cardiac emergencies.



Interns actively participated in the sessions, which included both theoretical instruction and hands-on practical training in cardiopulmonary resuscitation (CPR) and other basic cardiac life support measures.

The event was conducted under the guidance of the Beloved Principal, **Dr. M. M. Salimath**, and the faculty members of the institution. The smooth organization and active involvement of the interns contributed to the overall success of the program.



Knowledge Hub

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

ಋತುಚರ್ಯ: ನಿಸರ್ಗದೊಂದಿಗೆ ಆರೋಗ್ಯದ ಸಂವಾದ

ಡಾ || ಶೃತಿ ಕುಂದರಗಿ,

ಅಂತಿಮ ವರ್ಷದ ಸ್ನಾತಕೋತ್ತರ ವಿದ್ಯಾರ್ಥಿನಿ

ಪಂಚಕರ್ಮ ವಿಭಾಗ, ಶ್ರೀ ಜಗದ್ಗುರು ಗವಿಸಿದ್ಧಶ್ವರ ಆಯುರ್ವೇದ ಕಾಲೇಜು, ಕೊಪ್ಪಳ.

ವಿಜ್ಞಾನವೆಂದರೆ ನಿಸರ್ಗದ ರಹಸ್ಯಗಳನ್ನು ಅನಾವರಣಗೊಳಿಸುವ ಕ್ರಿಯೆ. ಈ ವೈಜ್ಞಾನಿಕ ಜ್ಞಾನವನ್ನು ಆಧರಿಸಿ ತಂತ್ರಜ್ಞಾನ ರೂಪುಗೊಳ್ಳುತ್ತದೆ. ಆದರೆ ನಿಸರ್ಗದ ಚಕ್ರದೊಂದಿಗೆ ಜೀವಿಸುವ ಶಕ್ತಿ ನಮ್ಮಲ್ಲಿ ಇದ್ದರೆ, ಆರೋಗ್ಯವನ್ನು ಸುಲಭವಾಗಿ ಸಂರಕ್ಷಿಸಬಹುದು. ಭಾರತೀಯ ವೈದ್ಯಕೀಯ ಪದ್ಧತಿಯಾದ ಆಯುರ್ವೇದವು ಆರೋಗ್ಯವಂತನ ಆರೋಗ್ಯ ಕಾಪಾಡುವುದಲ್ಲದೆ ರೋಗಿಯನ್ನು ಉಪಚಾರಿಸುವುದು ಇದರ ಮುಖ್ಯ ಗುರಿಯಾಗಿದೆ. ಆರೋಗ್ಯವಂತನ ಆರೋಗ್ಯ ಕಾಪಾಡುವಲ್ಲಿ ಋತುಚರ್ಯವು ಬಹು ಮುಖ್ಯ ಪಾತ್ರವಹಿಸುತ್ತದೆ.

ಋತುಚರ್ಯ ಎಂದರೇನು?

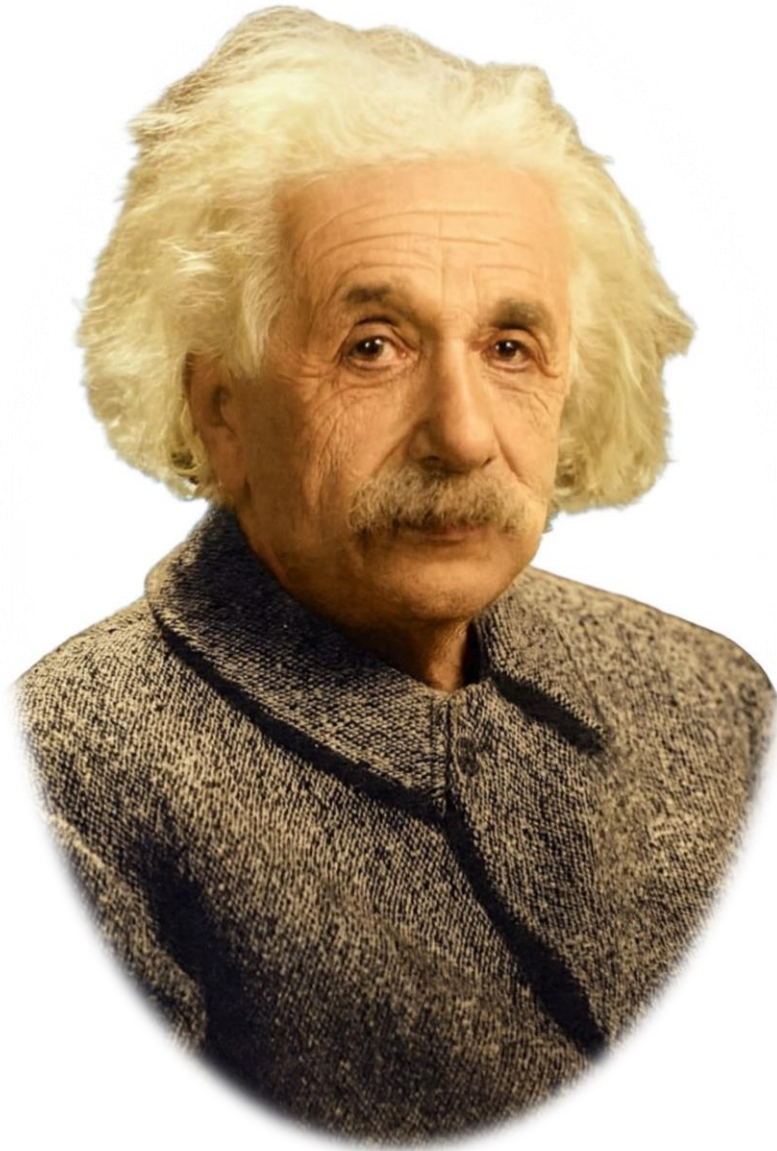
ಋತುಚರ್ಯ ಅಂದರೆ ಋತುವಿನ ಪ್ರಕಾರ ಆಹಾರ, ನಿದ್ರೆ, ವ್ಯಾಯಾಮ, ಉಷ್ಣ-ಶೀತ ನಿಯಂತ್ರಣ, ಔಷಧೋಪಯೋಗ ಇತ್ಯಾದಿಗಳನ್ನು ಹೊಂದಿಸುವ ಶಿಸ್ತಿನ ಜೀವನಶೈಲಿ. ಇದು ರೋಗನಿರೋಧಕ ಶಕ್ತಿಯನ್ನು ಹೆಚ್ಚಿಸಿ, ಋತುವಿನ ಪ್ರಭಾವದಿಂದ ಉಂಟಾಗುವ ಅಸ್ವಸ್ಥತೆಯನ್ನು ತಡೆಯುತ್ತದೆ.

ಆಯುರ್ವೇದದ ಆಚಾರ್ಯರಾದ ಚರಕ, ಸುಶ್ರುತ ಹಾಗೂ ವಾಗ್ಭಟರ ಪ್ರಕಾರ ಮಾಘ ಮತ್ತು ಪುಷ್ಯ ನಕ್ಷತ್ರದಲ್ಲಿ (ಮಧ್ಯ ನವೆಂಬರ್ - ಮಧ್ಯ ಜನವರಿಯವರೆಗೂ) ಬರುವ ಋತು ಎಂದರೆ ಹೇಮಂತ ಋತು. ಈ ಋತುವು ಚಳಿಗಾಲದ ಆರಂಭವಾಗಿದ್ದು ಜೀರ್ಣಾಗ್ನಿಯು ಅತ್ಯಂತ ಬಲವಾಗಿರುತ್ತದೆ ಹಾಗೂ ತೀವ್ರ ಚಳಿ, ದೀರ್ಘ ರಾತ್ರಿ, ಕಡಿಮೆ ಹಗಲನ್ನು ಹೊಂದಿರುತ್ತದೆ. ದೇಹದಲ್ಲಿ ಅಗ್ನಿ ಬಲ ಹೆಚ್ಚಾಗಿರುವುದರಿಂದ ಜೀರ್ಣಕ್ಕೆ ಜಡವಾದ ಆಹಾರವೂ ಸುಲಭವಾಗಿ ಜೀರ್ಣವಾಗುತ್ತದೆ. ಆದ್ದರಿಂದ ಈ ಕಾಲದಲ್ಲಿ ಗೋಧಿ, ಉದ್ದು, ಹೊಸ ಅಕ್ಕಿ, ಹಾಲಿನ ಪದಾರ್ಥಗಳಾದ ಮೊಸರು, ಬೆಣ್ಣೆ, ತುಪ್ಪ ಮತ್ತು ಎಳ್ಳೆಣ್ಣೆ, ಮಾಂಸಾಹಾರ ಸೇವಿಸಬೇಕು. ಆಹಾರದಲ್ಲಿ ಸಿಹಿ, ಆಮ್ಲ ಹಾಗೂ ಲವಣ ಪ್ರಧಾನ ಆಹಾರ ಸೇವಿಸುವುದು ಉತ್ತಮ. ವಣ/ರೂಕ್ಷ ಆಹಾರ ಸೇವನೆ, ಉಪವಾಸ ಮಾಡಬಾರದು. ಕಾಯಿಸಿ ಆರಿಸಿದ ನೀರನ್ನು ಕುಡಿದರೆ ಉತ್ತಮ. ಈ ಋತುವಿನಲ್ಲಿ ದೈನಂದಿಕವಾಗಿ / ವಾರದಲ್ಲಿ ಮೂರು ದಿನವಾದರೂ ಕೊಬ್ಬರಿ ಅಥವಾ ಎಳ್ಳೆಣ್ಣೆಯಿಂದ ಅಭ್ಯಂಗ ಮಾಡಿಕೊಳ್ಳಬೇಕು ಮತ್ತು ನೆತ್ತಿಗೆ, ಅಂಗಾಲಿಗೆ ಕೊಬ್ಬರಿ ಎಣ್ಣೆ ಹಚ್ಚಿ ಮಸಾಜ್ ಮಾಡಿ ಕೊಳ್ಳಬೇಕು. ದೈನಂದಿನ ಶೌಚ ಕಾರ್ಯಗಳಿಗೆ ಉಗುರು ಬೆಚ್ಚಗಿನ ನೀರನ್ನು ಉಪಯೋಗಿಸಿದರೆ ಉತ್ತಮ. ಮನೆಯಲ್ಲಿ ಅಗರು/ ಉಷ್ಣ ದ್ರವ್ಯಗಳಿಂದ ಧೂಪನ ಮಾಡಬೇಕು. ಉಣ್ಣೆಯ / ಬೆಚ್ಚಗಿನ ಬಟ್ಟೆಯನ್ನು ಧರಿಸಬೇಕು, ಬೆಳಗಿನ ಸೂರ್ಯ ಕಿರಣಗಳಲ್ಲಿ ಕುಳಿತು ಶಾಖ ಪಡೆಯಬೇಕು. ಇವೆಲ್ಲ ಆಹಾರ-ಜೀವನಶೈಲಿಯ ಪದ್ಧತಿಯನ್ನು ಅನುಸರಿಸಿದರೆ ಈ ಕಾಲದಲ್ಲಿ ಬರುವ ಜ್ವರ, ಕೆಮ್ಮು, ನೆಗಡಿ, ಸಂಧಿವಾತ, ಚರ್ಮದ ಒರಟು ಹಾಗೂ ಇತರೆ ರೋಗಗಳನ್ನು ತಡೆದು ವ್ಯಾಧಿಕ್ಷಮತೆಯನ್ನು ಹೆಚ್ಚಿಸಿ ಆರೋಗ್ಯ ಕಾಪಾಡಿಕೊಳ್ಳುವಲ್ಲಿ ಸಹಕರಿಯಾಗುತ್ತದೆ.

GAVIKALPATARU

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**“Try not to become a man of SUCCESS,
but rather become a man of value”**

– Albert Einstein