

GAVI KALPATARU

Ayurveda E Magazine



S.G.V. V. T's
SHREE JAGADGURU
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RESEARCH CENTRE,
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Editorial Team

Chief editor: Dr. M.M. Salimath

Editor in charge: Dr. Shridharaiah M.H.

Editorial members: Dr. S.N. Hakkandi

Dr. G.G. Patil

Dr. Anita Kulkarni

Dr. Asha S.A

Creative Director / Graphic Design: Dr. Shridharaiah M.H.

Contributors: All Staffs, Students & Internees of SJG AMC

Marketing / Publisher: Principal SJG AMC Koppal

Contact: Chiefeditorgavikalpataru@gmail.com

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For queries, please contact: chiefeditorgavikalpataru@gmail.com

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
September Edition, 2026

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Principal & Editor's Letter

Dear Readers,

It gives us immense pleasure to present **Volume 2, Edition 9 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.

Eye Donation Awareness Program Held at SJGAMC, Koppal

Koppal, September 7, 2026: The Department of Shalakya Tantra, in association with the District Health & Family Welfare Department, Koppal, organized an **Eye Donation Awareness Program** on September 7, 2026.

The program aimed to create awareness about the importance of eye donation and its significant role in restoring vision among individuals with visual impairment.

Dr. H. Prakash, District Leprosy Officer, Koppal, addressed the gathering and highlighted the importance of community health awareness and voluntary eye donation. He encouraged the participants to spread awareness about eye donation and its benefits to society.

The program was presided over by **Dr. Mahantesh M. Salimath, Principal, SJGAMC, Koppal.** **Dr. Suresh N. Hakkandi, Vice Principal,** along with the faculty members of the Department of Shalakya Tantra, participated in the program.



Free Health checkup camp Held at BOI Koppal



Koppal, September 2026: As part of the **11th National Ayurveda Day 2026**, the Departments of **Kayachikitsa** and **Shalakya Tantra**, organized a **Free Health Check-Up Camp** at the Bank of India, Koppal, for its employees and customers.

The camp focused on promoting preventive healthcare and creating awareness about the holistic benefits of Ayurveda. Health screening and consultation were provided to the beneficiaries by the medical team from SJGAMC.

Nearly **46 beneficiaries** availed the services and received health screening and medical consultation. The initiative provided an opportunity to promote healthy lifestyle practices and encourage the community to make use of Ayurveda for preventive and holistic healthcare.

The program was conducted as part of the various community outreach activities organized by SJGAMC in connection with the **11th Ayurveda Day 2026**, with the theme “**Ayurveda for a Healthier Tomorrow.**”

Guest Lecture on “Management of Karna Srava” Held at SJGAMC, Koppal



Koppal, September 8, 2026: The Alumni Association of SJGAMC, Koppal, in association with the Department of Shalakyanta, organized a guest lecture on “Management of Karna Srava” on Tuesday.

The lecture was delivered by Dr. Guruswami M. K., an alumnus of the SJGAMC 2013 batch and currently serving as Assistant Professor, Department of Shalakyana Tantra, S.V.P. Ayurvedic Medical College, Badami.

The session focused on the clinical understanding and Ayurvedic management of Karna Srava (ear discharge), providing students and faculty members with valuable insights into the diagnosis and treatment of ear-related conditions.

SJGAMC Koppal Organizes 8-Day Free Health Screening and Surgical Camp



Koppal, September 16, 2026: As part of the celebrations marking the 11th Ayurveda Day, the Department of Shalya Tantra, inaugurated an eight-day free health screening and surgical camp at the institution on September 16.

The camp is being organized with the objective of extending accessible healthcare services to the community. It offers free health screening, clinical evaluation, surgical consultation and appropriate treatment to patients.

The inaugural program was marked by the traditional lighting of the lamp, followed by the participation of faculty members, students and healthcare staff. The event also highlighted the institution’s commitment to taking Ayurvedic healthcare services to the wider community.

The eight-day camp is expected to benefit numerous patients by providing timely medical assessment and guidance while creating valuable clinical exposure for students and postgraduate scholars.

SJGAMC, Koppal Organizes Indriya Arogya Awareness Program and Free Screening Camp

Koppal, 18 September 2026: On the occasion of the 11th National Ayurveda Day 2026, the Department of Shalakyana Tantra organized an Indriya Arogya Awareness Program and Free Health Screening Camp from 16 to 23 September 2026.



The program aimed to create awareness about eye, ear, nose, throat and other sensory organ health and to encourage people to take preventive measures for maintaining sensory health. The camp provided health screening services and information on the importance of early detection and timely management of sensory disorders.

The program was organized as part of the institution's activities for the 11th National Ayurveda Day 2026, reflecting its commitment to community healthcare and public health awareness.

SJG Ayurvedic Medical College, Koppal, Organizes Free Health Camp at Gavishri Nagara

Koppal, September 16, 2026: On the occasion of the 11th Ayurveda Day 2026, the Department of Panchakarma organized a free health camp at Gavishri Nagara, Koppal, on September 16.

The camp was organized with the objective of promoting community health and creating awareness about the importance of Ayurveda in maintaining health and preventing diseases.



The program featured health check-ups and an awareness session on Ayurveda, highlighting the relevance of traditional Ayurvedic principles in preventive healthcare and overall well-being.

The program was conducted in the spirit of the 11th Ayurveda Day celebrations, reinforcing the message that Ayurveda plays an important role in promoting holistic health, disease prevention and a healthier society.

Media Article Writing and E-Poster Making Competitions

Koppal, 16 September 2026: On the occasion of the 11th Ayurveda Day 2026 celebrations, the Department of Samhita Siddhanta and Sanskrit organized Media Article Writing and E-Poster Making Competitions on 16 September 2026.

The competitions aimed to encourage students to develop their writing skills, creativity and scientific communication abilities while promoting awareness of Ayurveda and its principles.

The program also encouraged students to explore effective ways of communicating Ayurvedic concepts and health-related information to the public through print and digital media.

The Department expressed its gratitude to the Management and Principal for their valuable support.

Kalyana Karnataka Dinotsava Celebrated at SJGAMC, Koppal

Koppal: Sri Jagadguru Gavisiddheshwara Ayurvedic Medical College & Hospital Koppal, observed Kalyana Karnataka Dinotsava with a flag-hoisting ceremony held at the college premises.

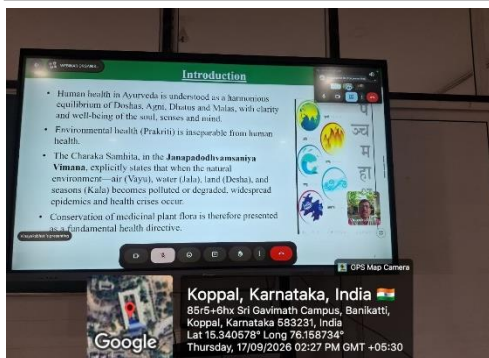


The National Flag was hoisted by Dr. Mahantesh M. Salimath, Principal, SJGAMC, marking the occasion with due respect and patriotism.

Following the flag hoisting, Dr. K. B. Hiremath, Senior Faculty, SJGAMC, addressed the gathering and highlighted the historical significance of Kalyana Karnataka. He spoke about the region's history and the struggle for liberation from the rule of the Nizams, recalling the contributions and sacrifices associated with the integration of the region.

The program was attended by the faculty members and students of SJGAMC, who participated in observing the significance of Kalyana Karnataka Dinotsava.

Webinar on Ancient Botanical Wisdom and Sacred Groves



Koppal, 17 September 2026: As part of the 11th Ayurveda Day celebrations, the Department of Dravyaguna successfully organized a webinar on ancient botanical wisdom and its relevance to health and environmental sustainability.

The webinar focused on the ecological and health-related significance of sacred groves, Nakshatravana, Rashivana and Navagraha Vana. The session highlighted the importance of traditional knowledge related to plants, biodiversity conservation and the relationship between human health and the environment.

The session was led by Dr. Vinayak Bhat, Professor and Head, Department of Dravyaguna, Bapuji Ayurveda Medical College,

Shivamogga, who shared valuable insights into the topic and its relevance in the present context.

The webinar encouraged participants to appreciate the importance of preserving traditional botanical knowledge and protecting nature for a healthier and more sustainable future.

The Department of Dravyaguna expressed its sincere gratitude to the Management and Principal for their valuable support, encouragement and guidance in successfully organizing the program.

DrilBit Webinar on Plagiarism Detection



Koppal, 17 September 2026: On the occasion of the 11th Ayurveda Day 2026, the ICT Cell and Department of Library under the HELINET Consortium, successfully organized an online webinar on “DrilBit – Plagiarism Detection Platform”.

The webinar aimed to create awareness about academic integrity, plagiarism detection and responsible research practices among faculty members and postgraduate students. The session included an orientation and live demonstration of the DrilBit platform, highlighting its role in checking plagiarism and promoting ethical academic writing and research excellence.

The ICT Cell and Library Department expressed their sincere gratitude to the Management and Principal for their valuable support, encouragement and guidance in successfully organizing the program.

Online guest lecture on “Ayurveda Start-up & Entrepreneurship”

Koppal, September 18, 2026: As part of the celebrations of the 11th Ayurveda Day 2026, the Research, Innovation and Entrepreneurship Development (RIED) Cell organized an online guest lecture on “Ayurveda Start-up & Entrepreneurship” on Friday.

The session focused on promoting entrepreneurial opportunities in Ayurveda, with special emphasis on evidence-based research, innovation and the translation of Ayurvedic knowledge into practical and sustainable business ventures.

The resource person for the program was Dr. Vivekananda Mohan Kullolli, Founder of Ayurpreneur Academy and Ayurpreneur Lifestyle Hub, and Professor and Head of the Department of Shalya Tantra at the Indian Institute of Ayurvedic Research and Hospital, Rajkot, Gujarat.

The program was intended for faculty members, postgraduate scholars and interns, providing them with insights into the emerging entrepreneurial landscape of Ayurveda and encouraging them to explore opportunities beyond conventional clinical practice.

The program concluded with an emphasis on the importance of nurturing new ideas, promoting evidence-based research and creating sustainable entrepreneurial opportunities to strengthen the future of Ayurveda.



SJGAMC Observes World Spine Day 2026 with Outreach Activities



Koppal: As part of the 11th Ayurveda Day 2026 celebrations, the Department of Kayachikitsa organized a World Spine Day outreach activity on 18th and 19th September 2026, in observance of the theme “**Spine Health for Life.**”

The three-hour outreach activity was conducted by Final-Year BAMS students of Prajnana with the objective of creating awareness about spinal health, common occupational spine-related problems, and the importance of preventive measures in maintaining a healthy spine. The activity also emphasized the importance of proper posture, regular physical activity, and healthy lifestyle practices in preventing spinal disorders.

The program provided students with an opportunity to interact with the public, spread awareness about spine health, and apply their academic knowledge through community-based health education.

The activity was conducted under the guidance of the Department of Kayachikitsa, with the support of the Management, Principal, Vice Principal, faculty members.

SJGAMC Successfully Conducts Four-Day Basic Cardiac Life Support Program

Koppal: Sri Jagadguru Gavisiddheshwara Ayurvedic Medical College, Postgraduate Studies and Research Centre, Koppal, successfully conducted a **four-day Basic Cardiac Life Support (BCLS) Program** for final-year UG students, interns, hospital staff and Panchakarma therapists.

The program was organized jointly by the Departments of Kayachikitsa and Panchakarma, along with the Final Year Coordinator and Internship Coordinator, to enhance participants’ knowledge and practical skills in managing cardiac emergencies and providing immediate life-saving support.

The **Jeeva Raksha Team** conducted the training and provided valuable guidance on essential emergency response and life-saving techniques. The program helped participants understand the importance of timely intervention and preparedness in handling cardiac emergencies.

The organizing departments expressed their sincere gratitude to the Management and Principal for their continuous support and cooperation in successfully conducting the program.



SJGAMC Organizes “Prakriti and Swasthya Assessment Drive” on the Occasion of 11th National Ayurveda Day

Koppal, September 2026: The Department of Samhita Siddhanta Sanskrit organized a “Prakriti and Swasthya Assessment Drive” from 10th to 23rd September 2026, as part of the observance of the **11th National Ayurveda Day 2026**.

The initiative aimed to promote awareness about Ayurveda, with special emphasis on understanding individual *Prakriti* (constitution) and assessing health status through Ayurvedic principles. The program highlighted the importance of personalized health assessment and the role of Ayurveda in promoting preventive healthcare and healthy living.

Through this initiative, the Department of Samhita Siddhanta Sanskrit reaffirmed its commitment to promoting the principles of Ayurveda and encouraging the adoption of a healthy lifestyle in the community, in keeping with the spirit of National Ayurveda Day.



SJGAMC Conducts ‘Rasaprashna 2.0’ Quiz Competition on the Eve of 11th Ayurveda Day

Koppal: On the eve of the 11th Ayurveda Day 2026, the Department of Rasashastra and Bhaishajya Kalpana organized *Rasaprashna 2.0*, a college-level quiz competition for undergraduate (UG) students and interns.

The quiz competition aimed to enhance students’ knowledge of Rasashastra and Bhaishajya Kalpana and encourage active participation in academic activities. The program provided an opportunity for students and interns to improve their subject knowledge through an interactive and engaging learning experience.

The department expressed its sincere gratitude to the Management, Principal and Vice Principal for their valuable support and guidance in successfully organizing the program.



SJGAMC Organizes ‘DRAVYA-EXPO’

Koppal, September 21, 2026: On the occasion of the 11th Ayurveda Day 2026, the Department of Dravyaguna successfully organized “DRAVYA-EXPO,” a Medicinal Plants Exhibition.

The exhibition aimed to enhance students’ practical knowledge of Dravyaguna (Ayurvedic pharmacology) and create awareness about



the importance of medicinal plants and their conservation. A wide variety of medicinal plants were displayed, highlighting their therapeutic properties, traditional uses, and significance in Ayurvedic formulations.

The Department of Dravyaguna expressed its sincere gratitude to the Management and Principal for their valuable support and for providing the opportunity to organize the exhibition successfully.

SJGAMC Organizes DM Screening and Counselling Camp



Koppal, September 21, 2026: On the occasion of the 11th National Ayurveda Day 2026, the Department of Kayachikitsa successfully organized a Diabetes Screening and Counselling Camp.

The camp aimed to create awareness about DM, its prevention, and the importance of early detection and proper lifestyle management.

The activities included blood sugar screening, dietary guidance, advice on regular physical exercise, lifestyle modifications, and Ayurvedic guidance for the effective management of diabetes.

The program emphasized the importance of adopting healthy habits and following appropriate preventive measures to reduce the risk of

diabetes and its complications. It also encouraged participants to take an active role in maintaining their health through regular screening and lifestyle modifications.

The Department of Kayachikitsa expressed its sincere gratitude to the Management, Principal, and Staff for their valuable support and guidance in successfully organizing the camp.

SJGAMC Organizes Drawing Competition on World Alzheimer's Day 2026



Koppal: As part of the 11th Ayurveda Day 2026 celebrations and in observance of World Alzheimer's Day, Department of Kayachikitsa organized a drawing competition for Final-Year BAMS students on 21st September 2026.

The competition was conducted on the theme “Alzheimer's – The Earlier You Know, The More You Can Do: A Dementia Diagnosis Matters with Ayurveda for a Healthier Tomorrow.” The activity aimed to create awareness about Alzheimer's disease, the importance of early diagnosis, and the role of timely intervention in dementia care.

The students expressed their ideas and understanding of Alzheimer's disease through creative

illustrations, highlighting the importance of cognitive health, early recognition of symptoms, and supportive care for affected individuals. The competition provided a platform for students to combine artistic expression with health awareness and demonstrate the relevance of Ayurveda in promoting a healthier tomorrow.

SJGAMC Conducts Prakriti Parikshana and Health Awareness Program at Katralli



Koppal: On the eve of the 11th Ayurveda Day 2026, the Department of Kriya Sharir successfully organized a community outreach program at Katralli.

The program included Prakriti Parikshana, a health exhibition, and a health awareness talk to educate the students about the principles of Ayurveda and the importance of understanding individual Prakriti (body constitution). The activities aimed to promote awareness about healthy living, preventive healthcare, and the practical application of Ayurvedic principles in daily life.

SJGAMC Organizes E-Poster Presentation Competition

Koppal, September 21, 2026: The Department of Rachana Sharira successfully organized an E-Poster Presentation Competition on September 21, 2026, as part of the 11th Ayurveda Day 2026 celebrations.



The competition was conducted on the theme “Rachana Sharira for a Healthier Tomorrow – Bridging Classical Ayurveda, Contemporary Anatomy & One Health.”

The event provided a platform for students to explore and present the relevance of classical Ayurvedic anatomical concepts in relation to contemporary anatomy and the One Health perspective.

SJGAMC Conducts Health Awareness Program at Katralli PU College, Koppal



Koppal, September 21, 2026: On the occasion of the 11th Ayurveda Day 2026, the Department of Shalya Tantra, conducted a health awareness program at Katralli PU College, Koppal.

The program included health awareness talks and role-play activities to educate students about health-related issues and promote healthy practices. The activities helped communicate important health messages in an informative and engaging manner.

SJGAMC Organizes Reels Competition on the Occasion of 11th Ayurveda Day

Koppal, September 22, 2026: On the eve of the 11th Ayurveda Day 2026, the Department of Agadatantra, organized a Reels Competition for UG and PG students on the theme “Ayurveda for a Healthier Tomorrow.”

The competition received more than 30 creative reels from students of different classes. The entries showcased students’ knowledge of Ayurveda, creativity, and understanding of its relevance in promoting health and well-being.

Selected reels were shared to create public awareness about Ayurveda and highlight its role in encouraging a healthy lifestyle. The activity provided students with an opportunity to communicate Ayurvedic concepts through digital media in an engaging and innovative way.

SJGAMC Organizes Ayurveda Awareness Program for School Children at Educare School



Koppal, 22 September 2026: On the occasion of the 11th National Ayurveda Day 2026, the Postgraduate Department of Kaumarabhritya, organized an Ayurveda Awareness Program for School Children at Educare School, Koppal, on 22 September 2026.

The program was conducted under the theme “Ayurveda for a Healthier Tomorrow”, with the objective of creating awareness among school children.

The initiative aimed to introduce children to the fundamental principles of Ayurveda and encourage them to adopt healthy habits from an early age. The program emphasized the importance of maintaining physical and mental well-being through appropriate dietary practices, daily routines, cleanliness, and preventive healthcare.

SJGAMC Organizes Joint Disorders Awareness Exhibition

Koppal: On the occasion of the 11th Ayurveda Day 2026 and in observance of World Arthritis Day, the Department of Kayachikitsa organized an informative exhibition on various joint-related disorders for the benefit of the public.

The exhibition highlighted common joint problems, their symptoms, preventive measures, and the role of Ayurveda in their management. Information regarding Ayurvedic treatment approaches and medicines was provided to create awareness among the public about joint health and the importance of timely care.



SJGAMC Conducts Ayurveda Day Outreach Program at School in Koppal



Koppal: As part of the 11th Ayurveda Day 2026 celebrations, the Department of Kayachikitsa, organized a school outreach program at Shree Shiva Shanta Veer Public School, Koppal, on 22nd September 2026.

The program aimed to create awareness among school children about Ayurveda, healthy living, and the prevention of communicable diseases through interactive and educational activities.

The program began with the Ayurveda Day Pledge, administered by Dr. Manjula Karlwad, encouraging students to adopt healthy lifestyle practices and promote the principles of Ayurveda. This was followed by a role play on the prevention of communicable diseases, presented by Dr. Shridharaiah along with Final-Year BAMS students, highlighting the importance of personal hygiene, sanitation, and preventive measures. Dr. Rajshekar delivered an awareness talk on the prevention of communicable diseases, explaining essential health practices in a simple and effective manner.

The activity was conducted with the support of the Management, Principal, Vice Principal, faculty members, and staff of SJGAMC, Koppal.

SJGAMC Students Visit De-Addiction Centre, Koppal, as Part of Ayurveda Day Activities

Koppal: As part of the 11th Ayurveda Day 2026 celebrations and in preparation for World Mental Health Day, the Department of Kayachikitsa organized a field visit to the De-Addiction Centre, Koppal, for Final-Year BAMS students of Prajnana on 22nd September 2026.



The visit aimed to provide students with practical exposure to the functioning of a de-addiction center and various aspects of addiction management. Students gained insights into the care and support provided to individuals affected by substance dependence, along with the importance of counselling, rehabilitation, and psychological support in the recovery process.

The field visit helped students understand the challenges associated with addiction and highlighted the importance of mental health awareness, early intervention, and a comprehensive approach to addiction management. It also provided an opportunity to connect classroom learning with practical experiences in community mental healthcare.

SJGAMC Organizes Essay Competition on 11th Ayurveda Day



Koppal, September 22, 2026: On the occasion of the 11th Ayurveda Day 2026, the Department of Roga Nidana Evam Vikriti Vijnana organized an essay writing competition for undergraduate students.

A total of 22 students participated enthusiastically in the competition, showcasing their knowledge, creativity, and interest in

Ayurveda. After evaluation, three essays were selected for prizes. The prize winners were Sanjana P., Gayathri, and Inchara N. The prizes were distributed during the Ayurveda Day celebration held at the college on 23 September 2026.

The department sincerely thanked the Management and the Principal for their valuable support and cooperation in organizing the competition successfully.

SJGAMC Conducts Health Awareness Program at PU Colleges in Koppal

Koppal, September 22, 2026: On the occasion of the 11th Ayurveda Day 2026, the Department of Shalya Tantra, conducted health awareness talks and role-play activities at S.G. PU College and PSMS PU College, Koppal.



The program aimed to create awareness among students about health-related issues and the importance of adopting healthy practices. Through informative talks and role-play activities, important health messages were communicated in an engaging and easy-to-understand manner.

The program was conducted by Dr. Lohit Kalal, Associate Professor, Dr. Kumarswamy K., Assistant Professor, postgraduate scholars, and departmental interns.

11th Ayurveda Day 2026 Celebrated at SJGAMC, Koppal



Koppal: Sri Jagadguru Gavisiddheshwara Ayurvedic Medical College & Hospital, Post Graduate Studies & Research Centre, Koppal, celebrated the 11th Ayurveda Day 2026 on the theme “Ayurveda for a Healthier Tomorrow.”

The program was graced by the Chief Guests, Dr. Umesh G. Rajoor, Principal, KIMS Koppal, and Dr. Gavishedhesh Ronad, MD General Medicine and Assistant Professor, KIMS Koppal. Dr. Mahantesh M,

Salimath, Principal, SJGAMC; Dr. Suresh N. Hakkandi, Vice Principal; and Dr. K. B. Hiremath, Senior Faculty and HOD, Department of Rachana Sharira, were also present, along with all Heads of Departments, faculty members, and students.

The celebration highlighted the importance of Ayurveda in promoting health and well-being and creating awareness about its relevance in building a healthier future.

The program was organized by the Co-curricular and Extra-curricular Cell. The institution expressed its heartfelt gratitude to the Management for its constant support and encouragement in making the program successful.

SJGAMC Organizes Sharad Ritu Virechana Camp

Koppal, 23 September 2026: The Department of Panchakarma organized the inauguration of the Sharad Ritu Virechana Camp as part of the 11th National Ayurveda Day celebration.



The program also featured a Panchakarma-related Pathya Kalpana and Model Expo and an awareness skit on Shodhana therapies.

These activities aimed to create awareness among students and the public about the importance of Panchakarma procedures, particularly Virechana, during the Sharad Ritu.

The exhibition highlighted the role of Pathya Kalpana (Ayurvedic dietary preparations), appropriate lifestyle practices, and Panchakarma therapies in maintaining health and well-being. The models and awareness skit helped explain the principles of Shodhana therapy and the importance of following appropriate dietary and lifestyle guidelines during treatment.

The program reflected the Department of Panchakarma's efforts to promote Ayurvedic principles and create awareness about preventive and therapeutic healthcare practices among the public.

The activities were conducted in line with the 11th National Ayurveda Day theme, “Ayurveda for a Healthier Tomorrow.”

SJGAMC Organizes Awareness Program on Women’s Wellbeing Ahead of Ayurveda Day

Koppal: On the eve of the 11th National Ayurveda Day, the Department of Prasuti Tantra and Stri Roga (PTSR) organized an awareness program on the theme “Move from Surviving to Thriving”, highlighting the holistic role of Ayurveda in promoting women’s wellbeing.



The program focused on the importance of Ayurveda in nurturing women’s physical, mental, and emotional health through a holistic approach. It emphasized the role of Ayurvedic principles, healthy dietary habits, lifestyle modifications, and preventive healthcare in supporting women’s health at different stages of life.

The initiative aimed to create awareness about women’s wellbeing and encourage the adoption of healthy lifestyle practices based on Ayurveda. The program reflected the department’s commitment to promoting women’s health and spreading awareness about the holistic benefits of Ayurveda.

The activity was organized as part of the 11th National Ayurveda Day celebration under the theme “Ayurveda for a Healthier Tomorrow.”

SJGAMC, Koppal, Celebrates 11th Ayurveda Day with “Swastha Paka” Program

Koppal: The Department of PG Studies in Swasthavritta and Yoga, organized a program titled “Swastha Paka” as part of the 11th National Ayurveda Day celebration, highlighting the importance of traditional food and healthy dietary practices in Ayurveda.

The program focused on the relationship between traditional food, balanced nutrition, and healthy living. It emphasized the importance of wholesome food, appropriate dietary habits, and Ayurvedic principles in maintaining health and promoting overall well-being.

The program was graced by Dr. Mahantesh M. Salimath, Principal, SJGAMC; Dr. Suresh N. Hakkandi, Vice Principal; and Dr. G. G. Patil, Hospital In-charge. All Heads of Departments, faculty members, and students also participated in the program.

The department expressed its gratitude to the Management for its constant support and encouragement in organizing the event.



SJGAMC, Koppal, Hosts RGUHS Kalaburagi Zone Inter-Collegiate Badminton Tournament

Koppal, 25–26 September 2026: Sri Jagadguru Gavisiddeshwara Ayurvedic Medical College and Hospital (SJGAMC), Koppal, hosted the two-day RGUHS Kalaburagi Zone Inter-Collegiate Badminton Tournament on 25 and 26 September 2026. The tournament brought together students from various colleges and provided a platform to showcase their sporting skills, teamwork, discipline, and sportsmanship.



The inaugural ceremony was graced by Chief Guest Shri Veeranna Kamtar, Retired ADA and

Ombudsperson, Zilla Panchayat, Koppal, and Guest of Honour Dr. Sajit M., Principal, Karnataka Medical College, Mangaluru. Dr. Mahantesh M. Salimath, Principal, SJGAMC, served as the Organizing Chairman. The other dignitaries present were Dr. Suresh N. Hakkandi, Vice Principal; Dr. K. B. Hiremath, Senior Faculty; Dr.



G. G. Patil, Hospital In-charge; Shri Vijay Kumar, RGUHS Observer; and Dr. Shirurmath, Head of the Co-curricular and Extra-curricular Cell and Tournament Coordinator. Faculty members and participating students attended the inaugural program.

The two-day tournament witnessed enthusiastic participation from various colleges, promoting healthy competition, team spirit, and interaction among students. The event highlighted the importance of sports and physical fitness in the overall development of students.

The valedictory ceremony marked the successful conclusion of the tournament and was graced by Chief Guest Shri Suresh D., Circle



Police Inspector, Koppal Town Police Station. The other dignitaries included Dr. Mahantesh M. Salimath, Principal, SJGAMC; Dr. Suresh N. Hakkandi, Vice Principal; Dr. G. G. Patil, Hospital In-charge; Dr. K. B. Hiremath, Senior Faculty; Shri Vijay Kumar, Physical Director, BVVS Nijalingappa Medical College; Dr. Shirurmath, RGUHS Kalaburagi Zone Inter-Collegiate Badminton Tournament Coordinator; Dr. Pramod Kamat, Professor, Department of Kayachikitsa, KVJ AMC and Hospital, Sullia; and Shri Chandrashekharayya Hiremath, Social Worker and Businessman.

The successful organization of the tournament reflected the collective efforts of the Management, Principal, Vice Principal, faculty members, and organizing team of SJGAMC, Koppal, in promoting sports and extracurricular activities among students.

SJGAMC Organize Guest Lecture on World Rabies Day

Koppal, September 28, 2026: The Department of Agadatantra organized a guest lecture to mark World Rabies Day 2026 on September 28, under the theme “*Act Now: You Can Prevent Rabies.*”

Dr. Tejeshwini, Senior Resident in the Department of General Medicine at KIMS, Koppal, serve as the resource person for the

session. The lecture aims to create awareness among students about rabies prevention, clinical features, management, and the importance of timely intervention following animal bites.



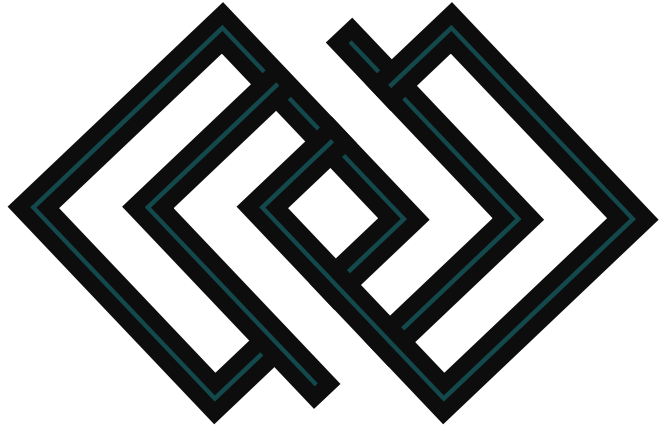
The session will cover key topics, including rabies prevention and clinical management, animal bite management and first aid, post-exposure prophylaxis (PEP), and the One Health approach to rabies prevention. The program will emphasize the importance of immediate medical attention following an animal bite, appropriate wound care, and timely administration of rabies vaccines and other recommended post-exposure measures.

SJGAMC, Koppal, Organizes Orientation Program on Infection Prevention and Control



Koppal, 28 September 2026: The Hospital Infection Control Committee, organized an Orientation Program on Infection Prevention and Control at Vagbhata Hall to strengthen patient safety and promote infection control practices in the hospital.

Dr. Anirudh Kustagi, Professor and Head of the Department of Pathology, KIMS, Koppal, served as the resource person for the program. He highlighted the importance of infection prevention and control measures, safe patient care, and adherence to appropriate infection control practices in healthcare settings.



Knowledge Hub

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

Madhura Rasa: Nourishment, Sweetness and the Science of Moderation

Kruthika Gouda¹, Dr Suhas M²

¹First Professional BAMS student, ²Assistant Professor, Dept of Samhita Siddhanta and Sanskrit, SJGAMC Koppal

ABSTRACT

Madhura Rasa (sweet taste) is valued in Ayurveda for nourishment, strength, tissue development, satisfaction and support of *Ojas*, while excessive intake is linked with *Kapha*, *Medas*, *Sthaulya* and *Prameha*. This article examines *Madhura Rasa* through classical Ayurvedic concepts and contemporary nutrition, distinguishing it from free or added sugars. It discusses how food source, food matrix, processing, quantity and individual needs influence nutritional and metabolic effects. The relationship between sweet foods, free sugars and type 2 diabetes is also explored, while avoiding direct equivalence between *Prameha*, *Madhumeha* and modern diabetes mellitus. The article emphasizes that whole fruits, milk, cereals, honey, jaggery and refined sugar are not nutritionally identical. Ultimately, appropriate selection, individualized diet and *Matra* remain central to understanding the health effects of *Madhura Rasa*.

Keywords: *Madhura Rasa*, Ayurveda, sweet taste, free sugars, nutrition, *Matra*, food matrix

INTRODUCTION

Sweetness is one of the earliest tastes we learn to recognise and one of the most universally preferred. Yet today, the word “sweet” is often immediately associated with sugar, obesity and diabetes. *Ayurveda* presents a more nuanced picture.

Ayurveda describes six tastes (*Shad Rasa*): *Madhura* (sweet), *Amla* (sour), *Lavana* (salty), *Katu* (pungent), *Tikta* (bitter) and *Kashaya* (astringent). Among them, *Madhura Rasa* occupies an important place because classical texts associate it with nourishment, growth, strength and tissue support. At the same time, they clearly warn against its excessive use.^[1,2]

This creates an interesting question:

Is *Madhura Rasa* a taste of wellness—or can too much of it become a pathway to disease?

The answer lies not in labelling sweetness as “good” or “bad,” but in understanding the food, its quantity, its nutritional context and the individual consuming it.

Understanding *Madhura Rasa*

According to the classical Ayurvedic framework, *Madhura Rasa* is predominantly associated with *Pruthvi* (earth) and *Jala/Ap* (water) *Mahabhutas*. Classical descriptions associate *Madhura* substances predominantly with qualities such as *Guru* (heavy), *Snigdha* (unctuous) and *Sheeta* (cooling). *Madhura Rasa* generally pacifies *Vata* and *Pitta* while tending

to increase *Kapha* when used excessively.^[1,2]

Ayurveda describes several functions of *Madhura Rasa*, including:

- *Dhatu-vardhana* — support of bodily tissues
- *Balya* — promotion of strength
- *Jeevana* — life-supporting or sustaining action
- *Tarpana/Preenana* — nourishment and satisfaction
- support of *Ojas*
- pacification of *Vata* and *Pitta* under appropriate circumstances.^[1–3]

These descriptions belong to the Ayurvedic physiological framework. Concepts such as *Dhatu*, *Dosha*, *Agni* and *Ojas* should therefore not be reduced to single modern biomedical equivalents. For example, *Ojas* is an Ayurvedic construct associated with vitality and physiological stability; it cannot simply be translated as “immunity.”

***Madhura Rasa* Is Not the Same as Sugar**

This is perhaps the most important distinction.

In everyday language, “sweet” may suggest sugar, chocolates or desserts. *Madhura Rasa*, however, is a much broader Ayurvedic category.

Foods described as *Madhura* in *Ayurveda* may include grains, milk and milk products, certain fruits, roots and other nourishing foods in addition to sugarcane products and

sweeteners.

From the perspective of modern nutrition, these foods can be very different.

For example:

- i) Rice and wheat contain predominantly starch rather than large quantities of simple sugar.
- ii) Milk contains lactose along with protein, fat, calcium and other nutrients.
- iii) Whole fruit contains intrinsic sugars within a food matrix containing water, fibre, micronutrients and phytochemicals.
- iv) Dates and other dried fruits are naturally sugar-dense but also provide fibre and micronutrients.
- v) Table sugar provides concentrated sucrose with essentially no significant accompanying protein, fibre or micronutrients.
- vi) Sugar-sweetened beverages deliver free sugars in liquid form.
- vii) Honey, although natural, contains substantial free sugars.

The World Health Organization specifically defines free sugars as sugars added to foods or beverages plus sugars naturally present in honey, syrups, fruit juices and fruit-juice concentrates. In contrast, sugars naturally contained within intact fresh fruits and vegetables and lactose naturally present in milk are not included in this definition.^[4]

Thus:

Natural does not automatically mean “free of sugar,” and Madhura does not automatically mean “added sugar.”

Why Does Ayurveda Value Madhura Rasa?

Ayurveda values Madhura Rasa for its nourishing, strengthening and tissue-supporting actions, particularly during growth, recovery and states of depletion. Its benefits, however, depend on appropriate quantity, individual need and overall dietary context. Table 1 represents the benefits of Madhura Rasa along with its classical and contemporary understanding.

Table 1: Benefits of Madhura Rasa along with its classical and contemporary understanding

Benefit of Madhura Rasa	Ayurvedic Understanding	Contemporary Interpretation
Nourishment & Tissue Support	Brumhana; supports bodily tissues and strength. ^[1-3]	Nutritious Madhura foods may provide carbohydrates, protein, fats, vitamins, minerals and fibre. The whole food matters more than sweetness alone.
Energy & Strength	Useful in growth, depletion, convalescence and increased nutritional need.	Energy-providing foods can be beneficial when requirements are increased, but quantity should match activity level, body composition and metabolic health.
Palatability & Satisfaction	Associated with Preenana and Tarpana—nourishment and satisfaction. ^[1]	Sweetness increases palatability, but similar-tasting foods can have very different nutritional and metabolic effects.
Growth & Recovery	Diet is individualised according to Agni, age, strength, season and health status.	Childhood, recovery and undernutrition may require greater nutritional support. Appropriateness, rather than blanket restriction, is the key principle.

When Sweetness Becomes Excessive

Ayurveda is equally clear that excessive consumption of Madhura Rasa is undesirable.

Classical descriptions of Ati-sevana—excessive use—

associate Madhura Rasa with increases in *Kapha* and *Medas* and with conditions including excessive heaviness, lethargy, diminished digestive function, *Sthaulya* and *Prameha*.^[2,3]

This principle is important:

A substance may be nourishing in an appropriate context and harmful when its quantity repeatedly exceeds the individual's requirements.

Modern nutritional science arrives at a comparable practical conclusion through a different explanatory framework. Excessive consumption of energy-dense foods and drinks rich in free or added sugars can increase total energy intake and contribute to unhealthy weight gain. Systematic reviews have found that changes in free-sugar intake under free-living conditions are associated with corresponding changes in body weight, largely through changes in energy intake.^[5]

A large umbrella review published in *The BMJ* also found that high dietary sugar exposure—particularly certain high-sugar foods and beverages—is associated with several adverse cardiometabolic outcomes, although the strength of evidence differs between outcomes.^[6]

Madhura Rasa and Diabetes: What Is the Real Relationship?

Perhaps the biggest misconception surrounding Madhura Rasa is the statement:

“Eating sweet foods causes diabetes.”

Scientifically, this is an oversimplification.

What Happens in Type 2 Diabetes?

Type 2 diabetes develops when the body becomes resistant to insulin and/or pancreatic insulin secretion becomes insufficient to maintain normal blood glucose levels. Its development is multifactorial.

Recognized risk factors include:

- genetic susceptibility and family history,
- overweight and obesity,
- physical inactivity,
- increasing age,
- insulin resistance,

- previous gestational diabetes,
- prediabetes and several associated metabolic conditions.^[7]

Therefore, no single taste causes type 2 diabetes.

What About *Prameha* and *Madhumeha*?

Ayurveda describes *Prameha* as a broad group of disorders characterised prominently by abnormalities of urine and systemic metabolism. *Madhumeha* appears within this classical disease framework.

Classical Ayurvedic literature identifies excessive use of *Madhura*, *Guru* and *Snigdha* foods, sedentary behaviour and other *Kapha–Medas* promoting factors among the contributors to certain forms of *Prameha*.^[3]

However, *Prameha*, *Madhumeha* and modern diabetes mellitus should not automatically be treated as exact one-to-one diagnostic equivalents. They arose from different medical systems, diagnostic frameworks and disease classifications.

There are useful areas of clinical comparison, especially concerning excessive nutrition, adiposity, sedentary behaviour and urinary/metabolic abnormalities, but equivalence should not be assumed without qualification.

This distinction is important for scientifically responsible integrative discussion.

Does Eating Sugar Cause Diabetes?

The relationship is more complex than a simple yes or no.

A 2025 systematic review and dose-response meta-analysis of prospective cohort studies found that the association between dietary sugar and incident type 2 diabetes depended strongly on the source in which sugar was consumed. Sugar-sweetened beverages showed a consistent positive association with type 2 diabetes risk, whereas associations for total sugar, sucrose and added sugar considered in isolation were more complex.^[8]

This reinforces an important nutritional principle:

The food matrix and dietary pattern matter—not simply the presence of sugar molecules.

Frequent consumption of sugar-sweetened beverages can add substantial energy without replacing an equivalent amount of food intake, thereby facilitating excess energy intake and

weight gain. Excess adiposity is itself a major risk factor for insulin resistance and type 2 diabetes.

Are All Sweet Foods Equal?

Definitely not. Foods that taste sweet—or are classified as *Madhura* in an Ayurvedic context—can differ substantially in nutritional composition and physiological effects. Table 2 describes the variabilities among the Sweet foods.

Table 2: Variabilities among the Sweet foods

Food / Source	What It Contains	Key Nutritional / Ayurvedic Distinction	Practical Interpretation
Whole Fruit	Intrinsic sugars + fibre + water + vitamins, minerals and phytochemicals	Sugars remain within the intact food matrix. Greater intake of several whole fruits has been associated with a lower risk of type 2 diabetes, although associations vary by fruit. ^[9]	Whole fruit ≠ free sugar. Prefer intact fruit over sweetened foods or beverages.
Fruit Juice	Naturally occurring sugars with much less intact fibre than whole fruit	Juicing disrupts the food matrix and allows sugars to be consumed more rapidly. WHO classifies sugars in fruit juice as free sugars.	Fruit juice ≠ whole fruit. Quantity and frequency matter.
Milk	Lactose + protein + fat + minerals and other nutrients	Naturally occurring lactose in milk is not classified as free sugar by WHO.	Milk should not be nutritionally equated with sugar-sweetened beverages

			merely because it contains sugar.
Cereals	Predominantly starch, with varying amounts of fibre, protein and micronutrients	Rice, wheat and millets are primarily sources of complex carbohydrate rather than simple sugars. Their metabolic effects depend on processing, fibre, portion size and preparation.	Carbohydrate ≠ sugar. Whole and minimally processed grains generally provide a more favourable food matrix.
Honey (Madhu)	Concentrated simple sugars with minor accompanying constituents	Ayurvedically, <i>Madhu</i> has distinctive properties and is not simply equivalent to ordinary <i>Madhura</i> substances. ^[10] Nutritionally, its sugars are classified by WHO as free sugars.	Natural does not mean unrestricted. Replacing sugar with large quantities of honey does not remove free-sugar exposure.
Jaggery	Predominantly sugars + small amounts of minerals	Less refined than table sugar, but still a concentrated sugar source.	Trace minerals do not make jaggery suitable for unlimited consumption.
Refined Sugar	Concentrated sucrose	Provides substantial energy with little accompanying fibre, protein or micronutrient value.	Best consumed sparingly within overall free/added sugar limits.

Sugar-Sweetened Beverages	Large amounts of free/added sugars in liquid form	Provide sugars with relatively low satiety and can facilitate excess energy intake.	Among sweet foods, these deserve particular caution when consumed frequently.
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Thus, sweetness alone does not determine nutritional quality. What matters is the food matrix, degree of processing, nutrient density, quantity and frequency of consumption.

How Much Sugar Is Too Much?

WHO recommends that adults and children keep free sugars below 10% of total energy intake, with a further reduction to below 5% providing additional health benefits.^[4]

India's ICMR–National Institute of Nutrition Dietary Guidelines for Indians 2024 similarly emphasise restriction of sugar and ultra-processed foods and use approximately 5% of total energy from added sugar as a dietary threshold.^[11]

These recommendations are directed primarily at free or added sugars, not at eliminating fruits, vegetables, milk, whole grains or other nutritious foods simply because they contain carbohydrates.

A Better Way to Choose *Madhura* Foods

Instead of asking only “Is this food sweet?”, assess *Madhura* foods more meaningfully through the following four questions:

Question to Ask	Ayurvedic / Nutritional Principle	Examples / Interpretation	Key Message
1. What is the source?	Foods with similar sweetness can differ greatly in nutritional quality and physiological effects.	Whole fruit ≠ soft drink; milk ≠ sugar-loaded milkshake; minimally processed grain ≠ sugar-rich refined breakfast cereal.	Source matters. Judge the whole food, not sweetness alone.
2. How processed is it?	Preference should generally be given to whole	Whole fruit, plain milk and minimally processed grains	Less processing usually preserves a

	and minimally processed foods over products rich in added sugars, refined grains, sodium and unhealthy fats.	are nutritionally different from confectionery, sweetened beverages and highly processed cereals.	better food matrix and nutrient profile.
	Current ADA guidance similarly prioritises nutrient-dense foods, quality carbohydrate sources and minimisation of added sugars and sugar-sweetened beverages. ^[12]		
3. How much is being consumed?	<i>Ayurveda</i> gives importance to <i>Matra</i> —appropriate quantity. The <i>Matrashiteeya Adhyaya</i> relates food quantity to digestive capacity rather than prescribing one quantity for everyone. ^[13]	Even a wholesome food may become unsuitable when repeatedly consumed beyond physiological requirement.	Wholesome does not mean unlimited.
4. Who is consuming it?	Diet should be individualised according to <i>Agni, Prakruti, Vaya, Bala, Kala, Satmya</i> and <i>Avastha</i> . Modern nutrition likewise considers age, body composition,	A growing child, athlete, convalescent person and sedentary adult with metabolic disease may require very different quantities and types of <i>Madhura</i> foods.	The right food also depends on the right person and context.

	activity, physiological state and disease status.		
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Choosing *Madhura* foods wisely requires more than identifying sweetness. Consider where it comes from, how much it is processed, how much is consumed, and who is consuming it.

Then, is *Madhura Rasa* a Friend or Foe?

Perhaps *Madhura Rasa* is neither. It is better understood as a physiological tool whose effect depends upon context.

Ayurveda did not condemn *Madhura Rasa*. On the contrary, it recognised Madhura as deeply nourishing and life-supporting. Yet the same tradition warned against *Ati-sevana*—habitual excess.

Modern nutritional science reaches a comparable practical lesson through different terminology. Whole foods containing carbohydrates or naturally occurring sweetness need not be feared. The larger concerns are excess energy intake, frequent consumption of free and added sugars, sugar-sweetened beverages, poor dietary quality, physical inactivity and excess adiposity.

The meeting point between the two perspectives is therefore not the simplistic equation:

Madhura = Sugar = Diabetes

but a more meaningful principle:

Source matters. Quantity matters. Context matters.

CONCLUSION

Madhura Rasa is valued in *Ayurveda* for nourishment, strength and tissue support, yet its benefits depend on appropriate use. Excessive intake, especially from free sugars and energy-dense foods, may contribute to metabolic risk. Whole fruits, milk, grains, honey, jaggery and refined sugar should not be treated alike. The key is to choose wholesome sources, respect individual needs and follow *Matra*—appropriate quantity. Sweetness can nourish; excess can burden.

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FROM ANCIENT WISDOM TO MODERN WELLNESS: **AYURVEDA FOR A HEALTHIER TOMORROW**

Rashmi R.M

1st Phase BAMS

Shri Jagadguru Gavisiddheshwara ayurvedic medical college and hospital Koppal

ABSTRACT

Health in the modern world is increasingly challenged by sedentary lifestyles, irregular food habits, inadequate sleep, chronic stress and reduced physical activity. These changes have contributed to the growing burden of non-communicable and lifestyle-related disorders. Ayurveda, the traditional system of Indian medicine, places strong emphasis not only on treating disease but also on maintaining the health of healthy individuals. Its preventive approach is expressed through principles such as Dinacharya (daily regimen), Ritucharya (seasonal regimen), appropriate Ahara (diet), Vyayama (physical activity), adequate Nidra (sleep), and Sadvritta (good-conducts).

Ayurveda's classical preventive philosophy can provide a framework for developing sustainable healthy habits in contemporary society. Modern literature has explored the relevance of these principles in the prevention and management of lifestyle-related disorders. However, Ayurvedic practices should be followed appropriately and responsibly, and evidence for individual interventions should not be overstated.

Keywords: Ayurveda, preventive health, Dinacharya, Ritucharya, Ahara, Vyayama, lifestyle disorders, health promotion, healthy lifestyle.

INTRODUCTION

The definition of health extends beyond merely being free from disease. In today's rapidly changing world, maintaining health has become increasingly difficult. Long working hours, prolonged screen exposure, irregular meals, processed foods, inadequate sleep and psychological stress have become common features of modern life.

Lifestyle-related disorders such as obesity, diabetes, hypertension and cardiovascular diseases are increasingly associated with unhealthy patterns of diet and behaviour. Literature discussing Ayurveda and lifestyle disorders highlights the potential importance of dietary regulation, daily routine, physical activity and behavioural discipline in prevention.

Ayurveda, however, did not begin with the idea of waiting for disease to appear. One of its fundamental objectives is “*Swasthasya Swasthya Rakshanam*”—preservation of the health of the healthy—along with treatment of disease. Classical Ayurveda therefore gives

considerable importance to preventive practices.

The concepts of *Dinacharya* and *Ritucharya* represent this preventive philosophy. *Dinacharya* provides guidance regarding daily living, while *Ritucharya* describes adaptation of diet and lifestyle according to seasonal changes.

Thus, the question for modern society is not whether ancient habits can simply be copied into contemporary life, but rather: Can the underlying principles of Ayurveda help us build healthier habits for tomorrow?

AIM & OBJECTIVE

To explore the relevance of Ayurvedic preventive and lifestyle principles in promoting health and supporting a healthier future.

MATERIALS & METHOD

This article is a narrative review based on classical Ayurvedic concepts and published literature concerning preventive health and lifestyle modification.

AYURVEDA:

Modern healthcare often focuses on diagnosing and treating disease after it develops. Ayurveda gives equal importance to maintaining health before disease occurs.

The preventive approach can be understood through the principle:

स्वस्थस्य स्वस्थ्य रक्षणं | आतुरस्य विकार प्रशमनं च[[su.sua.30\26]

which emphasizes preservation of health and curing the diseased person.

Ayurvedic literature describes daily and seasonal regimens as measures for maintaining equilibrium and adapting to environmental changes. Ayurveda emphasizes adapting diet and behaviour to seasonal variations as part of its preventive approach.

This preventive philosophy is particularly relevant today, when many health problems are associated with modifiable lifestyle factors.

Dinacharya:

Dinacharya refers to a systematic daily routine. Instead of considering health as something achieved only through medicines or occasional interventions, Ayurveda incorporates health-promoting practices into everyday life.

A healthy routine may include:

Appropriate waking and sleeping habits

Personal hygiene

Regular meals

Physical activity

Appropriate rest

Mental and behavioural discipline

Avoidance of unhealthy habits

Dinacharya is a package of healthy lifestyle practices extending throughout the day with appropriate food and

physical activities.

Small habits repeated every day can become powerful tools of prevention.

Ahara:

Food is an essential pillar of health. Modern nutrition frequently focuses on nutrients and calories, while Ayurveda also considers the quality, quantity, suitability and manner of eating.

Ayurvedic dietary principles encourage appropriate food according to individual bala. The concept of *Matravat* Ahara highlights the importance of taking food in an appropriate quantity.

A practical public-health message inspired by Ayurveda is:” Eat according to need, choose nourishing foods, respect appetite and avoid habitual overeating.”

The AYUSHCHARYA conference literature similarly emphasized *Hita Ahara*, appropriate quantity and seasonal suitability of food as important aspects of preventive health.

Vyayama:

Physical inactivity is an important component of unhealthy modern lifestyles. Long periods of sitting, screen-based work and reduced outdoor activity have changed the way people spend their day.

Ayurveda recognizes Vyayama or physical exercise as part of healthy living. Modern preventive-health literature also recognizes physical activity as an important component of lifestyle modification.

Exercise need not always mean intensive gym training. Walking, yoga, stretching, recreational sports and other suitable forms of physical activity can help make daily life more active.

Nidra:

In a society that celebrates long working hours and reduced sleep, adequate rest is often neglected.

Ayurveda recognizes *Nidra* as an important component of healthy living. Modern research also considers sleep an important part of overall health and healthy lifestyle behaviour.

Students and working individuals frequently compromise sleep for academic, professional or digital activities. Instead of treating sleep as wasted time, it should be understood as an essential component of recovery and well-being.

A healthier tomorrow therefore requires not only productive working hours but also adequate and regular sleep.

Ritucharya:

Human beings are influenced by their surrounding environment. Temperature, humidity, food availability and environmental conditions vary across seasons.

Ayurveda therefore describes *Ritucharya*, a seasonal regimen designed to adapt diet and behaviour according to seasonal changes. Ritucharya is also an important component of Ayurvedic preventive medicine.

For example, rather than following exactly the same food and lifestyle pattern throughout the year, individuals can make sensible seasonal adjustments while considering their constitution, health status and local environment.

This idea has particular relevance today as people increasingly consume foods and follow routines independent of season and local availability.

Sadvritta:

Health is not purely physical.

Ayurveda gives importance to appropriate behaviour, mental discipline and social conduct through concepts such as Sadvritta.

A healthy society requires individuals who care not only for their own health but also for the well-being of others.

Respectful communication, emotional control,

responsible behaviour, personal hygiene and social responsibility can therefore be considered important dimensions of holistic health.

Ayurveda and Lifestyle Disorders

The increasing prevalence of lifestyle-related disorders has created a major public-health challenge.

A published Ayurveda review identifies hypertension, diabetes, and overweight/obesity among lifestyle-related conditions and discusses the potential role of Ayurveda's dietary, behavioral and lifestyle approaches.

Another review describes appropriate nutrition, sleep and physical exercise as important components of healthy lifestyle and discusses the preventive potential of lifestyle intervention.

However, Ayurvedic lifestyle practices should not be presented as substitutes for diagnosis or evidence-based medical treatment when treatment is required. People with symptoms or established disease should seek appropriate professional medical care.

Ayurveda in the Modern World:

One of the biggest mistakes would be to assume that every ancient practice can simply be transferred unchanged into modern life.

The goal should instead be to understand the principle behind the practice.

For example:

Dinacharya → structured healthy daily routine

Ahara → appropriate and mindful dietary habits

Vyayama → regular physical activity

Nidra → adequate and regular sleep

Ritucharya → sensible adaptation to seasonal conditions

Sadvritta → responsible behavior and mental well-being

This approach makes Ayurveda understandable to the general public. At the same time, Ayurveda should be

practiced safely and appropriately.

DISCUSSION: Today, many of our health problems are closely connected with the way we live. We often eat in a hurry, sleep late, spend long hours sitting or looking at screens, and have very little time for exercise or relaxation. We usually think about our health only after a problem appears. Ayurveda offers a different way of looking at health—it reminds us that taking care of ourselves every day is just as important as treating a disease.

The beauty of Ayurveda lies in its simple message. *Dinacharya* encourages us to bring regularity into our daily routine, while *Ritucharya* reminds us that our food and lifestyle should also change according to the season. Ayurveda gives importance to suitable food, proper quantity of eating, physical activity, adequate sleep and healthy behavior. These are not complicated ideas, but they are often the very things that are neglected in our busy lives.

This becomes especially relevant with the increasing occurrence of lifestyle-related health problems. A healthy routine cannot guarantee that a person will never develop a disease, but it can encourage better habits and support overall well-being.

At the same time, Ayurveda should not be presented as a replacement for modern medical care. Traditional knowledge needs to be understood correctly, practiced safely and supported by appropriate scientific research. When a person has persistent symptoms or an established illness, proper medical evaluation and treatment should not be delayed.

Perhaps the greatest lesson Ayurveda can offer today's generation is that health is not something that we should start thinking about only when we become sick. It is built slowly through our everyday choices. A regular meal, a good night's sleep, some physical activity, a balanced routine and a calm approach to life may appear to be small steps, but together they can make a meaningful

difference. Therefore, bringing Ayurveda into modern life does not mean going back to the past. It means understanding the useful principles of our traditional knowledge and applying them sensibly to the realities of today's world.

CONCLUSION: A healthier tomorrow does not begin in a hospital—it begins with the choices we make today. Ayurveda teaches us to look at health as a part of everyday living. Its emphasis on *Dinacharya*, *Ritucharya*, *Ahara*, *Vyayama*, *Nidra* and good conduct reminds us that prevention starts with simple habits. In a world where busy schedules and unhealthy routines have become normal, these principles can encourage us to pause, listen to our bodies and make healthier choices.

We do not have to change our entire life overnight. Even small changes—eating more mindfully, staying physically active, maintaining regular sleep and giving importance to mental well-being—can be a beginning.

The real value of Ayurveda for the future lies not merely in preserving ancient practices, but in understanding their purpose and using them wisely in the present.

If we learn to care for our health today, we give ourselves a better chance of living a healthier tomorrow.

Ayurveda's message is simple: prevention begins with the way we live.

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VAIDYABHUSHANA

Sanskrit Club

संहितायाः अध्ययन अध्यापनविधौ वेदाङ्गानां महत्वम्

(The Importance of Vedangas in the Study and Teaching Methodology of Samhita)

श्रुति स्मृति पुराणानां आलयं करुणालयं।

नमामि भगवत्पादं शङ्करं लोकशङ्करम् ॥

शङ्कराचार्य आदौ प्रणम्य “संहितायाः अध्ययन अध्यापनविधौ वेदाङ्गानां महत्वम्” इति विषयं अधिकृत्य यथामति पत्रं प्रस्तौतुमिच्छामि। वेदाङ्गानां एवं च संहितानां च अविनाभाव सम्बन्धः वर्तते। यथा आङ्ग्लभाषायाम् उच्यते “Two sides of a single coin” इति। कथमिति चेत् आतुर्वेदं नाण्यवत् पश्यामश्चेत्, वेदाङ्गाः तथा संहिताः नाण्यस्य मुखद्वयं इति वक्तुं शक्यते। वेदानां अङ्गाः वेदाङ्गाः। अर्थात् ज्ञानस्य अङ्गाः इति। ते च आहत्य ६ सन्ति। ते यथा शिक्षा, व्याकरणम्, छन्दः, निरुक्तं, ज्योतिषं, कल्पः इति। संहिता नाम संग्रहः अथवा व्यवस्थितः समूहः इति।

आयुर्वेदः अथर्ववेदस्य उपवेदः अस्ति। यथा वयं जानीमः वेदो नाम ज्ञानं इति। वेदेन कीदृशं ज्ञानं प्राप्तुं शक्यते इति चेत् संस्कृत संहित्य शास्त्रे उक्तमस्ति यत् “रामवत् वर्तितव्यं न रावणादिवत्” इति। तादृश ज्ञानस्य षट् प्रकाराः सन्ति। अर्थ सहितं तेषां महत्वं दृष्टुं शक्यते यथा –

१. शिक्षा :- स्वरवर्णाद्युच्चारण प्रकारः यत्र शिक्ष्यते सा शिक्षा।

२. व्याकरणम् :- व्याक्रियन्ते अनेन इति व्याकरणम्।

३. छन्दः :- छन्दयति आह्लादयतीति छन्दः।

४. निरुक्तं :- अर्थावबोधे निरपेक्षतया पदज्ञानं यत्रोक्तं तन्निरुक्तं।

५. ज्योतिषं :- ज्योतिषां सूर्यादीनां गत्यादिज्ञानसाधनविद्या।

६. कल्पः :- कल्पो वेदविहितानां कर्मणामानुपूर्वण कल्पनशास्त्रं इति।

संहितायां विद्यमान प्रत्येकस्य श्लोकस्य उच्चारणार्थं शिक्षा शास्त्रस्य आवश्यकता अस्ति। स्वराणां अथवा वर्णानां ज्ञानेन विना श्लोकानां पठनं असाध्यं। संहितायां विद्यमान पद्यस्य अथवा गद्यस्य पदच्छेदं कर्तुं अथवा सन्धि समास ज्ञानार्थं व्याकरण शास्त्रस्य आवश्यकता अस्ति। पद्यं कथं पठनीयं इति अवगमनार्थं छन्दसां ज्ञानं आवश्यकं। प्रत्येकस्य पदस्य व्युत्पत्ति ज्ञानार्थं निरुक्ति शास्त्रं अनिवार्यं। एवं च संहितायां विद्यमान काल ज्ञानार्थं ज्योतिष शास्त्रं आवश्यकम्।

आयुर्वेद संहितासु उल्लिखितमस्ति यत् कस्मिन् नक्षत्रे, कस्मिन् तिथौ द्रव्यानां संग्रहः क्रियते चेत् कीदृशं परिणामम् वयं दृष्टुं शक्यते इति। रस शास्त्रे उक्तमस्ति यत् कस्मिन् समये, कस्मिन् नक्षत्रे औषधानां निर्माणं करणीयं इति। एतत् सर्वं कर्तुं ज्योतिष शास्त्रस्य ज्ञानं भवेत्। पञ्चकर्म चिकित्सा पद्धतौ सर्वासु कर्मसु विधि विधानाः सन्ति, पद्धतयः सन्ति तदर्थं कल्पशास्त्रस्य ज्ञानं भवेत्। यद्यपि पद्याः अपि गद्य रूपेण पठितुं योग्यः परन्तु छन्दशास्त्रस्य ज्ञानं अस्ति चेत् (अनुष्टुप्, त्रिष्टुप्, आर्या, इन्द्रवज्रा, मन्दाक्रान्ता ----- इत्यादयः) अर्थानुसारं सम्यक् रीत्या पद्यानां पठितुं शक्यते। व्याकरण शास्त्रं तु सर्वत्र अन्वेति, विना व्याकरणम् कस्यापि भाषायाः प्रयोगः एव नास्ति। एतस्य ज्ञानेन पदानां सुष्ठु पठनं लेखनं च साध्यम्।

एवं वेदाङ्गानां विना संहितानां यथार्थ स्वरूपं ज्ञातुं कठिनं भवति। वेदाङ्गानां सम्यक् रूपेण अध्ययनेन संहिता विषयेषु प्रकाण्डं ज्ञानं प्राप्तुं शक्यते। वेदाङ्गस्य अवगमनार्थं संस्कृत भाषायाः आवश्यकता अस्ति। संस्कृतं विना प्राचीन संहिता ग्रन्थानां अध्ययनं असाध्यम्। अतः संहितानां अध्ययने अध्यापनविधौ च वेदाङ्गानां महत्वं अतीव वर्तते इति शं।

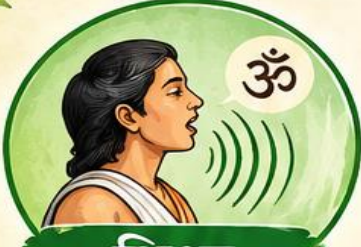
Kamala Nellur

Assistant Professor

Dept of Samhita Siddhanta and Sanskrit

रागादि रोगान सततानुशक्तानशेषकायप्रसूतानशेषान् औत्सुक्यमोहारतिधाजघान योपूर्ववैद्याय नमोस्तु तस्मै ।

एतस्य आयुर्वेदश्लोकस्य अध्ययन- अध्यायनविधौ
वेदाङ्गानां समन्वयः



शिक्षा

स्वर, वर्ण, उच्चारण, दीर्घता, ह्रस्वता, बल, मात्रा इत्यादि द्वारा श्लोकस्य शुद्धपाठः सम्भवति ।

रागादि

(स्वरशुद्ध्या पाठः स्पष्टः)



कल्प

यज्ञ, अनुष्ठान, नियम, आचार, संस्कारादिभिः आयुर्वेदोपदेशः प्रमाणीकृतः भवति।

रोगान्

(दोषनिवारणार्थं विधिनिर्देशः)



व्याकरण

पदानि, रूपाणि, समासाः, तद्धित-क्रियापदानां यथार्थबोधेन श्लोकस्य अर्थः स्पष्टः भवति ।

सततानुशक्तान्

(पदानां यथार्थरूपनिरूपणात्)



निरुक्त

शब्दस्य मूलार्थः, व्युत्पत्तिः, प्रतीयमानार्थः च ज्ञायन्ते ।

अशेषकायप्रसूतान्

(शब्दार्थबोधेन सम्यग्ज्ञानम्)



ज्योतिष

काल, ऋतु, मास, नक्षत्र, ग्रह, दिवस-रात्रि-चक्रादि ज्ञानात् औषधसेवनस्य योग्यसमयः ज्ञायते ।

योपूर्ववैद्याय

(कालज्ञानात् वैद्योपदेशः)



छन्दस

छन्दोबद्धत्वेन श्लोकस्य लयबद्धता, स्मरणशक्ति, पठने सौकर्यं च भवति ।

औत्सुक्यमोहारतिधाजघान

(छन्दसा भावप्रवाहः सुगमः)



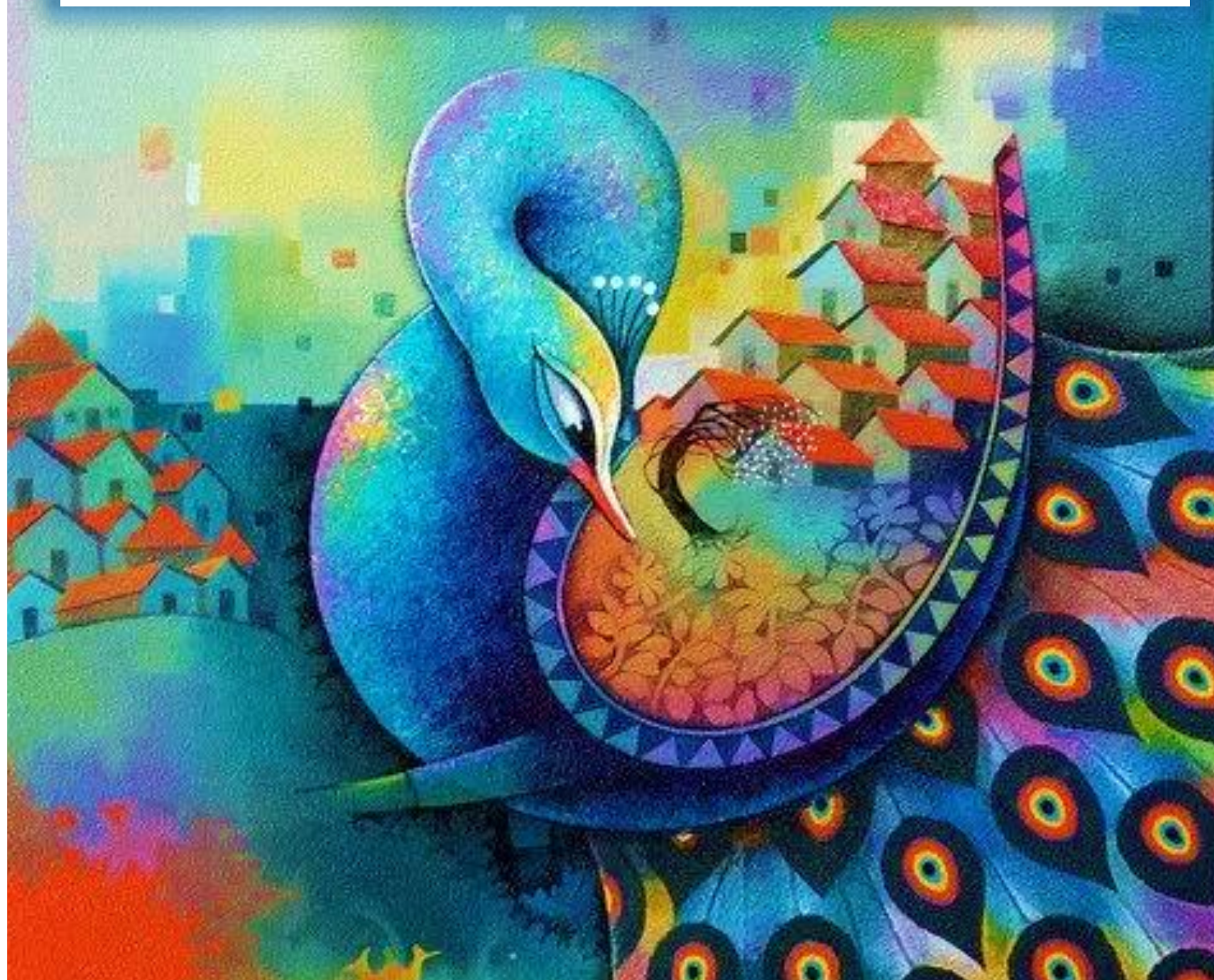
वेदाङ्गैः समन्वितः आयुर्वेदः

॥ सर्वे भवन्तु निरामयाः ॥

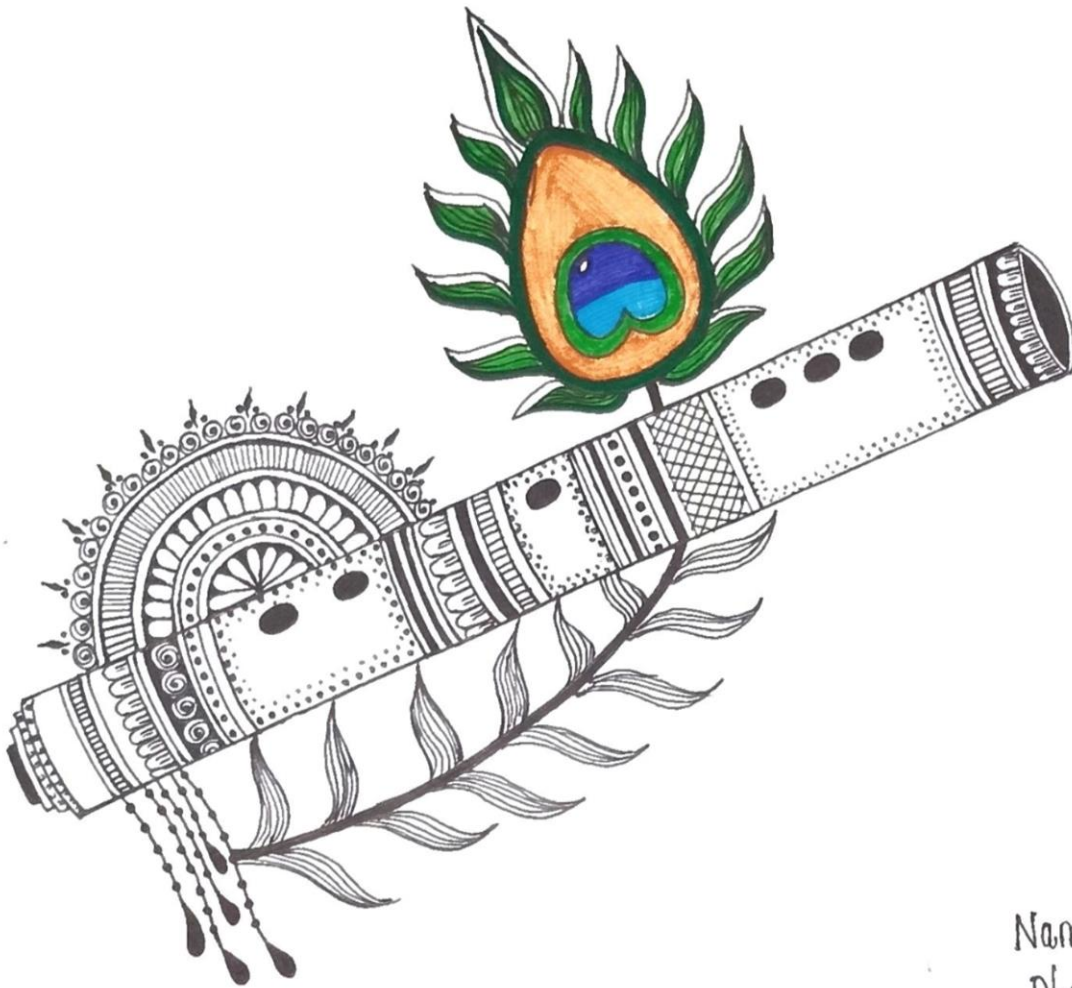


Creative corner

Celebrating artistic flair and originality



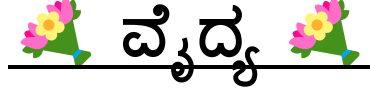
ART AND SOUL



Name: Sahana.A.U
Phase: IInd phase

Where words take flight

FROM THOUGHT TO VERSE



ಚರಕ-ಸುಶ್ರುತರ ದಿವ್ಯ ಪರಂಪರೆ,

ಸಂಹಿತಗಳ ಮೂಲಕ ಎರೆದಿರುವರು ಧಾರೆ....

ಶಾಸ್ತ್ರದ ಜ್ಞಾನವ ನಿಷ್ಠೆಯಿಂದ ಅರಿತವ,

ಪ್ರತ್ಯಕ್ಷ ಕರ್ಮದಿ ಕೌಶಲ್ಯ ಹೊಂದಿರುವ.....ಅವನೇ ವೈದ್ಯ!

ಗುರುಗಳು ತೋರಿದ ಜ್ಞಾನಮಾರ್ಗದಲಿ ನಡೆದು,

ಗುರುಕೃಪೆಯ ಅಮೃತವನು ಮನದಲಿ ಪಡೆದು....

ಆಚಾರ-ವಿಚಾರಗಳ ಶುದ್ಧತೆಯನು ಬೆಳೆಸಿದವ,

ಜ್ಞಾನವನು ಸೇವೆಯಾಗಿ ಲೋಕಕ್ಕೆ ಅರ್ಪಿಸಿದವ....

“ಸ್ವಸ್ಥಸ್ಯ ಸ್ವಾಸ್ಥ್ಯ ರಕ್ಷಣಂ” ಎಂಬುದೇ

ಆರೋಗ್ಯದ ಮೊದಲ ಮಂತ್ರ.....

“ಆತುರಸ್ಯ ವಿಕಾರ ಪ್ರಶಮನಂ” ಅದೇ

ಚಿಕಿತ್ಸೆಯ ಪವಿತ್ರ ತಂತ್ರ.....ಎಂದು ನಂಬಿರುವನೆ ವೈದ್ಯ !

ಅಂದು ಕೈ ಬೆರಳುಗಳ ಸ್ಪರ್ಶ ನಾಡಿ ಓಡುತ್ತಿದ್ದವು,

ಇಂದು ಯಂತ್ರಗಳು ನಾಡಿಯನ್ನು ಓಡುತ್ತಿವೆ...

ಯಂತ್ರಕ್ಕೆ ರೋಗ ಕಾಣಬಹುದು ಮನದ ಮಾತಲ್ಲ,

ವೈದ್ಯನಿಗೆ ರೋಗದ ಜೊತೆ ಮನದ ಮಾತು ಅರಿಯುವ ಶಕ್ತಿ ಇದೆ.....ಅವನೇ ನಿಜವಾದ ವೈದ್ಯ.....!

ಆಹಾರದಲ್ಲಿ ಔಷಧಿಯನ್ನು , ವಿಹಾರದಲ್ಲಿ ಆರೋಗ್ಯವನ್ನು...

ಋತುಚರ್ಯೆಯಲ್ಲಿ ಪ್ರಕೃತಿಯನು, ಜೀವನದಲ್ಲಿ ಆಯುರ್ವೇದವನು ಅಳವಡಿಸುವಂತೆ ಮಾಡುವವನೇ ವೈದ್ಯ !....

ರೋಗ ಬಂದ ಮೇಲೆ ಔಷಧಿ ನೀಡುವುದಷ್ಟೇ ಅಲ್ಲ..
ರೋಗ ಬಾರದಂತೆ ಬದುಕನ್ನು ರೂಪಿಸುವವನೇ ಎಲ್ಲಾ....
ಜೀವ ಉಳಿಸುವುದಷ್ಟೇ ವೈದ್ಯನ ಧರ್ಮವಲ್ಲ,
ಜೀವನಕ್ಕೆ ಆರೋಗ್ಯದ ಅರ್ಥ ನೀಡುವುದೇ ಅವನ ಕರ್ಮ....
ಧರ್ಮ ಕರ್ಮ ಪಾಲಿಸಿದವನೇ ಶ್ರೇಷ್ಠ ವೈದ್ಯ!

ಜ್ಞಾನದಲ್ಲಿ ಚರಕ,ಕರ್ಮದಲ್ಲಿ ಸುಶ್ರುತ,
ಕರುಣೆಯಲ್ಲಿ ಧನ್ವಂತರಿ—
ಈ ತ್ರಿವೇಣಿಯ ಸಂಗಮವಾಗಿ,
ಆಯುರ್ವೇದದ ಅಮೃತಧಾರೆಯನು
ಯುಗಯುಗಾಂತರವು ಹರಿಸುವವನೇ....ನಮ್ಮ ವೈದ್ಯ....!

By
Bhuvaneshwari B Patil
2nd Phase BAMS
SJGAMC Koppal



ಶೀರ್ಷಿಕೆ: "ವೈದ್ಯ-ಒಬ್ಬ ದಕ್ಷ ಚಿಕಿತ್ಸಕ."

ವೈದ್ಯ,

•ವರ್ಣಿಸಿರುವುದು ಆಚಾರ್ಯರು, ವೈದ್ಯನ ಮತಿಯನ್ನ,
ಹೋಲಿಸಿರುವರು ಅವನ ಬುದ್ಧಿಗೆ ಶಾಸ್ತ್ರಜ್ಞೋತಿಯನ್ನ.

•ಕ್ರಿಯಾವಂತನು ಸರ್ವರಿಗೂ ಪ್ರಿಯಾ ವಂತನು,
ದಕ್ಷನು ಸ್ತ್ರೀವಂತನು ವಿತರ್ಕ ಮನವುಳ್ಳವನು.

•ಕಲಿತಿರುವ ವಿದ್ಯೆಯನ್ನ, ಮಹಾನ್ ವೈದ್ಯರಿಂದ,
ಬೆಳಗುತ್ತಿರುವ ಜೀವವನ್ನ, ವಿದ್ಯೆಯ ಪ್ರಕಾಶದಿಂದ.

•ಮಿತ್ರನು ಕರುಣಾ ವಂತನು, ದಣಿದು ಬಂದಿರುವ ಜೀವಕ್ಕೆ,
ಯುಕ್ತಿಯಿಂದ ಶಮನ ಕಲ್ಪಿಸುವ, ಬಂದ ರೋಗಕ್ಕೆ.

•ಭಕ್ತಿವಂತನು ಯುಕ್ತಿವಂತನು ಶುಚಿವಂತನು ಇವನು,
ವೇದಗಳನ್ನು ಕಲಿತು ಪುನರ್ಜನ್ಮ ಪಡೆದವನು...!

•ಆರ್ಯವೇದವಿರಲಿ, ಆಧುನಿಕ ಔಷಧವಿರಲಿ,
ಇವನ ಧೈಯವೊಂದೆ,

ದೋಷಧಾತುಮಲವಿರಲಿ, ಪ್ಯಾರಸಿಟೆಮಾಲ್ ಇರಲಿ,
ಇವನ ಧೈಯವೊಂದೆ,

ಸತ್ವಾತ್ಮಮನವಿರಲಿ, ಸೈಕಾಲಜಿ ಇರಲಿ,
ಇವನ ಧೈಯವೊಂದೆ,

ಅದುವೇ ಸಮಾಸ್ಥಿತಿ ಅದುವೇ ಸ್ವಾಸ್ಥ್ಯ.

•ಕೊನೆಗೆ ವೈದ್ಯನೆಂದರೆ,

ಇವರು ಶ್ವೇತಾಂಬರ ಧರಿಸಿದ ದೇವರು,

ಇವರು ಶಾಸ್ತ್ರ ಶಸ್ತ್ರಾರ್ಥ ಜ್ಞಾನವಂತರು..!

By

Kaveri

Ojas Batch

SJGAMC Koppal

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