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**SHREE JAGADGURU GAVISIDDHESHWARA AYURVEDIC MEDICAL  
COLLEGE, HOSPITAL, POST GRADUATE STUDIES & RESEARCH CENTRE,  
KOPPAL - 583231**  
ISO 9001-2008 RECOGNISED INSTITUTION

# **GAVI KALPATARU**

## **AYURVEDA E MAGAZINE**

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# **GAVIKALPATARU**

**NOVEMBER 2025/ EDITION 13**

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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  
November Edition, 2025*

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# Principal & Editor's Letter



**Dear Readers,**

It brings me great joy to share the November 2025 Edition 13 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

A globe of the Earth is the central focus, showing continents and oceans. It is set against a background of various newspaper clippings, some of which are partially obscured by the globe. The clippings contain text such as "Barcelona gold, it's with a Charlie...", "Michelle...", "You don't...", "SAVE ON A UNID...", "Jussell Hotten...", "Matthew Fletcher...", "airline's res...", "a Brit", "You don't...", "sult...", "air a...", "unim...", "the...".

# News Bites

A cozy spot for latest updates.

# ನಮ್ಮ ಮಹಾವಿದ್ಯಾಲಯದಲ್ಲಿ ಕನ್ನಡ ರಾಜ್ಯೋತ್ಸವ ಸಂಭ್ರಮ

ನಮ್ಮ ಮಹಾವಿದ್ಯಾಲಯದಲ್ಲಿ ಕನ್ನಡ ರಾಜ್ಯೋತ್ಸವವನ್ನು ಭವ್ಯವಾಗಿ ಆಚರಿಸಲಾಯಿತು. ಈ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಕಲಿಕಾ ವೈದ್ಯರು, ವಿದ್ಯಾರ್ಥಿಗಳು, ಬೋಧಕ ಹಾಗೂ ಬೋಧಕೇತರ ಸಿಬ್ಬಂದಿಗಳು ಉತ್ಸಾಹಭರಿತವಾಗಿ ಭಾಗವಹಿಸಿದರು.

ರಾಜ್ಯೋತ್ಸವದ ಸಂಭ್ರಮದಲ್ಲಿ ಎಲ್ಲರೂ ಒಂದಾಗಿ ನಮ್ಮ ನಾಡಿನ ಸಂಸ್ಕೃತಿ, ಪರಂಪರೆ ಮತ್ತು ಕನ್ನಡ ಭಾಷೆಯ ಮಹತ್ವವನ್ನು ಸ್ಮರಿಸಿದರು. ಕಾರ್ಯಕ್ರಮವು ದೇಶಭಕ್ತಿ ಗೀತೆಗಳು ಮತ್ತು ಕನ್ನಡದ ಪ್ರೀತಿಯನ್ನು ಅಭಿವ್ಯಕ್ತಿಸಿದ ಸಂದೇಶಗಳಿಂದ ತುಂಬಿತ್ತು.

**ನಮ್ಮ ನಾಡು, ನಮ್ಮ ಹೆಮ್ಮೆ! ಜೈ ಕನ್ನಡ**

ಈ ಕಾರ್ಯಕ್ರಮವು ಕನ್ನಡದ ಗೌರವವನ್ನು ಮತ್ತೊಮ್ಮೆ ಮೆಲುಕು ಹಾಕಿಸುವಂತೆ ಮಾಡಿತು.



## SJG Ayurvedic Medical College & Hospital Secures RGUHS UG Research Grants for 2025–26

Koppal, Karnataka – November 3, 2024:

SJG Ayurvedic Medical College & Hospital, Koppal, has proudly announced that several of its undergraduate students, along with their guiding faculty members, have been selected to receive the **RGUHS UG Research Grants for the academic year 2025–26**.

The institution celebrated this achievement as a significant milestone, highlighting its growing emphasis on research-driven Ayurvedic education.

The selected students include:

- **Mr. Mallikarjun** (2nd BAMS, Prajnana Batch) under the guidance of *Dr. Savita*, Associate Professor, Department of Samhita.
- **Ms. Manikeshwari** (2nd BAMS, Prajnana Batch) mentored by *Dr. Bhavani Pujar*, Associate Professor, Department of Agadatantra.
- **Ms. Swathi** (2nd BAMS, Prajnana Batch) guided by *Dr. S. S. Shirurmath*, Professor & HOD, Department of Dravyaguna.



- **Ms. Soumya** (2nd BAMS, Prajnana Batch) under the mentorship of *Dr. Asha*, Associate Professor, Department of Swasthavritta.
- **Ms. Pallavi R. U.** (3rd BAMS, Dhruva Batch) supervised by *Dr. Vishwanath*, Associate Professor, Department of Rasashastra.

The management, principal, staff, and students of the institution extended their heartfelt congratulations to the researchers

## **AYURPRAVESHIKA 2025 – A Transformative Beginning for Batch OJAS**



*Koppal, November 2025:*

Shree Jagadguru Gavisiddheshwara Ayurvedic Medical College, Hospital, Koppal, inaugurated its transitional curriculum **AYURPRAVESHIKA 2025** for the new academic Batch **OJAS (2025–26)** on 3rd November 2025. The program aims to orient and empower first-year Ayurveda students as they begin their professional journey.



The inauguration ceremony was graced by **Chief Guest Smt. Nirmala N.K., IFS**, Deputy Conservator of Forests, Koppal Territorial Division. The event was presided over by **Dr. R. Maregoud**, Secretary, SGVVT, Koppal, and **Shri Sanjay Kotbal**, Member, SGVVT & Chairman, SJGAMC Koppal. Also, present were **Dr. S.V. Hiremath**, Administrator, SGVVT, and **Dr. Mahantesh M. Salimath**, Principal, SJGAMC Koppal, who welcomed the new batch with inspiring words.



This year's AYURPRAVESHIKA spanned from **3rd to 20th November 2025**, featuring **105 sessions** delivered by eminent academicians, clinicians, researchers, administrators, and legal experts. A total of **11 offline** and **6 online resource persons** contributed, offering students a comprehensive exposure to the fundamentals of Ayurveda, ethical practice, clinical



orientation, personality development, and institutional culture.

Key components included:

- **Village Outreach Program – “Jeevaneeya” (Ayurveda Arogya Mitra Abhiyan)**, conducted at Halagere village, promoting public health awareness.
- **Field Visits** to GMP units and herbal gardens, providing hands-on learning about medicinal plants and Ayurvedic drug manufacturing.
- **Talent Show for Batch OJAS**, creating a platform for students to showcase creativity and build peer bonding.

Sessions by experts from Ayurveda, Homoeopathy, medical administration, cyber security, and legal services enriched the academic landscape and broadened the students’ perspectives.

The **Valedictory Ceremony** held on 20th November 2025 marked the successful conclusion of AYURPRAVESHKA 2025. The event was presided over by **Dr. Mahantesh M. Salimath**, Principal; **Dr. Suresh Hakkandi**, Vice Principal; and **Dr. K.B. Hiremath**, Professor & Head, Dept. of Rachana Shareera. The program culminated with the traditional **Shishyopanayana Ceremony**, symbolizing the formal initiation of Batch OJAS into the Ayurvedic fraternity.

## **College Secures 4th Place in RGUHS Kalburgi Zone Tug of War – 5th Trophy of 2025**

Our students made us proud by participating in the **RGUHS Kalburgi Zone Tug of War game** and securing an **4th place**.

With this achievement, our college has proudly added its **5th trophy of the year 2025**, marking yet another milestone in our sports journey.

A big congratulations to the entire team for their hard work, teamwork, and determination. We also extend our heartfelt thanks to everyone who supported and encouraged the students throughout their preparation.



# Guest Lecture Marks World Diabetes Day at SGVV Ayurvedic Medical College



*Koppal, Karnataka — 17 November 2025:*  
SJGAMC, Koppal, organized a special guest lecture on **17 November 2025** to commemorate the eve of **World Diabetes Day**. The event aimed to spread awareness about diabetes and highlight the importance of accessible and essential diabetes care.



Aligning with the year's theme, **“Access to Essential Diabetes Care,”** the institution emphasized the need for timely diagnosis, effective management, and community education to address the rising burden of diabetes across the country.

Renowned Ayurveda expert **Dr. Pramod Katti**, Professor and Head of the Department of Kayachikitsa at Ayurveda Mahavidyalaya, Hubli, delivered the keynote lecture. Dr. Katti spoke about the Ayurvedic perspective on diabetes (Madhumeha), preventive strategies, lifestyle adjustments, and integrative treatment approaches that support long-term patient well-being. His session offered valuable insights into how traditional medicine can complement modern diabetes care.

The program saw active participation from faculty members, postgraduate students, and interns, who engaged in meaningful discussions and gained deeper understanding of holistic diabetes management.

## **SJGAMC Koppal Inaugurates Urology Specialty Clinic under the Department of Shalya Tantra**



*Koppal, November 14, 2025:* Shree Jagadguru Gavisiddheshwara Ayurvedic Medical College, Hospital, Koppal, marked a significant step forward in patient care with the **inauguration of a Urology Specialty Clinic** under the Department of Shalya Tantra on 14th November 2025.

The newly launched clinic aims to provide specialized Ayurvedic and para-surgical care for various **urogenital and anorectal disorders**, including urinary tract problems, prostate-related issues, renal stone management, and male reproductive health concerns. The

initiative reflects the institution's continued efforts to integrate classical Ayurvedic surgical principles with modern clinical needs.

During the inauguration, faculty members highlighted the importance of early diagnosis and holistic management of urological conditions. The new specialty clinic will offer:

- Expert consultation by Shalya Tantra specialists
- Ayurvedic treatment protocols for urinary and renal ailments
- Para-surgical procedures such as Kshara Karma and Agni Karma
- Lifestyle counselling and preventive care
- Follow-up and rehabilitation support

## **Guest Lecture and Transitional Curriculum Session at Rashmi Institute of Ayurveda Medical Sciences & Research Center, Kudalgi**



Kudalgi, Karnataka — The Rashmi Institute of Ayurveda Medical Sciences & Research Centre successfully organized two academic sessions for the newly admitted batch: a special Transitional Curriculum session titled *“Ayurveda and Neurons – The Bridge Between Ancient Wisdom and Modern Science”* and a Guest Lecture on *“Understanding the Spectrum of Doṣa Imbalance: Doṣa Vṛddhi and Kṣaya in Ayurveda.”*



Both sessions were delivered by **Dr. Basvantarao Police Patil**, Assistant Professor, Department of Kriya Shareera, SJG Ayurvedic Medical College, Koppal.

The program witnessed an enthusiastic turnout, with around

The program witnessed around 100 students actively participating. The Transitional Curriculum session introduced students to the scientific connections between Ayurveda and neurological functions, offering a strong conceptual base that blends traditional knowledge.

The Guest Lecture further deepened their insights into clinical Ayurveda by explaining the mechanisms, manifestations, and significance of doṣa imbalance—particularly the concepts of *Vṛddhi* (increase) and *Kṣaya* (decrease). Students were highly engaged and interacted throughout the sessions, making the learning environment dynamic and impactful.

# 7-Day Free Surgical & Health Screening Camp Inaugurated on World Piles Day at Koppal



Koppal, November 20, 2025: on World Piles Day, the Department of Shalya Tantra of SJGAMC, Koppal, inaugurated a 7-day Free Surgical and Health Screening Camp for the public and KSRTC workers. The camp is being held from 20th November to 26th November 2025.

The initiative is organized under the guidance of the college administration and the Shalya Tantra department to provide free diagnosis, consultation, and treatment for conditions such as piles (Arsha), fissure (Parikartika), fistula (Bhagandara), and anorectal disorders. The program aims to create awareness and provide accessible surgical health services to the community.

As a part of outreach activity, a special screening camp was conducted at the KSRTC Bus Depot, Koppal, exclusively for KSRTC employees. The medical team conducted examinations, offered lifestyle guidance, and identified patients requiring further treatment and surgical intervention.

The campaign highlights:

- Free screening and expert consultation
- Ayurvedic surgical and Para surgical treatment guidance
- Awareness on anorectal health and preventive measures

## Orientation on 'Safe Campus' Conducted for Students

The Committee for Prevention of Ragging and Gender Harassment, in collaboration with the NSS Unit and the Department of Agada Tantra, of SJGAMC, Koppal organized an informative Orientation on 'Safe Campus.'

The session was delivered by Shri Mahantesh S. Daragada, District Civil Judge and Member Secretary, District Legal Services Authority, Koppal.

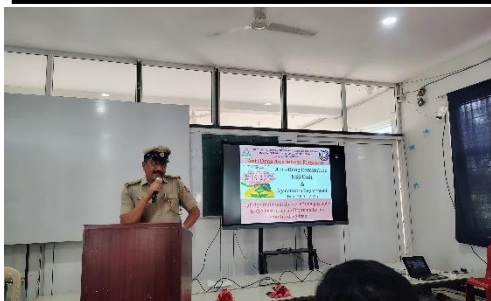
During the orientation, Shri Daragada addressed key aspects of creating a safe and supportive campus environment, focusing on legal awareness, student rights, prevention of



ragging, and gender sensitization. His guidance helped students understand the importance of maintaining safety, respect, and discipline within the institution.

The program aimed to empower students with knowledge and promote a secure and inclusive academic atmosphere.

## **Awareness Program on Cyber Crimes and Drug Abuse Held at Campus**



The **Department of Agada Tantra and NSS Unit** of SJGAMC Koppal, jointly organized an insightful **Awareness Program on Cyber Crimes and Drug Abuse** for students.

The session was led by distinguished resource persons **Shri Siddana Gouda Patil**, DySP, Cyber Police Station, and **Shri Aanjaneya**, Police Inspector, Cyber Police Station, Koppal.



Using **real video presentations**, the officers effectively highlighted the dangers, common tactics, and preventive measures related to both cybercrimes and drug abuse. Their practical demonstrations helped students understand how to stay safe in the digital world and the serious consequences of drug use.

At the end of the program, all students took the **Anti-Drug Pledge**, reinforcing their commitment to a drug-free and responsible lifestyle.

## **Principal Dr. M. M. Salimath Invited as Resource Person by Southern California University of Health Sciences (USA)**

We are delighted to share a proud moment for our institution. Our respected Principal, **Dr. M. M. Salimath**, was invited as a **Resource Person** by the **Southern California University of Health Sciences (SCU), USA**.

On **21st November 2025**, Dr. Salimath delivered an insightful **online guest lecture** on the topic *“Ayurveda and Surgery – Insights from Classical Literature.”* His presentation highlighted the depth of ancient Ayurvedic surgical knowledge and its relevance to modern healthcare, earning appreciation from the international academic community.

This prestigious invitation reflects **Dr. Salimath sir’s expertise** and underscores our institution’s dedicated efforts toward promoting **Ayurveda on global platforms**.



# MoU Signed Between P.C. Jabin Science College, Hubballi and SJGAMC, Koppal

A significant step towards strengthening academic and research cooperation was achieved as the **Department of Botany, P.C. Jabin Science College, Hubballi, and Shree Jagadguru Gavisiddheshwara Ayurvedic Medical College & Hospital, Koppal, signed a Memorandum of Understanding (MoU).**



The MoU aims to enhance collaborative learning, research, and knowledge exchange in the areas of **Botany, Medicinal Plants, Ethnobotany, Pharmacognosy**, and related disciplines. Both institutions have agreed to work together to promote joint research activities, student training, faculty exchange, and academic enrichment programs.

Key areas of collaboration include:

- **Academic exchange** through guest lectures, talks, and demonstrations.
- **Joint research** on medicinal plant identification, phytochemical studies, conservation, and ethnobotanical surveys.
- **Student enrichment programs** such as short-term training, internships, fieldwork, and access to laboratories, botanical gardens, and herbarium resources.
- **Capacity-building initiatives** including workshops, seminars, and skill-based training programs.

Both institutions will support each other by sharing resources. SJGAMC will provide access to its medicinal plant garden, Ayurvedic pharmacy, and crude drug museum, while P.C. Jabin Science College will extend access to its herbarium, taxonomy labs, and botanical expertise.

## SJGAMC Koppal Signs MoU with Karnataka Institute for DNA Research (KIDNAR), Dharwad



Shree Jagadguru Gavisiddheshwara Ayurvedic Medical College, PG Studies & Research Center, Koppal, has entered a significant **Memorandum of Understanding (MoU)** with the **Karnataka Institute for DNA Research, Dharwad**, marking an important milestone in strengthening research and academic collaboration.

The MoU aims to promote joint initiatives in the fields of **Molecular Genetics, Ayurgenomics, DNA analysis, and advanced biomedical research**, thereby enhancing scientific understanding and research capabilities of both institutions.

As per the agreement:

- A **Joint Committee** comprising members from both institutions will be formed to explore research opportunities, academic collaboration, and sharing of intellectual resources.
- KIDNAR will provide **access to its advanced infrastructural facilities**, enabling SJGAMC students and faculty to undertake high-end research in DNA analysis, Ayurgenomics, FISH, and karyotyping.
- Both institutions will share **research samples, expertise, and technical knowledge** to carry out collaborative studies.
- The **intellectual property and research outcomes** generated from joint projects will be considered common property of both parties, with no third-party sharing permitted without prior consent.
- Faculty and scientists from KIDNAR will contribute as **resource persons** for academic and training activities at SJGAMC.
- Both parties will jointly seek **research grants** and funding opportunities from various agencies to support long-term projects.

## **Rasaprashna Competition at SJGAMC Koppal**



*Koppal, November 24, 2025:*

The Department of **Rasashastra and Bhaishajya Kalpana (RSBK)** at Shree Jagadguru Gavisiddheshwara Ayurvedic Medical College, Koppal, successfully organized the **'Rasaprashna' Quiz Competition** for undergraduate students and interns on 24th November 2025. The event aimed to enhance academic enthusiasm and strengthen conceptual understanding of classical Ayurvedic pharmaceuticals.

The quiz featured multiple competitive rounds covering **Rasashastra, Bhaishajya Kalpana, pharmaceutical**



**techniques, therapeutic applications, and classical formulations**, allowing participants to showcase their knowledge and quick-thinking abilities.

Among the participating teams, **Team Vaidurya** secured **First Place**, followed by **Team Pravala**, which earned **Second Place** after an intense and engaging competition.

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## **Rasaprashna Competition at SJGAMC Koppal**



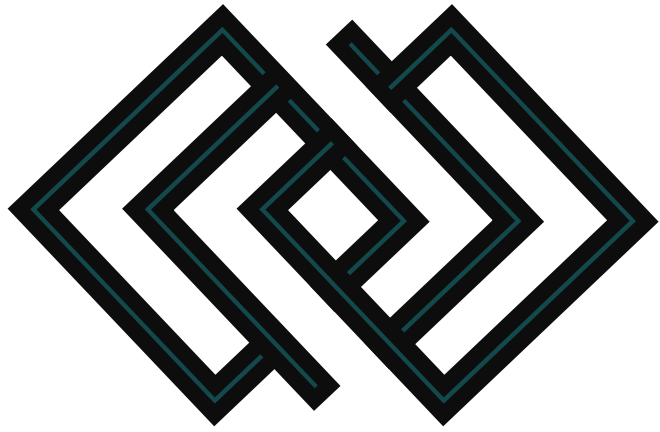
*Koppal, 24 November 2025:*

The Department of **Swasthavritta** at Shree Jagadguru Gavisiddheshwara Ayurvedic Medical College, Koppal, organized a **Health Awareness Program** for the students of the boys' hostel. The session was conducted by **Dr. Asha** from

the Department of Swasthavritta.

The program focused on creating awareness about **common causes of health problems**, the **importance of personal hygiene**, and practical **preventive measures to avoid scabies**. Dr. Asha explained the significance of maintaining cleanliness, adopting healthy lifestyle habits, and preventing infections, especially in a shared living environment like a hostel.

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# Knowledge Hub

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

# “*USHADHA PRAYOGA IN TAMAKA SHWASA WITH THE AID OF YUKTI PRAMANA - A Modus Operandi*”

Dr. Gangadhar. T. Aralelimath

Professor. Dept of Dravyaguna

Shri Jagadguru Gavisiddeshwara ayurvedic medical college and hospital Koppal

## Abstract

*Vaidya* might go amiss in clinical practice due to improper selection of *oushadha* in improper condition of disease at improper time; as a result, practicing Ayurvedic fraternity is facing a huge difference between the Scenario *Shashtra* speaks of and the current scenario around us. This may be due to the difference in the method of study, teaching, research, and practice. So, a *vaidya* who possesses all the significant abilities will emerge as a skillful practitioner, as it is mentioned in *Charaka -Tishtayupariyuktijno dravyajnnavatam sadaa. (Cha. Su. 2/16)*. Understanding *shastra* & applying *yukti pramana* in *oushadha prayoga* plays a vital role in practice. There are more than 1000 combinations of herbal preparations and more than 200 *rasoushadhis* indicated in *shwasa & kasa*, but the question arises which drug should be given in which condition? Because choosing drug/formulation/procedure in particular *avasthaa* is need of hour. For this application of *yukti* plays vital role. The presentation provides guidelines for *oushadha prayoga* in *Tamaka shwasa* by using *yukti pramana*. Like classifying the *lakshanas & hetus* its relationship based on classical references for treating *Tamaka shwasa*, thus providing guidelines, parameters, dimensions, requisites, targets; etc for *samprapti vighatana*. as these all do matters for an effective treatment. In the process of *oushadha prayoga* drug does not matter, right understanding really matters therefore an effort is made to focus on, proper way of defining the purpose, specificity, method & materials needed for *oushadha prayoga* in *Tamaka shwasa*. which may help in better understanding of a diseased (patient), which intern will positively reflect to the clinical practice of a *vaidya*.

**Key Words:** *Oushadha Prayoga, Tamaka Shwasa, Yukti pramana*

## INTRODUCTION

Asthma is a major health problem throughout the world because of its high prevalence and. As per the survey of WHO, bronchial asthma is leading to approximately 1,80,000 deaths annually. This data reveals that, bronchial asthma is becoming a global health problem in the present scenario. This miserable condition can be compared with a type of *Tamaka Shwasa* in Ayurveda and the etiological factors focused by *Acarya Charaka* like *Rajaso Dhuma Vataabhyaam.....* etc. also mimic with that of the etiological factors of bronchial asthma. It is an important public health challenge worldwide due to its associated morbidity, mortality & economic burden on society.

The treatment of Asthma in modern science is palliative in nature. Although pharmacological treatments are effective for controlling Asthma, they have adverse side effects. This approach has led to a further hunt into indigenous drugs. For preservation of health specifically of vital organs, the use of medicinal herbs is the need of hour. Such herbs which should be easily available, ecofriendly, cost-effective, & toxicity free. Eventhough there are more than 1000 combinations of herbal preparations and more than 200 *rasoushadhis* indicated in *shwasa & kasa*, but the question arises which drug should be given in which condition? Because choosing drug/formulation/procedure in particular *avasthaa* is need of hour. For this application of *yukti* plays vital role.

This paper provides guidelines for *oushadha prayoga* in *Tamaka shwasa* by using *yukti pramana*. Like classifying the *lakshanas & hetus* its relationship based on classical references for treating *Tamaka shwasa*, thus providing guidelines, parameters, dimensions, requisites, targets; etc for *samprapti vighatana*. as these all do matters for an effective treatment.

## MATERIALS AND METHODS:

### For Diagnosing *Tamaka Shwaasa*

**Means of Knowledges** are *Aptopadesha* (principles in texts), *Pratyaksha* (Observations in the healthy & diseased), *Anumana* (Logical inference based on observations), *Yukti* And Diagnosis of *Tamaka shwaasa* Through *Nidana Panchakas i.e.nidana,purva roopa,roopa,upashaya and samprapti* which is available from texts of *Ayurveda*

### For Treating *Tamaka Shwasa*

#### *Bheshjavacharaneeya Adhyaya*

The correct treatment is which - Reverts disease pathology, Does not cause other symptoms/pathology, Results in *Dhatusamyā*

This is possible only when we assess the *Tamaka shwaasa* patient on the bases of *Bheshajaavacharaneeya adhyaya of Astanga Sangraha*. Unfortunately, this chapter is neglected by us and even by *Astanga Hrudaya*. May be there is scattered references available in *Astanga hrudaya* but the complete guidelines that a *vaidya* should think before writing a prescription is achieved effectivel by this chapter, so an attempt is made to assess *Tamaka shwaasa* considering multidimensional approach.

#### **Dimensions to be consider before writing prescription are**

1] Birth place of patient, *Jangala, Anupa or Sadharana desha*, this will help to decide the dose of medicine, the *guna pradhanyata* in his shareera etc.

2] Place where patient has been developed (grown up), this will help to reduce/increase the dose/*guna* of medicine, for example if a *Tamaka Shwasa rogi's* birth place is *anupa desha* & also developed *desha* is *anupa* then – may need more dose & *more guna yukta (ushna tara, vaatahara/kaphahara(tara) churna/asava/arishta kalpana)*

-*Tamaka Shwasa rogi's* birth place is *jangala desha* but developed *desha is jangala - ushna tama/anushna, vaatahara/kaphahara(tama) guna yukta sanskarita ghrita/taila kalpana aoushadhis* may be used

-*Tamaka Shwasa rogi's* birth place is *anupa desha* but developed *desha is jangala* then -*madhyama matra/guna yukta aoushadha prayoga* with any *kalpana* with the drugs which grows in *anupa desha* or the drugs like the *gunas* of *anupa desha* should be preferred.

-*Tamaka Shwasa rogi's* birth place is *jangala* but developed *desha is anupa* then- *madhyama matra/guna yukta aoushadha prayoga* with any *kalpana* with the drugs which grows in *jangala desha* or the drugs like the *gunas* of *jangala desha* should be preferred.

3] In *anupa desha kaphakara snigdha tara, abhishyandi, sheeta tara+ ushna tama guna yukta ahara sevana* is seen from this we can decide that the *shareera* of the person from this place is *having atikleda, agnimandya, madhurarasa, kapha prakopa (sheeta+snigdha)*

4] *Dakshina kannada* district patients use of coconut oil, rice, diff *raag shadavaas* and perform fewer physical activities/for north Karnataka patients groundnut oil, jowar, toor dal, *katu rasa sevana*, heavy work

5] *Baktirime*- considering the metal attitude of different *bhumi desha manushya*

6] *vyAdhayohitamidam-kaphaja rogas* for *anupa desha* and vice versa

7] *ahitamidamiti- vaataja rogas* for *anupa desha*

8] *prAggrahena* – like this after keenly analysing all these aspects first understand the patient, his *guna, karma* with special reference to *desha* – ie- applying *bhumi desha* to *atura desha* by doing *gunataha, karmataha, dravyataha, aharataha, viharataha* permutation & combination decide the condition of patient especially based on *tara tama guna*

9] find out the exact *nidan vishesha* for the *kopa of vaata dosha & kapha dosha*

10] for that dosha *prakopa* (not for *Tamaka Shwaasa*) either *vata or kapha* whether one or more *nidanas* are present should be evaluated

11] thus after carefully noting the qualities and functions of each *nidanas* (as given in *astanga hrudaya sutrasthaana; hetu skanda* 1<sup>st</sup> to 10<sup>th</sup> *adhyaya* + *nidanas* explained in *shwasa, kasa, hikka, pranavaha srotodushti nidanas + rasavaha / annavaha/udakavaha* etc.,) the physician must determine the *dosha* involved.

12] for ex; Has *vata /kapha* undergone increase by indulgence in *ahara or vihara*? If by *ahara* then whether it is because of *ruksha guna/sheeta guna of vataka food, snigdha/sheeta/guru gunayukta kaphakara ahara sevana*; If by *vihara* then is it by overexertion, *vegadharana*, fear or grief is to be determined

13] Once the diagnosis of *dosha* involved is accurate the *aoushadha prayoga* becomes easy as prescribing the opposite kind of treatment after determining all these facts, will certainly lead to a quick success

14] - opposite qualities of treatment means if the *madhura rasa* is the *nidana* then give *katu rasa*, for *amla* give *tikta* & for *lavana* give *kashaya rasa*;

15] next it is to be known that in what way he has indulged in the causes of the disease, whether by mild or moderate or severe measure (quantity & degree). Even though the cause is only one, by its different variations it produces changes in different aspects of the *doshas* which will in turn become either mild or severe as in *shwaasa* has become severe

16] In diseases like *tamaka shwaasa* with many doshas the physician should consider the special effects of each of the *doshas* and plan the correct mode of treatment by the drugs with many tastes and special effects of each of tastes.

17] because general rule may not be applicable *tamaka shwaasa* as this is caused by the combination of things of dissimilar qualities (*vata + kapha*), one *dosha* antagonises the other *dosha* & *tamaka shwaasa* is a particular condition which is being influenced by others factors so it is good to depend on the effect of the whole (*dosha, disease or drug*) than of each part of it. Thus, in such conditions, the treatment should be planned taking into consideration the effect of the whole.

18] That drug which is grown in the same land in which a person lives will be ideal for that person;

Those drugs which possess properties like the properties of the land in which a person is born should be used for those living in a different land (temporarily or permanently).

### **Aid of *Yukti* for *Oushadha Prayoga* in *Tamaka Shwasa***

In clinical practice due to improper selection of *oushadha* in improper condition of disease at improper time; A Ayurvedic fraternity is facing a huge difference between the Scenario *Shastra* speaks of and the current scenario around us. This may be due to the difference in the method of study, teaching, research, and practice, as it is mentioned in *Charaka -Tishtayupariyuktijno dravyajnanavatam sadaa. (Cha. Su. 2/16)*. Understanding *shaastra* & applying *yukti pramana* in *oushadha prayoga* plays a vital role in practice.

### **Applying *yukti* means answering these under said questions before prescribing *oushadhis***

- What is the patient 's *ayu*? Is the *vyadhi sadhya*? What is the *doshapramana*? Which *dosha* is involved? Where is it? What is the state of *agni*? What is the state of *srotas*? What is the *deha bala pramana*?
- These all can be known by *Darshana, Sparsha, Prashna, aptopadesha, pratyaksha, anumana, yukti*
- Classify the *lakshanas* and visualise the chronological order, the *dosha lakshanas* and *vyadhi lakshanas*, the *purvarupas*, the *upadravas*.
- Classify the *hetus* like *sannikrushta/ viprakrushtaka* etc., *nidanas* and visualize the *doshas* which? Where? How? When? How much?
- Observe the *upashaya & anupashaya* whether there is a need of *vipareeta/vipareetarthakaari aoushadha/ahara/vahara*,
- Visualize the *Lakshana & Hetu* relationship then think independently! That How about lab investigations? How about labeled diagnosis? The Hypertension, Diabetes, Cancer, how about the scans? How about the medical record?
- Now visualize picturise the disease process in that person, what is his *deha bala pramana*? by assessing *prakriti, samhanana, satva, pramana, satmya, ahara shakti, vaya, vyayama shakti, sara* and now dissolve the *samprapti* which is the right treatment/procedure for which person/condition of *tamaka shwasa*.
- Advice *nidana parivarjana* strictly
- *Agnimandya/srtorodhakara/Malasanachayakara/pranavaha/udakavaha/annavaha/Rasavahasrotodushtikara/kaphakara/vataprakopakara /abhisyandi/vishtambhi kara ahara nidanas* are restricted suitably
- After *nidana parivarjana* we should apply our *yukti* & think next; to which drug and to what dose of it, are the disease & the patient suitable? Thus, determination of the drug, its potency, dose etc., should be appropriate to the *dosha*, the strength of the disease and the diseased (patient).
- Whether the urgent use of powerful *shodhana* drugs /therapies is needed or the use of drugs possessing mild properties in greater doses will be necessary.
- Because using strong *rasoushadhis* or *kshaaras* may be harmful, to patients who have poor mental stamina and physical strength.
- Palliative drugs also if stronger than the strength of the disease will produce opposite diseases quickly after mitigating earlier ones.
- Those drugs which are stronger than the body will cause exhaustion, fainting, toxicity, delusion and decrease

of strength; those which are more powerful than the digestive capacity will produce exhaustion and poor digestion

- Depending upon the *dosha*, *dushya*, *prakriti* predominance, appropriate *samshodha chikitsa* should be done. Hence the *shuddha chikitsa* does *samprapthi vighatana* safely.
- If *samprapthi vighatana* is done safely then the disease will not reoccur, unless patient does *nidana sevana* again. Thus, it is responsibility of the *vaidya* to restrict the respective *nidanas* of *Tamaka shwaasa* patients, and make them to follow the *pathya* said in *Tamaka shwaasa*.
- Assess these treatment strategies....
  - Early relief, Minimum cost, Minimum difficulty, Complete safety, Complete cure, better immunity,
- Decide whether symptomatic treatment is needed or not because every symptom has its own *samprapti* identify it & try to mitigate try to evaluate is our treatment really 'Ayurvedic'? Is the disease cured? Has no other problem cropped up?
- Be ready for the next follow up, think what if there is no relief? Continue the same treatment if the disease is chronic at least for 7 days, If the treatment needs to be changed, leave a gap of 5-7 days, also think what if there is relief? What should be the next treatment plan? Is *dhatuamyata* achieved? Prescribe *rasayanas* of *praanvaha srotas* for *prakriti sthapana* after effective *vyadhi vipareeta chikitsa*.
- Along with this parallelly let us follow the ethics & remember that herbs too have life, respect life. Conserving them is our responsibility. Because nowadays a trend is going on that drug acts effectively in *tamaka shwasa* thus prescribing the same drug in all *tamaka shwasa* condition making that drug endanger.
- As that drug will be useful only in a particular condition of the *tamaka shwasa*, that condition should be identified and prescribed only in that *avastha*. Even the concept of *shwasahara ganaas* & *agrya dravyas* refers only to *manda budhi* (*mandabudhinaam vyavahaaraaya...*) *pravara budhi vaidya* should assess as like said above.

## DISCUSSION

- Combating Asthama is one of the challenging problems of medical **science**.
- Identifying the exact cause is important, the cause could be simple emotional variations, aberrated food, *vegadharana* or other habits causing *srotoroda/kshaya* anywhere in the body.
- Ruling out structural *avaroda* is important, *Panchakarma* is inevitable if *avaroda* is *doshasanchayajanya*.
- Only Symptomatic treatment is not the right *chikitsa*. *Shwaasa* is a *lakshana* and an independent disease. Identifying whether it is an only a *lakshana* or a *swatantra roga* is a need of hour.
- Understanding its *lakshanika samprapti* & the main *samprapti* is the key to right treatment. Knowing the *Chikitsa sutras* of *Shwasam roga* is also important.
- This *lakshana* can have serious implications, as it may involve *hridaya* and *pranavahasrotas*.

## CONCLUSION

- **The guidelines for understanding pathology of *Tamaka Shwasa* and applying the palliative/curative**

## **treatment is better explained in *Ayurveda***

➤ *SarvavikArANAmapi ca nigrahe hetuvyAdhiviparItamauShadhamicchanti kushalAH, -*

The wise *vaidya* should select *oushadhis* 1<sup>st</sup> Hetu *vipareeta* then *vyadhivapareeta* for all *vyadhis*.

“Once an asthma never again an asthma may be possible in *ayurveda*” Is possible with the concepts explained in *Ayurveda* provided Visualizing the Disease Process Is Important.

Let us beware of mistakes, let us perceive properly & assess properly

*Ayurveda* Is a *Svatantra Darshana*, what do we see and how do we see it really matters. Let us see with our own eyes.

“May be distance obstruct our vision, May be the scene is limited to our mind, maybe it is realized or not to our heart let us Observe that what we see is the only *Ayurveda* through our window”

This should be an Ayurvedist Perception because known is scarce & ignored are abundant.

**REFERENCES- Ashtanga Sangraha and BRUHATRAYEES**





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**“ALL POWER IS  
WITHIN YOU; YOU  
CAN DO ANYTHING  
AND EVERYTHING”**

**– Swami  
Vivekananda**