

GAVI KALPATARU

AYURVEDA E MAGAZINE



S.G.V. V. T's
SHREE JAGADGURU
GAVISIDDESHWARA

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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
Volume 2 - June Edition, 2026

TABLE OF CONTENTS

01

Principal and Editor's note.... 1

02

News Bites....2

03

Knowledge Hub....23

A Silent Hormonal Imbalance Affecting the Modern Women.....24

- Salma Intern

Principal & Editor's Letter



Dear Readers,

It gives us immense pleasure to present **Volume 2, Edition 6 of *Gavikalpataru***. This publication reflects the collective efforts, intellectual curiosity, and creative spirit of our faculty members, students, and interns who continuously contribute to the enrichment and dissemination of Ayurvedic knowledge.

We sincerely appreciate the dedication and enthusiasm of all contributors, the editorial team, and everyone involved in bringing out this edition. We hope this issue inspires readers to deepen their understanding of Ayurveda and encourages continued exploration of this timeless science.

We wish all our readers an enriching and enjoyable reading experience

Warm regards,

Dr. M. M. Salimath

Principal & Chief Editor



News Bites

A cozy spot for latest updates.

SJG Ayurvedic Medical College Celebrates 12th International Yoga Day with Nearly 2,000 Participants



Yoga, celebrated the **12th International Yoga Day** with great enthusiasm on the theme **"Yoga for Healthy Ageing."** The program was organized in association with the **District Legal Services Authority, District Advocates Association, Arogya Bharati, and SGVVT's Educational Institutions, Koppal.**

The celebration commenced with a grand inaugural ceremony attended by distinguished dignitaries. **Shri Madhu N.R., Additional District & Sessions Judge, FTSC-I (POCSO), Koppal,** inaugurated the program and emphasized the importance of incorporating yoga into daily life to promote physical fitness, mental well-being, and a healthy lifestyle. He encouraged everyone to adopt yoga as a lifelong practice for disease prevention and overall wellness.

Addressing the gathering, **Dr. Mahantesh M. Salimath, Principal,** highlighted the significance of yoga in achieving holistic health and maintaining harmony between the body and mind. **Dr. Suresh Hakkandi, Vice Principal,** also stressed the role of yoga in preventive healthcare and healthy ageing.

A major attraction of the event was the **Common Yoga Protocol (CYP) demonstration,** which was conducted by the faculty members and postgraduate scholars of the Department of Swasthavritta and Yoga. The participants enthusiastically performed various yogic practices, including asanas, pranayama, and meditation, under expert guidance.

Koppal, June 21, 2026: Sri Jagadguru Gavisiddheshwara Ayurvedic Medical College & Hospital, Post Graduate Studies, and Research Centre, Koppal, through the Department of Postgraduate Studies in Swasthavritta and



The event witnessed an overwhelming response, with **nearly 2,000 participants**, including students, faculty members, healthcare professionals, members of SGVVT educational institutions, advocates, and the public, joining together in the mass yoga session.

The program concluded with a vote of thanks expressing heartfelt gratitude to the **Management of SGVVT, Chairman Shri Sanjay Kotabal, Administrator Dr. S. V. Hiremath, Principal Dr. Mahantesh M. Salimath, faculty, staff, collaborating organizations, and all participants** for their invaluable support and active participation in making the celebration a grand success. The event reinforced the timeless message that regular yoga practice is the key to a healthier, happier, and more balanced life.

SJG Ayurvedic Medical College & Hospital Observed World No Tobacco Day with Awareness Rally



Koppal, June 3, 2026: Shree Jagadguru Gavisiddeshwara Ayurvedic Medical College & Hospital, Koppal, observed **World No Tobacco Day on 3rd June 2026 (Wednesday)** by organizing a comprehensive awareness program in accordance with the guidelines issued by the **Ministry of Health and Family Welfare, the National Commission for Indian System of Medicine (NCISM), and the Rajiv Gandhi University of Health Sciences (RGUHS).**



The program was jointly organized by the **Department of Agadatantra, Tobacco Cessation Centre (TCC), and the**

National Service Scheme (NSS) Unit with the objective of educating students, faculty, staff, and the public about the harmful effects of tobacco consumption and the importance of leading a tobacco-free life.

The event commenced with a **No Tobacco Pledge**, during which participants reaffirmed their commitment to abstain from tobacco use and to promote awareness about its ill effects. This was followed by an **awareness rally** within and around the college campus, carrying anti-tobacco messages and encouraging the community to adopt healthy lifestyle practices.

To extend the reach of the campaign beyond the campus, the pledge and awareness messages were also disseminated through the institution's **official Facebook page, website, and internal WhatsApp groups**, thereby creating greater awareness among students, teaching faculty, and non-teaching staff.

SJGAMC&H Koppal Observed World Environment Day with Eco-Friendly Initiatives



Koppal, June 5, 2026: The Departments of **Dravyaguna** and **Agadatantra**, in association with the **NSS Unit** of Shree Jagadguru Gavisiddheshwara Ayurvedic Medical College & Hospital, Koppal, celebrated **World Environment Day** on **5th June 2026** by organizing a series of eco-friendly activities to promote environmental awareness and sustainable living.

The program commenced with an inaugural function, followed by a **vibrant flash mob** performed by students to create awareness among students and the public about the

importance of environmental conservation. As part of the celebration, a **plantation drive**, **seed ball distribution**, and **campus cleaning campaign** were also conducted. Faculty members, students, and NSS volunteers actively participated in all the activities with great enthusiasm, conveying the message of protecting nature, reducing pollution, and adopting sustainable practices for a healthier future.

The event successfully inspired participants to take collective responsibility for preserving the environment and encouraged the adoption of eco-friendly habits in daily life. The Management and the respected Principal appreciated the dedicated efforts of the Departments of **Dravyaguna** and **Agadatantra**, the NSS Unit, faculty members, and students for making the programme a grand success and for their commitment towards creating environmental awareness in society.

Free Multi-Specialty Screening and Health Awareness Camp Held at Government Engineering College, Talkal



Koppal, June 12, 2026: SJG AMC, Koppal, successfully organized a **Free Multi-Specialty Screening and Health Awareness Camp** at Govt. Engineering College, Talkal, with the objective of promoting preventive healthcare and creating health awareness among students and staff.

The camp provided a wide range of healthcare services, including **Eye Screening and Consultation**, **Anaemia Screening with Free Medicine Distribution**, **General ENT Examination**, and a **Yoga Awareness and Demonstration Session**. Participants actively utilized the medical services and received appropriate health advice, counseling, and

medicines wherever required. The yoga session emphasized the importance of adopting a healthy lifestyle and preventive healthcare practices.

The program witnessed enthusiastic participation from students, teaching faculty, and staff members of the college. The initiative reflected SJG AMC's continued commitment to extending quality healthcare services beyond the hospital and fostering community well-being through preventive and promotive healthcare activities.

The institution expressed its sincere gratitude to the **Management**, for their constant encouragement and support in organizing such community outreach programs. Special appreciation was also extended to the **Principal** for his visionary leadership, guidance, and motivation. The successful execution of the camp was made possible through the dedicated efforts of the faculty members, interns, students, and the organizing team, whose wholehearted service contributed significantly to the success of the event.

Guest Lecture on Cardiovascular System Conducted at SJG Ayurvedic Medical College, Koppal

As part of the Memorandum of Understanding (MoU) activities and to commemorate the death anniversary of **Henry Gray**, the **Department of Rachana Sharira** at **Sri Jagadguru Gavisiddheshwara Ayurvedic Medical College & Hospital**,



Koppal, organized a guest lecture on "**Cardiovascular System**" on **13 June 2026**.

The resource person for the session was **Dr. Ishwar B. Bagoji, Associate Professor, Department of Anatomy, Dr. B. M. Patil Medical College, Vijayapura**, who delivered an insightful and interactive lecture on the anatomy, structure, physiology, and clinical significance of the cardiovascular system. The session highlighted the importance of correlating anatomical knowledge with clinical practice, enabling students to gain a deeper understanding of cardiovascular health and disease.

Resource Person from SJG AMC Delivers Expert Session on Vrikshayurveda at Belagavi

Belagavi, June 17, 2026: Dr. Gangadhar T. Aralelimath, Professor and Head of the Department of Dravyaguna, Sri Jagadguru Gavisiddheshwara Ayurvedic Medical College & Hospital, Koppal, served as the **Resource Person** at a Workshop on **Vrikshayurveda Cultivation Methods**



organized at **SBG Ayurvedic Medical College, Belagavi** on **17th June 2026**.

The workshop brought together faculty members, students, researchers, and agriculture enthusiasts to explore the ancient science of **Vrikshayurveda** and its practical applications in sustainable cultivation. During his session, Dr. Aralelimath elaborated on traditional Ayurvedic cultivation techniques, scientific approaches to medicinal plant conservation, soil enrichment practices, and eco-friendly farming methods. His informative presentation was highly appreciated by the participants for its relevance and practical insights.

The program also included the inauguration of the workshop, interactive technical sessions, and discussions on promoting the cultivation and conservation of medicinal plants through the principles of Vrikshayurveda.

Dr. Gangadhar T. Aralelimath expressed his sincere gratitude to the blessings of **His Holiness Shri Gavisiddheshwara Swamiji** and thanked the Management, Principal, faculty members, of SJG Ayurvedic Medical College, Koppal and the organizing team of SBG Ayurvedic Medical College, Belagavi, for providing him the opportunity to share his expertise. He also acknowledged the valuable guidance and constant support of Dr. S. S. Shirurmath, Head of the Department of Dravyaguna.

State-Level Workshop on Synopsis Writing Successfully Conducted at SJG Ayurvedic Medical College, Koppal



Koppal, June 29, 2026: Shree Jagadguru Gavisiddheshwara Ayurvedic Medical College, Hospital, Post Graduate Studies & Research Centre, Koppal, successfully organized a **State-Level Workshop on Synopsis Writing for First Year Postgraduate Scholars** on **29th June 2026** at **Vagbhata Hall**. The workshop witnessed enthusiastic participation from first-year postgraduate scholars representing various Ayurvedic colleges across Karnataka.



The workshop was conducted with the blessings of **His Holiness Shree Jagadguru Gavisiddheshwar Mahaswamiji**, under the guidance of the institution's management. The event aimed to strengthen research methodology skills and provide practical insights into preparing high-quality research synopses.

The inaugural session was graced by the dignitaries of the institution, including **Dr. Mahantesh M. Salimath**, Principal; **Dr. Suresh N. Hakkandi**, Vice Principal; and

Dr. Suryanarayana Mudadla, PG Coordinator.

The scientific sessions were delivered by eminent resource persons. **Dr. Harini A**, Professor, Department of Dravyaguna, S.D.M. College of Ayurveda & Hospital, Hassan, presented an informative session on **"An Overview of Synopsis Writing,"** highlighting the essential components and systematic approach to preparing a research synopsis. In the afternoon session, **Dr. Gangaboraiah**, Professor Emeritus and Research Head, Dayananda Sagar College of Dental Sciences, Bengaluru, delivered an insightful lecture on **"Statistical Refinement in Synopsis Writing,"** emphasizing the importance of appropriate statistical planning in research.

International Day Against Drug Abuse and Illicit Trafficking Observed at SJG AMC, Koppal



Koppal, June 30: The Department of Agadatantra and NSS of SJG AMC & Hospital, Koppal, in collaboration with the Koppal Police Department, observed the **International Day Against Drug Abuse and Illicit Trafficking** with the objective of creating awareness about the harmful effects of substance abuse and promoting a drug-free society.



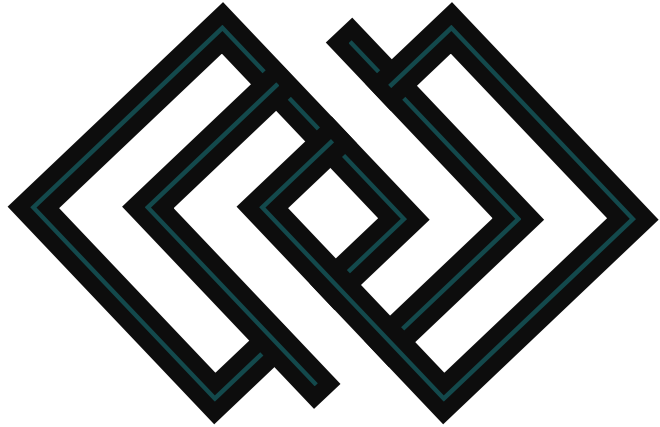
The awareness program was graced by **Shri Muttanna Saravagol, DySP, Koppal**, and **Dr. Ram Arasiddi, Superintendent of Police (SP), Koppal**, who addressed the gathering on the growing menace of drug abuse among youth. The speakers emphasized the importance of prevention through education, responsible decision-making, and collective community efforts in combating substance abuse.



Faculty members, NSS volunteers, students, and police officials actively participated in the program, making it an informative and impactful event.



The institution expressed its heartfelt gratitude to the esteemed **Management** and **Principal** for their constant encouragement and support in organizing such socially relevant programs. Special appreciation was also extended to the **Koppal Police Department, Shri Muttanna Saravagol (DySP), Dr. Ram Arasiddi (SP)**, faculty members, NSS volunteers, students, and all participants for their enthusiastic involvement and valuable contribution.



Knowledge Hub

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



A Silent Hormonal Imbalance Affecting Modern Women

PCOD (Polycystic Ovarian Disease (PCOD))

Understanding the Basics for Early Awareness & Better Health

WHAT IS PCOD ?

Polycystic Ovarian Disease (PCOD) is one of the most common hormonal disorders affecting women of reproductive age.

In this condition, the ovaries produce excess androgens (male hormones), leading to irregular menstrual cycles.

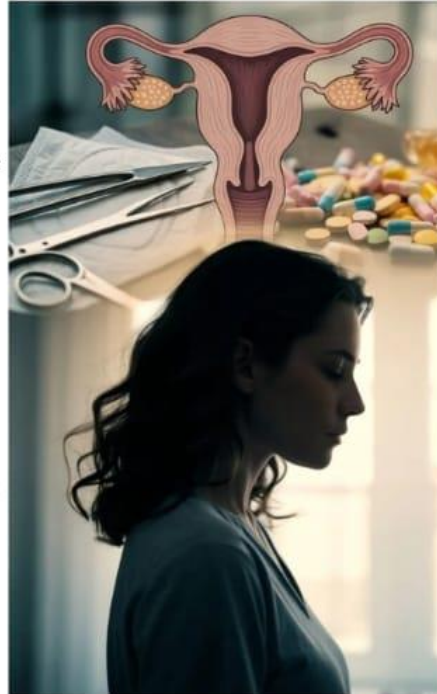
RISK FACTORS OF PCOD

- Obesity or excess body weight
- Sedentary lifestyle (lack of exercise)
- Family history of PCOD or diabetes
- Insulin resistance
- Unhealthy eating habits
- Chronic stress
- Irregular sleep patterns
- Early menarche

HORMONAL IMBALANCE IN PCOD – FLOW CHART

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graph TD
    A[Lifestyle Factors / Genetic Predisposition] --> B[Insulin Resistance Develops]
    B --> C[Increased Insulin Levels in Blood]
    C --> D[Ovaries Stimulated to Produce Excess Androgens (Male Hormones)]
    D --> E[Hormonal Imbalance (↑ Androgens, Altered LH : FSH Ratio)]
    E --> F[Impaired Follicle Maturation]
    F --> G[Failure of Ovulation (Anovulation)]
    G --> H[Multiple Small Cysts in Ovaries]
    H --> I[Irregular Menstrual Cycle & PCOD Symptoms]
  
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PCOD VS PCOS - IS THERE A DIFFERENCE?

- PCOD: Usually lifestyle-related
- PCOS: More severe & linked to metabolic issues.

WHY DOES PCOD OCCURS

PCOD develops due to:

- ✓ Hormonal imbalance
- ✓ Insulin resistance
- ✓ Genetic tendency
- ✓ Sedentary lifestyle
- ✓ Chronic stress

Modern lifestyle plays a major role in triggering symptoms.

SIGNS & SYMPTOMS OF PCOD

Menstrual Irregularities

- Oligomenorrhea (infrequent periods)
- Amenorrhea (absence of periods)
- Delayed menstrual cycles
- Heavy or prolonged bleeding



Hyperandrogenism (Excess Male Hormones)

- Hirsutism (excess facial/body hair)
- Acne (persistent or severe)
- Oily skin
- Androgenic alopecia (hair thinning over scalp)

Metabolic Features

- Weight gain (especially central obesity)
- Insulin resistance
- Acanthosis nigricans (dark velvety skin over neck/axilla)



Reproductive Issues

- Anovulation
- Difficulty conceiving (subfertility/infertility)

Psychological Symptoms

- Mood swings
- Anxiety
- Depression
- Low self-esteem



Ovarian Changes

- Multiple small follicles (cysts) on ultrasound
- Enlarged ovaries



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