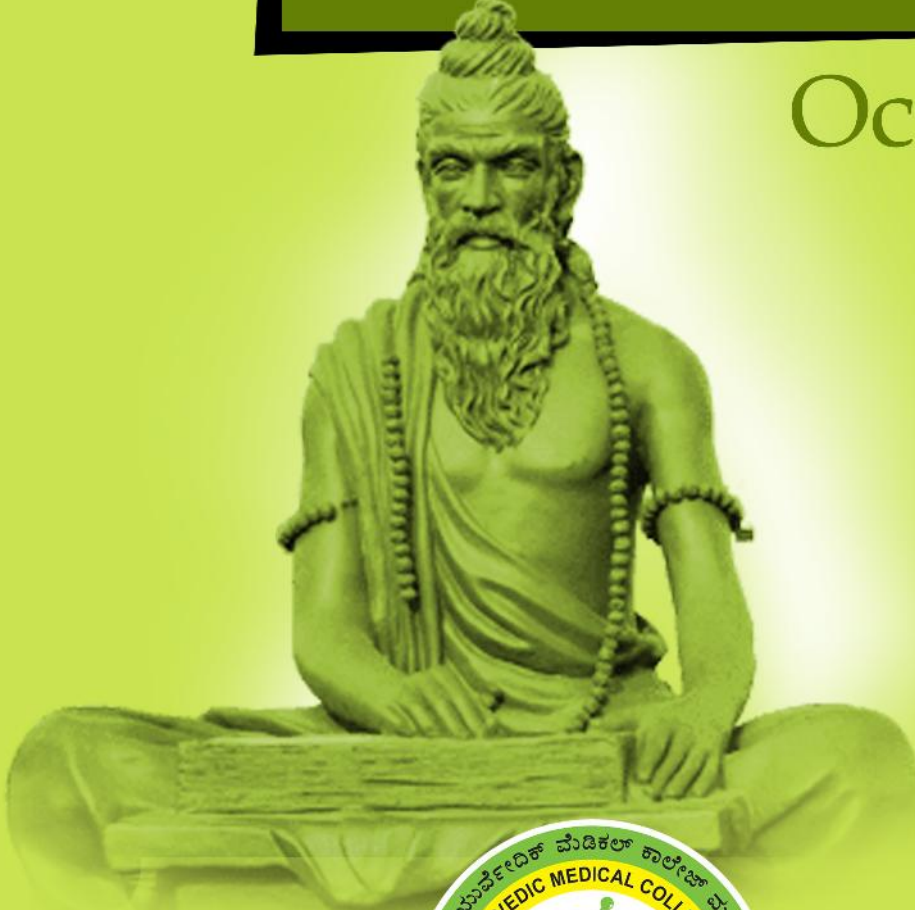


Annual Magazine of
Sushrutha Ayurvedic Medical College

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Educate... Explore... Express!

Oct, 2021



SAMC&H

Sushrutha Ayurvedic Medical College and Hospital

'Prashanti Kutiram', Jodi Bingipura, Jigani Hobli
Anekal Taluk, Bengaluru - 560 105

Ph: 080-29795299 / 22639910 | Fax: 080-2263 991

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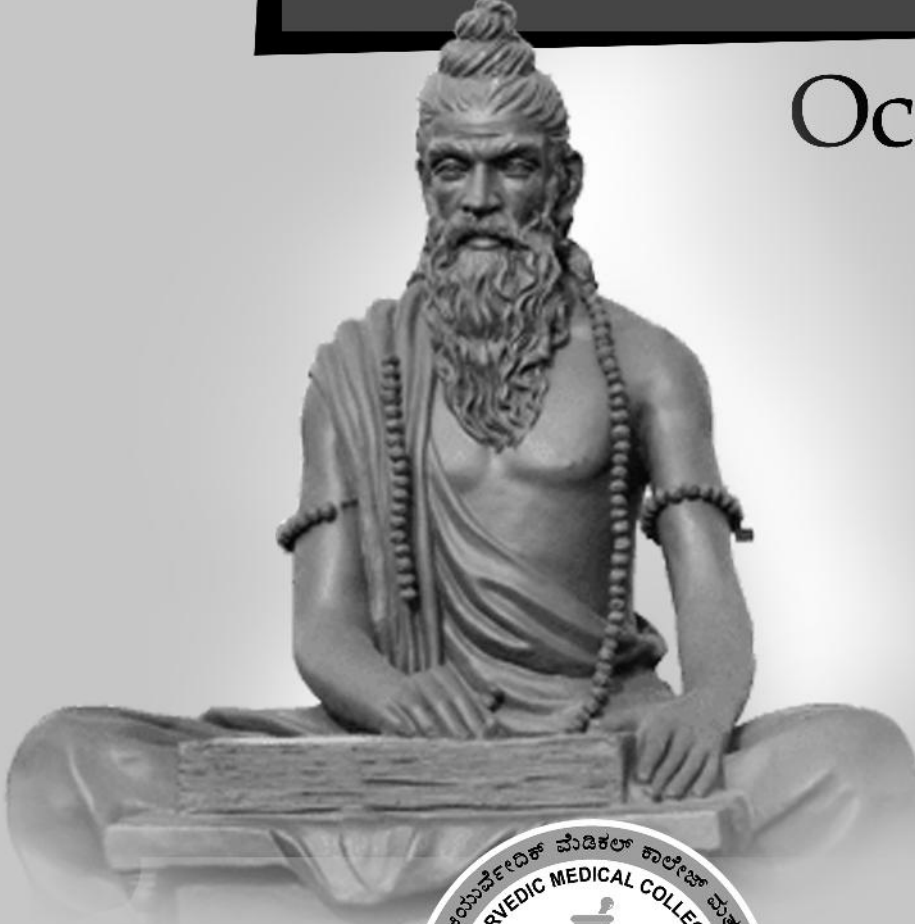


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स्वामी विवेकानन्द योग अनुसंधान संस्थान Swami Vivekananda Yoga Anusandhāna Samsthāna

(Declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)

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Message from Guruji

“Saushruthi” a brainchild of this institution is a convergence of great opportunity & challenge for the students & staff to review their efforts & analyse their achievements.

It is a matter of immense pleasure for me to address you through the 2nd edition of college magazine “Saushruthi”

The college magazine is a conglomeration of Scientific, literary cultural & extra-curricular activity. The effort taken to bring out the magazine is appreciable.

I wish my best regards to the students & Fraternity of SAMC&H on this occasion for turning this dream into reality. I wish them good luck.

With Love,

Dr H R Nagendra
Chancellor, S-VYASA



ರಾಜೀವ್ ಗಾಂಧಿ ಆರೋಗ್ಯ ವಿಜ್ಞಾನಗಳ ವಿಶ್ವವಿದ್ಯಾಲಯ, ಕರ್ನಾಟಕ, ಬೆಂಗಳೂರು
Rajiv Gandhi University of Health Sciences, Karnataka, Bengaluru

Prof. Dr. Jayakara S.M

BDS, MDS (Prosthodontics), D.Implant (France), FPFA

VICE-CHANCELLOR

26.10.2021

Message

I am happy to learn that the Sushrutha Ayurvedic Medical College, Bengaluru is having its 13th Graduation Ceremony on 28th October 2021, at Samskruthi Bhavan, Prashanti Kuteeram, SVYASA University Campus.

This college has a long history of service to Ayurveda education and healthcare through Ayurveda. The alumni of this college have spread far and wide, carrying the message of the Ayurveda masters and healing the sick.

It is very commendable that the college will be releasing the annual college magazine 'Saushruthi' on the occasion of the 13th Graduation Day. I am sure that the magazine will have useful information on Ayurveda and healthcare, and will be found to be useful for the students and practitioners of Ayurveda.

I congratulate the editorial board of the college magazine for their commitment to bring out this issue. I also complement the management, staff, and students of Sushrutha Ayurvedic Medical College, Bengaluru on the occasion of the Graduation Day.




Dr. Jayakara S M
Vice Chancellor



Sushrutha Ayurvedic Medical College & Hospital

"Prashanti Kuteera" Jodi Bingipura, Jigani Hobli, Anekal Taluk, Bangalore - 560 105.

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Message from the Director



It was quite inspiring to watch and witness the potential of our students unfolding at various stages & situation each day. It gives me immense pleasure to write a few lines for the College Magazine.

Creativity in any form, "for the good of society", particularly the students, is a hallmark of human civilization & prosperity. As we all know, magazine is a mirror of activities done in the institution throughout the year. Various curricular & co-curricular activities are certificate of success achieved. Education is the complete process that leads to the attainment of the full potential.

We at Sushrutha Ayurvedic Medical college provide holistic education where children evolve as individuals who are self-motivated & creative individuals who can think, question & reason out logically.

I wish The Principal, staff & students a very good luck to achieve their set goal under the able guidance of management to fulfil the aspiration.

Regards

Dr B R Ramakrishna
BSAM, BAMS, MD(Ayu), MSc & PhD (Yoga)
Vice-Chancellor- S-VYASA
Director-SAMC&H

Message from the Managing Trustee



Sushrutha Ayurvedic Medical College & Hospital is an esteemed Ayurvedic Medical Institution which was founded on the ground of strong moral & Cultural values, scientific research-oriented principles.

The College has seen rapid developmental changes in terms of infrastructure, health care, student welfare etc intended with the fast-growing needs of the society.

A reflection to the current happenings in the institution can be seen through the college magazine "Saushruthi"

In this regard, I whole heartedly congratulate the management & faculty for bringing out the current new edition of magazine & wish them All the luck for future endeavours.

Regards

A handwritten signature in black ink, appearing to read 'H R Dayananda Swamy'.

H R Dayananda Swamy
Managing Trustee
Yadalam Trust

Message from the Trustee



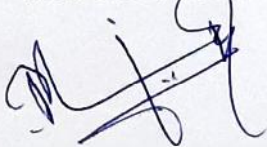
The use of Ayurveda and Yoga based lifestyle has become prominent not only India but across the world. With the scope of Ayurveda increasing, the process of mainstreaming the traditional Indian medicine is on its way. Sushrutha Ayurvedic Medical College & Hospital thrive for academics, research and imparting classical Ayurveda based knowledge blended with modern medical approach.

A college magazine reflects the diversity of its curricular & extra-curricular strengths & gives a direction to students. It is a platform to endorse the achievement of our students at various levels.

It is heartening to know that Sushrutha Ayurvedic Medical College is bringing out its second edition of college magazine Saushruthi on the occasion of Founder's Day and Graduation Day on October 28th.

Many congratulations to The Director, The Principal, faculty members, all students of the college for taking initiative in this regard.

With best wishes



Dr. Manjunath N K
Pro - Vice Chancellor
Director - Research and Development
S-VYASA



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Message from the Principal



New beginnings bring in joy & excitement. For me, 'Saushruthi'- our college magazine publication is a much-awaited publication. I am sure that many of us eagerly anticipate to lay our hands on this copy. I, for one to say, that creative writing is always a satisfying read as it is not restricted to article, but extends also in unfolding the personality of the writer and in this case our students & faculty members. This creates a unique platform in expressing our true selves in doing so and succeeds in drawing us closer.

We are in the age of digitalization. Our country is seeing digital transformation in all facets of our lives. But I must admit that holding Colourful talking pages are more satisfying like no other.

I take the opportunity to congratulate the Saushruthi team for succeeding in putting together yet another irresistible talking pages. Kudos to all who have enthusiastically contributed. Happy reading!

Best Wishes

Dr. Sanghamitra Patnaik
Principal
SAMC&H

Message from the Chief Editor



The synchrony of a creative mind filled with thoughts, arms carrying enthusiasm, and a heart that is dedicated is what defines a tangible output- talent.

Talent, since times immemorial, has always required a platform to take shape. With the right level of moulding & motivation, it can reach up to innumerable dimensions.

Saushruthi does just this by providing a Stage on which multiple talents of our SAMC&H family can find a place. It is a platform for expression of various activities that the students have participated in & conducted. Keeping in mind, the prominent works of our Faculty and students have been featured in the magazine to show the level of excellence and creativity that have been nurtured in our institution.

The task of editors has always been an onerous one, being the bridge that connects the writer to the reader. It is fortunate to have supportive and positive community with us helping in connecting the bridge. I also congratulate all the students and faculty who have contributed their work, allowing us to make the magazine a success.

Regards,



Dr. Ravikiran B

Magazine Chief Editor

Professor & HOD, Dept. of Dravyaguna

SAMC&H, Bengaluru

About the Institution

Sushrutha Ayurvedic Medical College and Hospital located in the serene campus of S-VYASA Deemed to be University, Jigani, Bengaluru, away from the chaotic concrete city contributes to the suitable environment for a learner to dwell deep into the science of Ayurveda.

The institution after being established in 2002 has progressed in all its endeavours. In order to fulfil the great vision of the trustees the college got re located into the campus of S-VYASA - Prashanti Kutiram in the year 2012.

Witnessing a break-through in unmatched infrastructure as well as developments in all disciplines of Ayurveda.

The college has the best teaching staff in Ayurveda. All of them are minimum Postgraduate degree holders from National institutes and PhD degree holders. An experienced PG holder from the same subjects heads each department.

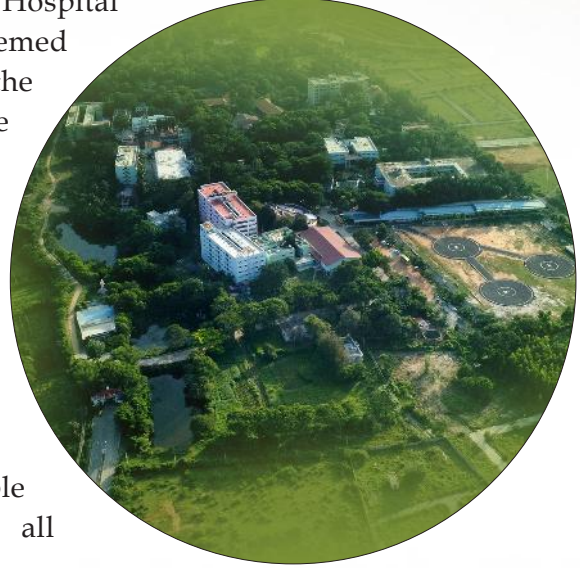
The College has a well-planned building for UG students fit for both theory and practical knowledge having a central space filled with greenery which has various medicinal plants acting as a study garden for Dravyaguna.

The college has well planned departments for each subject with a practical lab attached.

The college has fully functional labs and Ayurveda drug manufacturing section having Quality control and Quality Assessment units.

The college also has a Library with all essential books, Journals, Magazines required for an Ayurveda Student to be up to date.

SAMC has been serving the Ayurveda Fraternity by producing some of the Finest Ayurveda Vaidyas to the society.



Magazine Committee

Chief Editor

Dr. Ravikiran B
Professor & HOD

In Charge Co-ordinator

Dr. Nischal P
Assistant Professor

Members

Dr Venkatesh H
Professor & HOD

Dr Alok Roy
Professor & HOD

Dr Roopa L
Professor & HOD

Dr Remita K K
Associate Professor

Dr. Pretty
Assistant Professor

Dr Swathi Sharma
Assistant Professor

Dr Sukruth G
Assistant Professor
Dr Amrutha R Prabhu
Assistant Professor

Editorial Board

Chief Editor

Dr. Ravikiran B
Professor & HOD

Editors

Dr Champa Pant
Professor & HOD

Dr Pooja B A
Associate Professor

Dr Sahana C
Associate Professor

Dr Nischal P
Assistant Professor
Dr Swathi Sharma
Assistant Professor
Dr Amrutha R Prabhu
Assistant Professor

Design & Layout

Bharatheesha P
S-VYASA

A Prologue to

ಓಷ್ಠಿ

Educate... Explore... Express!

*Saahityasangeetakalaaviheenaha
saakshaatpashuhu pucchavishaanaheenaha*

We humans stand out from animals as with the gift of expressing ourselves in spoken and written words. This magazine is an endeavour to bring together the creativity, scientific acquaintance and proceedings of the college.

The desire to create is one of the deepest yearnings of the human soul. Creativity is a wild mind with a disciplined eye. Magazine is a perfect stage for exhibiting such creativity. Saushruthi meaning "born to scriptures" is an assortment of staff and students' ingenuity.

This annual magazine's primary focus has been geared at covering the important events within the college and navigating the staff and student council with current events, popular culture, academics, and so on.

The magazine is a perfect platform encouraging the college staff and students to involve in more of creative writing and scientific researches, kavana-sankalana and kala-koushala through its publications.

The readers will find Saushruthi interesting with the amusing element of resourcefulness like crosswords and poems which is another component making it more vivacious and engaging too along with being educative.

With the retort and support of our Director, Principal, Chief editor, the college staff and students the team hopes to build on this ethos just as much during the upcoming academic years.

Activities during this Academic Year

Sushrutha Ayurdhama - Inaugural Ceremony A Unit of Sushrutha Ayurvedic Medical College

17-12-2020: The event was graced by Dignitaries Guruji, Dr. H R Nagendra, Chancellor, S-VYASA, Dr. B R Ramakrishna, Vice Chancellor, S-VYASA, and was graced by Sri Paramapujya Tatvaroopananda, Sri Ramakrishna Math, Ulsoor.

Guruji Dr. H R Nagendra ji spoke about the importance of 'Integration of health care systems and also research works to be done in the field'. Sushrutha Ayurdhama being a Combination of Ayurveda Consultation with therapies facility and an exclusive



Kottakkal Arya Vaidya sala medicine dispensary and an Organic products centre. Dr. B R Ramakrishna ji spoke about the need to open more of such centres and also assured to open at least 10 more of such centres in near future with additional facilities like Yoga and Naturopathy, Acupuncture, acupressure etc for public.

The Special invitees to the event were Sri Mariswamy Gangadharaiah President,





Bangalore Urban Zilla Panchayat; Dr. Vinay Kumar M, THO, Anekal Taluk; Sri Sanjay Tak, President, Jigani Granites Association, Bangalore; Sri Prakash, CEO, Vijayashree Hospital, Jigani, Bangalore; Dr. Praveen Kumar C A, MD & Consultant Anesthetist, BEST Hospital, Chandapura; Dr. M K Manjunath Sharma, Anvesana, S-VYASA.

The event was attended by the Teaching and Non-Teaching staff, Interns of SAMC and the event was followed by sweet distribution. The official OPD Consultation was started at 2 pm following the event.

Anchoring	Dr. Nischal P, Asst Prof, SAMC
Invocation	Dr. Swathi Somayaji, Asst Prof, SAMC
Welcome speech	Dr. Raghurama Bhatta U, Principal, SAMC&H
Lighting the Lamp & Watering Tulsi Plant	Dignitaries
Parvathi Stuti	Kavana & Keerthana, 4 th yr UG, SAMC
Chief Guest Address	Sri Parampujya Tatvaroopananda, Sri Ramakrishna Math, Ulsoor
Special Invitees Address	Sri Mariswamy Gangadharaiah, President, Bangalore Urban Zilla Panchayat Dr. Vinay Kumar M, THO, Anekal Taluk Sri Sanjay Tak, President, Jigani Granites Association, Bangalore Sri Prakash, CEO, Vijayashree Hospital, Jigani, Bangalore Dr. Praveen Kumar C A, MD & Consultant Anaesthetist, BEST Hospital, Chandapura Dr. N K Manjunath Sharma, Anvesana, S-VYASA
Address	Dr. B R Ramakrishna, Vice Chancellor, S-VYASA and Director, SAMC&H
Presidential Address	Guruji Dr. H R Nagendra, Chancellor, S-VYASA
Vote of Thanks	Dr. Vasudev Vaidya, Dy MS, SAMC&H

Shishyopanayana



07-04-2021: “Shishyopanayana” is the induction ceremony conducted every year for freshers. This year, Sushrutha Ayurvedic Medical College & Hospital, Bengaluru held the Shishyopanayana for the batch of 2020-21 on Wednesday, 07th April 2021, at Samskruthi Bhavan, S-VYASA Campus. It was an auspicious occasion that began with the Dhanwantari Homa. After the Homa, guests were escorted to the Samskriti bhavan. Sri Ramachandra, Honourable Commissioner, AYUSH Karnataka was the Chief Guest.

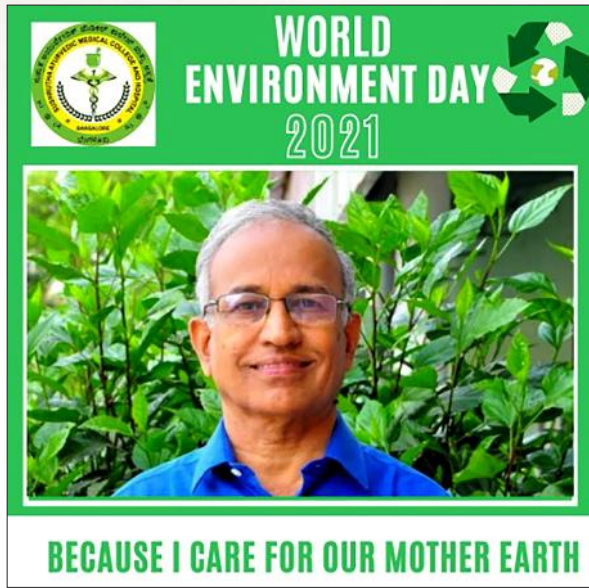
The stage program began with the Vedic Mangalacharana by Mr. Karthik and team from III BAMS. Invocation song was rendered by Ms. Samana, III BAMS. Dr. Sanghamitra Patnaik, Principal, SAMC&H, welcomed the guests. It was followed by lighting the lamp by all the dignitaries on the stage. Dr. Kishore Kumar H, Academic Dean, delivered the oath to the new batch of students. Dr. N K Manjunath Sharma, Trustee & Director, Research wing S-VYASA addressed the students and stressed on the need of developing interest in science and conducting research. Gururji, Dr. H R Nagendra was the guest of honour. Dr. B R Ramakrishna, Vice Chancellor, S-VYASA, Director SAMC&H delivered the presidential address.

The college magazine - Saushruthi was released by the dignitaries. This program also marked the inauguration and induction of the new student council members. In this program, the rank holders of RGUHS Under graduate examination were felicitated. The winners of the zonal level quiz were also appreciated.

The staff and students of Sushrutha Ayurveda Medical College & Hospital attended the program following the COVID protocols advised by the Government.



World Environment Day Celebrations



05/06/2021: The Department of Dravyaguna Vignana, Agada Tantra Evam Vyavahara Ayurveda and Rasa Shastra & Bhaishajya Kalpana together organized World Environment Day on 5th June 2021.

On this occasion - A short video on Medicinal Plants of SAMC&H, A digital photo frame as a pledge to care for Mother Earth were launched by our beloved Director Dr. B R Ramakrishna. Also, few competitions like Selfie with Medicinal Plants, Short video making competition on cultivation & Conservation of medicinal Plants, Kitchen garden, gardening techniques etc were also announced to the students of all the batches of SAMC&H including interns.

The Programme Schedule included...

Invocation: Dr. Nischal, Assistant Professor, Dept of Dravyaguna Vignana

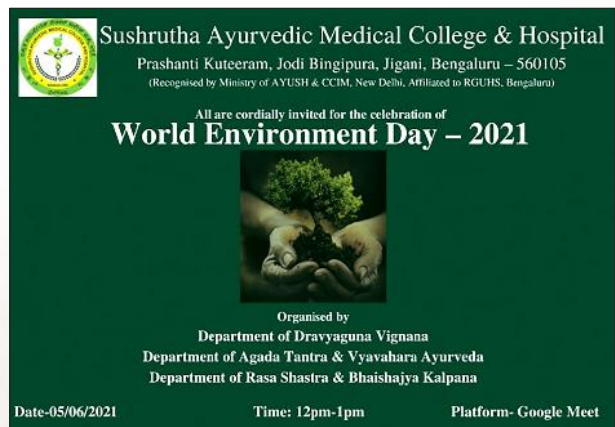
Welcome Address: Dr. Swathi Sharma, Assistant Professor, Dept of Agada Tantra Evam Vyavahara Ayurveda


Importance of Environment Day: Dr. Sapna, Professor, Dept of Rasa Shastra & Bhaishajya Kalpana

Introduction to Events: Dr. Akshata, Assistant Professor, Dept of Dravyaguna Vignana

Launch of Video (Medicinal Plants of SAMC & H, Prashanti Kutiram): Dr. B R Ramakrishna, Director, SAMC&H

Address by Dr. Sanghamitra Patnaik, Principal, SAMC&H: Madam has explained importance of protecting our






Environment – Earth, Air, Water for the wellbeing of Mankind. Importance of Dravya among Chikitsa Chatushpada, Ahara among Traya Upastambha which are sourced from our environment. Also highlighted the UNEP Theme of Environment Day 2021.

Address by Dr. Alok Roy, Vice Principa, SAMC&H: Explained the Importance of Prakruti in Srushti. Prakruti can support the need of the Purusha not the greed of the Purusha for the sustenance of the Srushti.

Address by Dr. Kishor Kumar Hullatti, Academic Coordinator, SAMC&H: Highlighted about protecting the Lakes etc. in and around us. Importance of adopting organic food etc. in our lifestyle for the protection of Earth (soil) as well to prevent lifestyle diseases.



Address by Dr. Vasudeva Vaidya, Deputy Medical Superintendent, SAMC&H: Explained the importance of Bio Fuel for the protection of the environment. Also explained the cause for the present scenario of the celebrating Environment day by staying inside home and how can we contribute to the environment by adopting at least one plant by an individual and nurturing it. Inculcating the habit of using public vehicle at least once a week avoiding personal vehicles. Importance of Organic food, No plastic policy etc.

Presidential Address by Dr. B R Ramakrishna, Director, SAMC&H: Explained the importance of the Environment as humans are part of this Environment. Responsibility of Protecting the Pruthvi, Jala, Vayu, Agni, and Akasha is on us. Motivated all of us to Protect our Environment by making it plastic free by pledging not to use plastic bags, bottles etc atleast in our campus and homes etc. Explained the theme of the World Environment day 2021 i.e., Reimagine, Recreate, Restore for the better future of our next generation.

Sushrutha Sahitya Parva 2021 – Literary Events

The Extracurricular Committee of Sushrutha Ayurvedic Medical College aims at fostering students' love for reading, creative thinking and in promoting various literary and cultural activities in the college. The committee undertook a variety of online events in the academic year 2021-2022 with the active involvement of Student council. The online/virtual literary and cultural events were organized due to the gut wrenching pandemic COVID 19 situation. The students enthusiastically participated in both of these various online literary and cultural events and secured prizes.

The online literary events were conducted from 18/6/21 to 20/6/21. Diverse array of literary activities such as Pick and Speak, Poetry writing, Logo making, Slogan writing, Drawing, Sketching, Painting etc. were organized. Through these activities, literary co-ordinators (student and teacher) reached out to language and literature lovers and tried to create a space for sharing emotions and thoughts.

We are grateful to our respected Director, Dr. Ramakrishna B R, our beloved Principal Dr. Sanghamitra Patnaik and our Vice Principal, Dr. Alok Roy for their constant support. We also thank all the faculty who actively conducted the literary events and our gratitude towards all the judges for their valuable judgement.

The Chief Faculty Co-ordinators of Literary Committee are Dr. Sandhya and Dr. Roopa. The Joint Co-ordinators are Dr. Remita K K and Dr. Divya Nagari N. The members are Dr. Shubha Muddanna, Dr. Sukrut and Dr. Rashmi.

The Student Co-ordinators are Shrividya, Shivaleela, Girish Tupe, Prajwal, Chetan, Lipta and others who have actively co-ordinated and participated in various literary events.

The List of Literary Events and the Winners

18-06-2021		
SNo	Literary Events	Winners
1	Pick and speak	1 st prize - Shivaleela 2 nd prize - Keertana 3 rd prize - Shravani
2	Poetry writing	1 st prize - Keerthana 2 nd prize - Pranit 3 rd prize - Liptha, Prajwal Gowda
3	Slogan writing	1 st prize - Salma S 2 nd prize - Laiqa 3 rd prize - Shaik Irshad
19-06-2021		
4	Sketches	1 st prize - Neha Herkel
5	Painting	1 st prize - Samana 2 nd prize - Kruthika
6	Drawing	1 st prize - Neha 2 nd prize - Heena 3 rd prize - Bhumika P
7	Logo making	1 st prize - Shaik Irshad 2 nd prize - Prajwal 3 rd prize - Neha and Girish S
8	Doodles	1 st prize - Samana 2 nd prize - Neha 3 rd prize - Jayanti
20-06-2021		
9	Awareness Video	1 st prize - Keerthana 2 nd prize - Preethu
10	Photography	1 st prize - Koushik Ameer 2 nd prize - Anupama 3 rd prize - Dhanush

Sushrutha Kala Sangama - 2021

Cultural Committee

Main Coordinator - Dr. Vanishree | Joint Coordinator - Dr. Shubharani & Dr. Renuka

Members - Dr. Prabhavathi, Dr. Maya Varghese, Dr. Sandeep S

As a part of extracurricular activity our college had organized various cultural events for the students through an online portal to refresh the old memories and have fun during this pandemic. 18 events were organized from 18th of June to 20th of June and most of the students participated in the events and exhibited their various talents.

Students council organized the events successfully and over all mentored by the cultural committee members. The performance of the students was outstanding and they won many prizes.

Cultural Events Winners

SNo	Events	First Prize	Second Prize	Third Prize
1	Solo Dance (Classical)	Lipitha (1 st yr)	Rehana (4 th yr)	Architha (4 th yr)
2	Solo Dance (Non- Classical)	Madhavi (4 th yr)	Chaitanya (4 th yr)	Mimanghsha (3 rd yr)
3	Solo Singing (Classical)	Swayampoorna (4 th yr)	Samana (3 rd yr)	Shravani L (3 rd yr)
4	Solo Singing (Non- Classical)	Swayampoorna (4 th yr)	Architha (4 th yr)	Tanmai (1 st yr) Lenin (2 nd yr)
5	Instrumental	Ruhul Amin (1 st yr)	Architha (4 th yr)	Only 5 participants
6	Hair Styling	Supriya (1 st yr)	Chandana (4 th yr)	Kavitha (4 th yr)
7	Make-up	Syeda (3 rd yr)	Nimisha (4 th yr)	Parisara (3 rd yr)
8	Nail Art	Juhaifa (2 nd yr)	Aparna (3 rd yr)	Anjali K M (3 rd yr)
9	Product Advertisement	Goutham Kamble (1 st yr)	Shravani (3 rd yr)	Nikitha (3 rd yr)
10	Yogasana	Architha J (4 th yr)	Swayampoorna (4 th yr)	Gnaneshwari (3 rd yr)
11	Mad Ads	Shivleela (3 rd yr)	Shravani (3 rd yr)	Anjali K M (3 rd yr)
12	Rangoli	Divya (3 rd yr)	Samana (3 rd yr)	Lipitha (1 st yr) Bindhushree (4 th yr)
13	Vegetable carving	Jayanthi (4 th yr)	Jeevitha P (3 rd yr)	Navya (1 st yr)
14.	Stone Art	Jayanthi (4 th yr)	-	-
15	Face Painting	Sayali (1 st yr)	Samana (3 rd yr)	Suraj Kansari (4 th yr)
16	Paper Origami	Renuka Prasad (1 st yr)	Mitali (1 st yr)	Divya (3 rd yr)
17	Mehandi	Misba (4 th yr)	Namitha (2 nd yr) Supriya (1 st yr)	Nayeema (4 th yr)
18	Clay Modelling	Juhaifa (2 nd yr)		

Total Prizes - 54

1st Prize - 18, 2nd Prize - 17, 3rd Prize - 18 & Consolation - 1

Guru Poornima celebrations



24/7/2021: The Event was organized by Literary Committee through Student's Council.

The Chief Guests were Dr. B R Ramakrishna, Director, Dr Vasudev Vaidya, DMS, Dr. Sanghamitra Patnaik, Principal, Dr. Alok Roy, Vice Principal.

Events organised were...

- Invocation
- Welcome Speech by Hemanth Gowda
- Introduction to the Program by Shrividya S Bhat
- Sri Guru Ashtakam Pathan by Shravani L
- Photos Slide
- Fun Quiz by Literary Committee
- Address by Dr Alok Roy Sir, Vice Principal of SAMC&H
- Address by Dr. Vasudeva Vaidya Sir, DMS
- Address by Dr. Sanghamitra Patnaik Ma'am, Principal SAMC&H
- Presidential Address by Honourable Director Dr. B R Ramkrishna Sir
- Vote of Thanks



During the occasion saplings were planted in the college campus.

Rare Herbal Drug in S-VYASA Ashoka - A Red Listed Plant

Dr. B Ravikiran

Professor & HoD, Department of Dravyaguna, SAMC&H

Botanical Name -

Saraca asoca (Roxb.) de wilde

Family - Caesalpiniaceae

Vernacular Names:

Kannada - Ashoka, Seetha
Ashoka

Sanskrit - Ashoka, Tamrapallava

Tamil - Ashogam, Ashokani

Telugu - Ashokamu

Hindi - Ashok



- **Habit** - A Medium sized, handsome, evergreen tree upto 9 mt hight with spreading drooping branches.
- **Leaves** - pinnate. 30-60 cm long. Copper coloured when young, (Tamrapallava), Lanceolate
- **Flowers** - orange or orange-yellow in dense corymbs (pinda pushpa)
- **Fruits** - Flat, black pods.
- **Seeds** - 4-8 ellipsoidal.
- **Habitat** - Often cultivated. Very rare in wild.
- **Flowering** - February to March
- **Fruits** - Attain its maturity during the last week of May-July
- **Part used** - Bark
- **Uses** - Rakta pradara, Shwetha pradara, Bleeding disorders.
- **Method of cultivation** - By seeds.
- **Conservation Status** - Highly vulnerable due to over exploitation, Vulnerable (IUCN 2-3)
- **Ref** - Indian Medicinal plants Vol 5
Orient Longman Publications
100 Red Listed plants - FRLHT Publications

Comparative Physico-chemical and Phyto-chemical Analysis of Talisadi Churna w.s.r. to Different Market Samples

Dr. Prabhavati C Kichadi

Associate Professor, Dept of RSBK, SAMC&H


Talisadi churna is a compound herbal formulation extensively used in disorders of Upper respiratory tract and Gastro-intestinal tract. Formulation has greater demand due to its simple combination, therapeutic efficacy and methods of preparation and packaging due to which multiple companies prepare the formulation with due precision and safety evaluation. A current study was taken to evaluate in-house prepared sample of *Talisadi churna* as per the AFI protocol and was compared to 3 different market samples. All the samples of *Talisadi churna* were subjected to physico-chemical, preliminary phyto chemical analysis and TLC. The study reveals that there is a significant difference is seen in the physico-chemical analysis and TLC, but there is no significant difference is seen in the preliminary phyto chemical analysis.



Key words: *Talisadi churna*, physico chemical, preliminary photochemical analysis.

Introduction: World Health Organization (WHO) has accepted the importance of traditional and alternative medicines in the Health sector and is now encourages, recommends and promotes traditional/ herbal remedies in national health care programs because these drugs are easily available at low cost, safe and people have faith in them^[1]. Currently 88% of the world's inhabitants rely mainly on traditional medicine for their primary health care^[2]. This has significantly increased the Global demand to produce and supply medications in large scale quantity with maintaining their basic principles and efficacy with Standard quality and control.

Standardization of herbal formulations is essential in order to assess the quality of drugs based on the concentration of their active principles and thereby justify the acceptability of herbal formulations in modern system of medicine^[3] (Yadav and Dixit, 2008). Standardization of herbal drugs comprises of total information and controls to guarantee consistent composition of all herbals including analytical operations for identification, marker based estimation and assay of active principles. Quality evaluation of herbal



preparation is a fundamental requirement of industry and other organizations dealing with Ayurvedic and herbal products^[4]. they are becoming less potent due to unavailability of genuine drugs & lot of adulterations. So there is a need to evaluate the herbal products in order to check the Genuinity.

Talisadi churna^[5] is a poly herbal Ayurvedic preparation widely used as a good appetizer as well as digestive and also used in respiratory and gastro intestinal ailments. In the present study, an attempt has been made to check the comparative physico-chemical and phyto-chemical properties of *Talisadi churna* (prepared in house) with special reference to different market samples.

Aims and Objectives: To compare the physico-chemical and preliminary phyto chemical analysis of *Talisadi churna* with reference to different market samples.

Materials and Methods: Collection of Raw Materials: Raw materials are procured from Available sources for the preparation of *Talisadi churna* (in-house) and authenticated by experts in Central Research Laboratory, Belgaum. Three different market samples of *Talisadi churna* were collected from Ayurvedic medical shops of Belgaum local market.

Preparation of *Talisadi Churna*

- 1) All the completely dried drugs namely *Talisa*, *Maricha*, *Shunthi*, *Pippali*, *Vamshalochana*, *Twak*, *Ela* & *Khanda sharkara* are made into fine powders separately & sieved through no 120 mesh separately.
- 2) All the fine powders were mixed homogeneously to prepare *Talisadi churna* as per Ayurvedic Formulary of India. (Table 1).
- 3) This is considered as in house *Talisadi churna*. Other three marketed samples were collected from local Ayurvedic medical shops of different companies.

Organoleptic Evaluation:

Organoleptic evaluation refers to evaluation of formulation by color, odor, taste, texture etc. The Organoleptic characters of all the samples were carried out based on the method as described by Siddiqui et.al^[6]. (Table 2).

Physico-chemical Analysis^[7]:

Physico-chemical analysis like moisture content, total ash, acid insoluble ash, water & alcohol soluble extractive values, pH (10% aqueous solution) were determined in all the 4 samples (Table 3).

Phyto-chemical Analysis^[8]:

Phyto-chemical analysis were carried out with the methanolic extract of *Talisadi churna* to check the presence or absence of phyto constituents like alkaloids, tannins, phenolic compounds, flavonoids and saponins etc.(Table 4).

Fluorescence Analysis^[9]:

Fluorescence analysis was carried out for all the four samples of *Talisadi churna* with reagents like 1N Sodium hydroxide, Picric acid, Acetic acid, 1N Hydrochloric acid (HCl),

1N Nitric acid, Iodine 5%, 5% FeCl₃, 50% HNO₃ & Methanol observed in visible light, 254 nm & 366 nm (Table 5 and 6).

Thin Layer Chromatogram ^[10]:

TLC was carried out for all the 4 samples with mobile phase toluene & ethyl acetate in the ratio of 7:3 (Table 7).


Results: There is no significant difference in organoleptic characters of in house sample and other three different market samples. There is significant difference in loss on drying compared to in house sample that is 4.54%. sample III and IV have got almost similar LOD that is 7.46, 7.89 and sample III has almost similar value to in house sample. Total ash of in-house sample is 10.6%. Sample II and III have similar values but sample IV is almost similar to in house sample.

Acid insoluble ash of inhouse sample and sample III are almost equal, sample II and IV are almost equal. Water soluble extract of inhouse sample is 67.2%, whereas sample II and III are having almost similar values but sample IV is having significantly high water soluble extractive that is 77.6%. Ethanol soluble extractive of inhouse sample and sample IV are similar. sample II and III are having similar value but there is no significant deference in 4 samples. pH of all the samples is similar i. e. 6. Preliminary phyto-chemical analysis of *Talisadi churna* of all 4 samples reveals that there is a presence of all the active constituents like alkaloids, tannins, phenolic compounds, flavonoids and saponins etc in all the 4 samples. There is no much significant difference in florescence analysis of all 4 samples. TLC of inhouse and sample IV are almost similar. One band in sample II is missing at R_f value 0.89 and few other bands are missing. One additional band at 0.8 R_f is present, which is not present in any other sample including in house sample.

Discussion: Standardization of Ayurvedic formulations is an important step for the establishment of a consistent biological activity, a consistent chemical profile, or simply a quality assurance program for production and manufacturing of herbal drugs ^[11]. WHO specific guidelines for the assessment of the safety, efficacy and quality of herbal medicines as a prerequisite for global harmonization are of utmost importance ^[12]. In Current Study, *Talisadi Churna* was taken due to its significant usage in Global market in Respiratory and Gastrointestinal system. *Talisadi churna* is one of the important churna explained in Sharangadhara Madhyama Khanda widely used to improve and enhance the taste and digestion. It is indicated in diseases like Kasa, Swasa, Jwara, Vamana, Atisara, Shosha, Admana, Pleeha, Grahani and Pandu roga.

Current Study showed that, there were significant absence of certain bands in TLC under UV light signifies the absence of certain Active principles of herb in formulation which questions the efficacy of the product. Further studies are required to confirm the same and it is recommended to conduct periodical quality checking for the marketed samples for the geuninity.

Conclusion: Three different market samples of *Talisadi churna* were compared with in-house preparation which is indicated similar organoleptic characters. Physico-chemical analysis has shown some variations in LOD and total ash contents. Preliminary phyto-chemical analysis reveals that there is a presence of all the active constituents like alkaloids, tannins, phenolic compounds, flavonoids and saponins etc. in all the 4 samples



which are similar. But with respect to chemical analysis by TLC method major differences were observed in sample III where some of the either missing or intensity was very low compared to in house sample. This indicates some of the market preparations lack in proper quality control techniques or they fail in maintaining the genuinity.

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Agada Tantra: What We Think, what it is...

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Agada Tantra is one among Ashtanga Ayurveda (Specialities of Ayurveda) dealing with management of Acute and chronic toxins, poisons and food combinations of life threatening states. Yet including Ayurvedic physicians and general public has a common dogma that Agada Tantra is an outdated speciality, is of less relevance to the current scenario and they believe it is only restricted to manage the Jangama Visha.

As Ayurveda has advanced in other specialities, similarly Agada tantra has changed from time to time keeping in mind the requirements of society. Many visha Vaidya's are still practicing the principles of visha chikitsa even in General practice and are successful in their practice. Due to lack of support from the governing bodies and government, Agada tantra is ignored and considered only as an academic subject rather than ashtanga Ayurveda, i.e. clinical speciality.

Just a brief about versatile options available in agada tantra, through which one can excel himself by learning & practicing other than academic teachings.

- Agada Tantra Naama Sarpa keta...: classical definition of Agada tantra defines acute management of poisonous bites and stings. In current scenario, due to the advancements in the nature of living, contemporary science, Acute bites and stings management is better treated in conventional medicines than in Ayurveda. But, post bite complications like, edema, hypersensitivity, vision damage/Disorders, compartment disorders, tissue necrosis, non-healing ulcers and recurrent infections require integrated approach where management through Agada aushada gives excellent results and this can be developed further with proper SOP's.
- Non communicable disease: life style disorders are the outcome of faulty Ahara, vihara & Nidra. Ahara is crucial in nourishing the body and responsible for health or disease





if taken in healthy or unhealthy way. Concept of virudh ahara explained in Agada explains all the disorders which arise due to virudha are similar to lifestyle diseases and in collaboration with swastha, Agada treatments to remove such gara visha is always helpful.

- Drug induced toxicity: In India, 3/10 people are found to suffer from NCD – diabetes, hypertension, obesity, PCOS, Cancer etc and which require long term medications. A person fails to comply the dos and don'ts of disease or drug regime always ends up with drug induced toxicity majorly affecting Liver and Kidney. Many researches have been carried out in hepato protective, Nephroprotective, neuroprotective activities of agada aushadhi using which one can practice speciality in drug induced toxicity management.
- Visha Rasayana: Palliative care is specialised branch to take care of terminally ill patients particularly cancer. Visha rasayana can be excellently used in combating pain, infection and as well improve quality of life in such patients.

To list, there are variety of concepts which are available in Agada tantra which can be picked and made into speciality. Even Agada Vaidyas should work in such directions and conduct many evidence based research to claim all the scopes that are said to be opportunistic in current situation.



*Be predominantly compromising in nature
and be of peaceful disposition*

• Cha.Su.8

‘Someone needs to talk about the other side of the story!’

© Vaidya Warrior

Dr. Nischal Parthasarathy

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Examinations are conducted to test the readiness of the students to gulp the next set of knowledge coming their way.

But are they testing only the students?

It's a process which involves enormous amount of human resource and detailed planning for the sake of fool proof execution where the student isn't on the receiving end of any kind of discrepancy.

It's one way to look at examinations where the student is supposed to recall and reproduce large amount of wisdom and information, onto the answer paper, in the stipulated time.

But at another layer, it involves - Invigilators, Room superintendents, Exam Coordinators, Deputy Superintendents, Chief superintendents, Support staff, Data entry operators, Office staff, technical team, Peons etc at the college level; Paper setters, Registrars, Deputy Registrars, Observers, Web streaming observers, technical team among many others at the University level - directly or indirectly, for the smooth conduction of an examination.

To put it numerically, once a student decides to take an examination and pays the fee, it is the responsibility of around 15-20 people to make that student feel comfortable and peacefully take the exam.

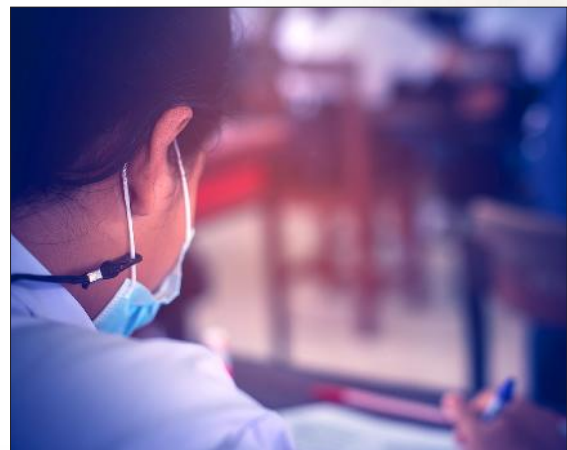
It is true that every single step involved in conducting the exam is focused on making things easier for the student however difficult it may appear for the conductors.

On one side it feels good to see a system in place for fool-proof conduction of exams which is Student - friendly with ardent students taking up examination in the right spirit, but on the other side it pains the heart when any student takes the examination lightly and also plans for a repeater's attempt - even before the conduction of the current examination.

Examination involves meticulous planning and execution at all levels (Physical, Mental, emotional etc) which is a part of the duty of a teacher and what is sought by the teacher, in return, from the student's side is simple *Shraddha* (Sincerity, Wholeheartedness, Dedication) towards the examination.

As simple as that!

‘Someone needs to talk about the other side of the story!’



Get Lucky with Amalaki

Dr. Akshatha M

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We are all very well aware of the health benefits of Amalaki/ gooseberries. It's also a component of a popular Ayurvedic remedy called triphala. It is said to be the best vayasthapana and a tridosahara dravya. It is one of the nitya sevaniya dravya according to Acharya Charaka.

Here are few easy and tasty preparations of Amalaki that can be included as a part of our daily diet.



Amalaki Tambli

Tambli/ Tambuli is a dish well known in the Malenad region of Karnataka.

Ingredients required:

- 2 to 3 Amalaki or 6 to 8 frozen gooseberry pieces (crush it and remove the seeds)
- 1 small cup grated coconut
- 1 Green chilly (red chillies/ black pepper can also be used instead)
- 1/2 tsp jeera / cumin seeds
- 1/2 to 3/4 tsp salt
- 1/4 to 1/2 cup water
- 1/2 tsp ghee
- 1 cup yogurt/ curd (whisk and keep it ready) or 2 cups buttermilk

Method:

- Heat 1/4 tsp ghee in a ladle, once hot, add jeera and pepper/ chilly. fry it for a while. then turn off the heat.
- Grind coconut, Amalaki pieces, jeera and

pepper to a fine paste adding enough water.

- Add the paste to the yogurt, salt and mix it well.

Seasoning:

- Heat 1/4 tsp ghee in a ladle, once hot add 1/4 tsp mustard seeds, after it sputters, add broken red chillies and curry leaves, turn off the heat.
- Add the seasoning to the tambuli, mix it and serve it with rice.

Amalaki Rice

Ingredients required:

- 2 cups Cooked Rice
- 4 big Gooseberries
- 3 tsp cooking oil
- 1 tsp Mustard Seeds
- 1 tsp Split Urad Dal
- 1 tsp Split Bengal Gram

- 1 tsp Cashew
- 4 slit Green Chilly
- 1 tsp Ginger Grated
- Curry Leaves Few
- 1/4 tsp Turmeric Powder
- 1 tsp Salt adjust to your taste
- 1/4 tsp Fenugreek Powder

Method:

Preparing Rice:

Take cooked rice and spread it in a broad plate. Add 2 teaspoon of oil/ ghee and give a gentle mix. Set it aside.

Wash and grate Gooseberry (Nellikai) and set aside.

Seasoning:

Heat oil in a pan. Add mustard seeds and allow it to sputter. Add split urad dal, bengal gram, cashew and give a mix. Then add the green chili, ginger, curry leaves and sauté for few seconds.

Cooking gooseberry:

Add grated gooseberry to the pan. Also add turmeric powder and salt. Cook the gooseberry in low flame for 5 mins. Since we have grated the gooseberry, it gets cooked faster. Switch off the flame.

Mixing with Rice:

Add the cooked rice which we spread in a plate with oil to the pan. Mix gently everything without breaking rice. Finally add fenugreek powder and give a final mix.

Serve the healthy and tasty Gooseberry Rice (Amla Rice/ Nellikai Rice) with any Stir-fry veggies or papad and enjoy your meal!

Amalaki Rasam

Ingredients required

- 4 Indian gooseberry or fresh amla
- 1 tsp cumin seeds
- 1 tsp coriander seeds
- 1 tsp urad dal or split black gram
- 3-4 green chilies
- 1 inch piece ginger
- 1 tsp black pepper
- 2 tsp jaggery (optional)
- salt to taste

For seasoning:

- 1 tsp ghee
- 1 tsp mustard seeds
- 1 sprig curry leaves
- 1 pinch hing or asafetida

For garnish

1 tsp chopped cilantro or coriander leaves

Method: Dry roast cumin seeds, coriander seeds and black gram lentil. Remove the seed and cut the amla into small pieces.

Blend together amla pieces, black pepper, green chilies, ginger, roasted cumin, coriander and black gram lentils to a thick paste.

Add about 3 cups of water and bring to a boil. Simmer on low heat for about 5 minutes.

Now add salt to taste. I also add 2 tsp. jaggery to balance out the sourness of amlas (optional).

For the tempering, heat ghee or clarified butter. Add mustard seeds and a pinch of hing. Allow to sputter. Add curry leaves and tip over the hot seasoning into the cooked rasam.

Few other dishes of Amalaki like Amalaki jam, Amla candy, amla pickles can also be tried.

Genetic Counseling

Dr. Swathi Sharma

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Genetic counseling is a service that provides information and advice about genetic conditions. These are conditions caused by changes (known as mutations) in certain genes and are usually passed down through a family.

Genetic counseling is conducted by healthcare professionals who have been specially trained in the science of human genetics (a genetic counselor or a clinical geneticist).

These specialists work as members of a healthcare team, providing information and support to families who have members with birth defects or genetic disorders and to families who may be at risk of a variety of inherited conditions.

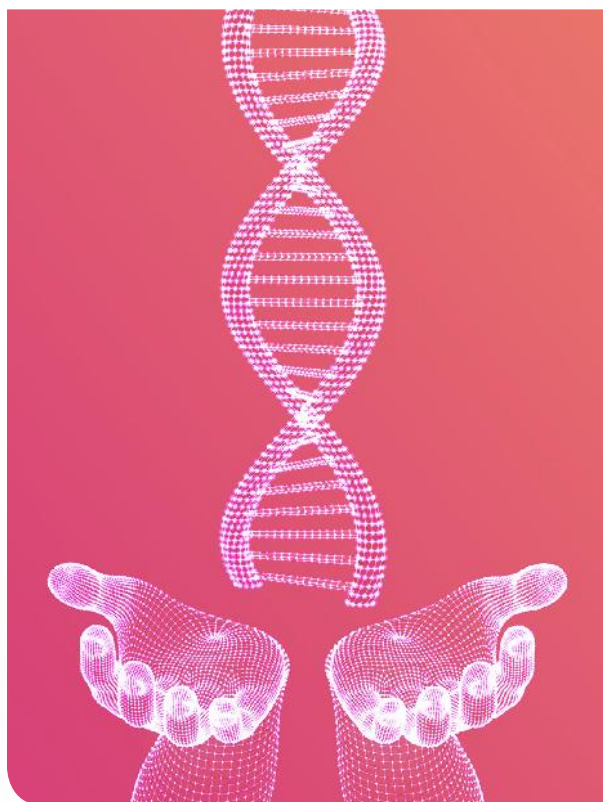
Genetic counseling isn't a form of psychological counseling or psychotherapy and shouldn't be confused with counseling therapy used to treat mental health conditions, such as depression and anxiety.

The National Society of Genetic Counselors (NSGC) officially defines genetic counseling as the understanding and adaptation to the medical, psychological and familial implications of genetic contributions to disease.^[2] This process integrates:

- Interpretation of family and medical histories to assess the chance of disease occurrence or recurrence.
- Education about inheritance, testing, management, prevention, resources
- Counselling to promote informed choices and adaptation to the risk or condition.

A genetic counselor is an expert with a Master of Science degree in genetic counseling. In the United States they are certified by the American Board of Genetic Counseling.

In Canada, genetic counselors are certified by the Canadian Association of Genetic Counselors. Most enter the field from a variety of disciplines, including biology, genetics, nursing, psychology, public health and social work. Genetic counselors should be expert



educators, skilled in translating the complex language of genomic medicine into terms that are easy to understand.

Genetic counselors work as members of a health care team and act as a patient advocate as well as a genetic resource to physicians. Genetic counselors provide information and support to families who have members with birth defects or genetic disorders, and to families who may be at risk for a variety of inherited conditions. They identify families at risk, investigate the problems present in the family, interpret information about the disorder, analyze inheritance patterns and risks of recurrence, and review available genetic testing options with the family.

Genetic counselors are present at high risk or specialty prenatal clinics that offer prenatal diagnosis, pediatric care centers, and adult genetic centers. Genetic counseling can occur before conception (i.e. when one or two of the parents are carriers of a certain trait) through to adulthood (for adult onset genetic conditions, such as Huntington's disease or hereditary cancer syndromes).

Any person may seek out genetic counseling for a condition they may have inherited from their biological parents.

A woman, if pregnant, may be referred for genetic counseling if a risk is discovered through prenatal testing (screening or diagnosis). Some clients are notified of having a higher individual risk for chromosomal abnormalities or birth defects. Testing enables women and couples to make a decision as to whether or not to continue with their pregnancy, and helps provide information that can be used to prepare for the birth of a child with medical issues.

A person may also undergo genetic counseling after the birth of a child with a genetic condition. In these instances, the genetic counselor explains the condition to the patient along with recurrence risks in future children. In all cases of a positive family history for a condition, the genetic counselor can evaluate risks, recurrence and explain the condition itself.

The goals of genetic counseling are to increase understanding of genetic diseases, discuss disease management options, and explain the risks and benefits of testing. Counseling sessions focus on giving vital, unbiased information and non-directive assistance in the patient's decision making process. Seymour Kessler, in 1979, first categorized sessions in five phases: an intake phase, an initial contact phase, the encounter phase, the summary phase, and a follow-up phase. The intake and follow-up phases occur outside of the actual counseling session. The initial contact phase is when the counselor and families meet and build rapport. The encounter phase includes dialogue between the counselor and the client about the nature of screening and diagnostic tests. The summary phase provides all the options and decisions available for the next step. If counselees wish to go ahead with testing, an appointment is organized and the genetic counselor acts as the person to communicate the results.

Reasons and Results

Families or individuals may choose to attend counseling or undergo prenatal testing for a number of reasons.

- Family history of a genetic condition or chromosome abnormality
- Molecular test for single gene disorder
- Increased maternal age (35 years and older)
- Increased paternal age (40 years and older)
- Abnormal maternal serum screening results or ultrasound findings
- Increased nuchal translucency measurements on ultrasound
- Strong family history of cancer
- Predictive testing for adult-onset conditions

Detectable Conditions

Many disorders cannot occur unless both the mother and father pass on their genes, such as Cystic Fibrosis. Some diseases can be inherited from one parent, such as Huntington disease, and DiGeorge syndrome. Other genetic disorders are the cause of an error or mutation occurring during the cell division process (e.g. trisomy). Testing can reveal conditions that are easily treatable as long as they are detected (Phenylketonuria or PKU). Results from genetic testing may also reveal:

- Down syndrome
- Sickle-cell anemia
- Tay-Sachs disease
- Spina bifida
- Muscular dystrophy
- Mental retardation

Genetic Counselors as support

Genetic Alliance states that counselors provide supportive counseling to families, serve as patient advocates and refer individuals and families to community or state support services. They serve as educators and resource people for other health care professionals and for the general public. Many engage in research activities related to the field of medical genetics and genetic counseling. The field of genetic counseling is rapidly expanding and many counselors are taking on “non-traditional roles” which includes working for genetic companies and laboratories. When communicating increased risk, counselors anticipate the likely distress and prepare patients for the results. Counselors help clients cope with and adapt to the emotional, psychological, medical, social, and economic consequences of the test results.

Each individual considers their family needs, social setting, cultural background, and religious beliefs when interpreting their risk. Clients must evaluate their reasoning to continue with testing at all. Counselors are present to put all the possibilities in perspective and encourage clients to take time to think about their decision. When a risk is found, counselors frequently reassure parents that they were not responsible for the result. An informed choice without pressure or coercion is made when all relevant information has been given and understood.

Prenatal Genetic Counseling

If an initial noninvasive screening test reveals a risk to the baby, clients are encouraged to attend genetic counseling to learn about their options. Further prenatal investigation is beneficial and provides helpful details regarding the status of the fetus, contributing to the decision-making process. Decisions made by clients are affected by factors including timing, accuracy of information provided by tests, and risk and benefits of the tests. Counselors present a summary of all the options available. Clients may accept the risk and have no future testing, proceed to diagnostic testing, or take further screening tests to refine the risk. Invasive diagnostic tests possess a small risk of miscarriage (1-2%) but provide more definitive results. While families seek direction and suggestions from the counselors, they are reassured that no right or wrong answer exists. When discussing possible choices, counselor discourse predominates and is characterized by examples of what some people might do. Discussion enables people to place the information and circumstances into the context of their own lives. Clients are given a decision-making framework they can use to situate themselves. Counselors focus on the importance of individual choice based on the experiences, morals, and viewpoints of the couple/individual/family. Testing is offered to provide a definitive answer regarding the presence of a certain genetic condition or chromosomal abnormality. There is often no therapy or treatment available for these conditions, and as such parents may have to make decisions regarding the management of the pregnancy.

Referral

After attending counseling, women have the option of accepting the risk revealed and having no further treatment during their pregnancy. They may choose to undergo noninvasive screening (e.g. triple screen, cell-free fetal DNA screening) or invasive diagnostic testing (amniocentesis or chorionic villus sampling).

Attitudes toward Counseling

The plethora of information available can be overwhelming and counselors spend a large proportion of time clarifying details. Prenatal screening was first introduced nearly four decades ago, yet gaps still exist in public knowledge about the screening program. The general public is familiar with Down syndrome (trisomy 21), but is not aware of more uncommon conditions such as trisomy 18 (historically known as Edwards syndrome) and trisomy 13 (Patau syndrome). Clients are usually aware of diagnostic testing from friends, TV/press, or because of family history.

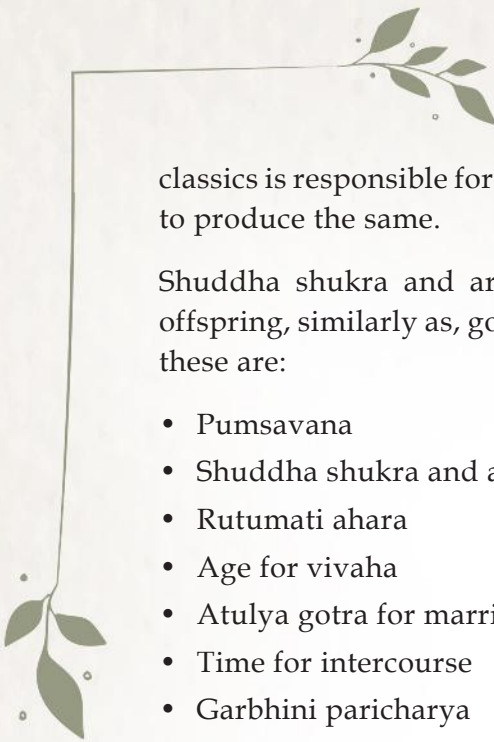
No simple correlation has been found between the change in technology to the changes in values and beliefs towards genetic testing.

Ayurvedic Approach

According to subhashita to achieve sound mind and body, food is the key factor. It is the cause for anabolic and catabolic reactions in the body.

*Deepo bhakshate dvantam kajjalam cha prasutaye |
Yadannam bhakshayennityam jaayate taadrashipraja | |*

Acharya Sushruta opines that the four factors rutu, beeja, ambu and kshetra told in our



classics is responsible for formation of a virtuous progeny. This needs to be hale and hearty to produce the same.

Shuddha shukra and artava is the concept held in classics responsible for a healthy offspring, similarly as, good seed yields a decent crop. Some of the factors told to influence these are:

- Pumsavana
- Shuddha shukra and artava
- Rutumati ahara
- Age for vivaha
- Atulya gotra for marriages
- Time for intercourse
- Garbhini paricharya

As told by acharyas the strict ensuing of these above told karmas in these kala and procedures like shodhana of the couples, rtu charya, dinacharya etc before birth of the offspring can thwart the kulaja vyadi told in our classics hundreds of years in the past.

“
*One should neither dishonour himself
nor should be self-boosting*

• Cha.Su.8

ನಾನು ಯಾರು?

ಡಾ|| ಸ್ವಾತಿ ಸೋಮಯಾಜಿ

ಸಹಾಯಕ ಪ್ರಾಧ್ಯಾಪಕರು, ಸ್ವಸ್ಥವೃತ್ತ ವಿಭಾಗ, ಎಸ್.ಎ.ಎಂ.ಸಿ.ಎಚ್.

ನಾನು? ಹೆಸರಲ್ಲೇನಿದೆ?

ಇದು ನನ್ನ ಬದುಕು. ನಾನೊಬ್ಬ ಅನಾಮಿಕ. ಕೋಟಿ ಕೋಟಿ ಜನಗಳ ಮಧ್ಯೆ ಬದುಕುತ್ತಿರುವ ಅನಾಮಿಕ.

ತಂದೆ ತಾಯಿ ಹೆಸರಿಡುತ್ತಾರೆ, ಅದೇ ನಮ್ಮ ಗುರುತಿನ ಚೀಟಿಯಲ್ಲೂ ಬರುತ್ತದೆ. ಎಲ್ಲರು ಅದೇ ಹೆಸರಲ್ಲಿ ಗುರುತಿಸುತ್ತಾರೆ. ನಾವೂ ಅದರಲ್ಲೇ ಗುರುತಿಸಲ್ಪಡುತ್ತೇವೆ, ಪರಿಚಯಿಸಲ್ಪಡುತ್ತೇವೆ.

ಇದು ಸಮಾಜದಲ್ಲಿ ನಡೆದುಕೊಂಡು ಬಂದ ರೀತಿ, ಇದನ್ನು ಅಳಿಸೋಕೆ ಆಗುವುದಿಲ್ಲ, ಹಾಗೂ ಯೋಚಿಸಲೂ ಆಗುವುದಿಲ್ಲ. ಹೀಗೆ ಯೋಚಿಸುತ್ತಾ ಯೋಚಿಸುತ್ತಾ ತಲೆಗೆ ಹುಳ ಬಿಟ್ಟುಕೊಂಡೆ.

ಹೆಸರಲ್ಲೇನಿದೆ?

ಹೀಗೆ ಹುಳ ಬಿಟ್ಟುಕೊಂಡ ಮೇಲೆ ಯೋಚನೆಗಳಿಗೆ ದಾರಿಮಾಡಿಕೊಟ್ಟೆ. ನಾನು ಯಾರು ಅಂತ ಯೋಚಿಸಲು ಶುರುಮಾಡಿದೆ. ಹುಟ್ಟಿದಾಗ ಅಮ್ಮನ ಮಡಿಲಲ್ಲಿ ಮುಗ್ಧ ನಗೆ ಬೀರುತ್ತಿದ್ದಾಗ ಅದೊಂದು ನಾನು, ಎದ್ದು-ಬಿದ್ದು ಪುಟ್ಟ-ಪುಟ್ಟದಾಗಿ ಹೆಜ್ಜೆ ಇಡುತ್ತಿರುವಾಗ ಅದೊಂದು ನಾನು, ಅಪ್ಪ ತನ್ನ ಹೆಗಲ ಮೇಲೆ ಕೂರಿಸಿಕೊಂಡು ಬೀದಿ ಸುತ್ತಿಸುತ್ತಿದ್ದಾಗ ಏನೂ ಅರಿವಿಲ್ಲದೇ ಸಮಾಜವನ್ನು ಪಿಳಿಪಿಳಿ ಕಣ್ಣುಗಳಿಂದ ನೋಡುತ್ತಿದ್ದ ಅದೊಂದು ನಾನು, ಮೊದಲ ಸಲ ಶಾಲೆಗೆ ಹೋಗುವಾಗ ಬಿಳಿ ಅಂಗಿ ತೊಟ್ಟುಕೊಂಡು ಹೋಗುತ್ತಿದ್ದವ ಅದೊಂದು ನಾನು, ಹೀಗೆ ಬೇರೆ ಬೇರೆ ಗುರುತುಗಳು ಜೀವನದಲ್ಲಿದ್ದರೂ ನಾವು ನಾವಾಗಿ ಇರುವುದು, ಗೊತ್ತಿರುವುದು ನಮಗೆ ಮಾತ್ರ.

ನಾನು ಅನ್ನೋದು ಬರಿ ನನ್ನಲ್ಲಿದೆ, ನನ್ನತನ ಬರಿ ನನಗಾಗಿ ಇರುತ್ತದೆ. ನೀರಿನ ಮೇಲಿನಗುಳ್ಳೆಯು ಹೇಗೆ ಕ್ಷಣಿಕವೋ ಹಾಗೆ ಈ ಬದುಕು ಕೂಡ. ಆ ಬದುಕಲ್ಲಿ ನನ್ನ ಚಿಕ್ಕ ಪ್ರಪಂಚ, ಅಲ್ಲೊಬ್ಬ ನಾನು. ನಿಂತಿರೋ ನೀರಲ್ಲಿ ಪ್ರತಿಬಿಂಬ ನೋಡಿ, “ನೀನು ಯಾರು?” ಎಂದು ಕೇಳಬಹುದು. ಆದರೆ ಉತ್ತರಿಸುವಾಗ “ನಾನು ನಾನೇ, ಬೇರೆ ಯಾರೂ ಆಗಲಾರೆ” ಎಂಬ ಉತ್ತರ ಸಿಗುತ್ತದೆ.

ನನ್ನ ಖುಷಿ, ನನ್ನ ನಗು, ನನ್ನ ಪ್ರಪಂಚ. ಇವುಗಳ ಮಧ್ಯೆ ನನ್ನೊಂದಿಗೆ ನಾನು ಮೌನವಾಗಿ ಮಾತಾಡುವೆ. ಮಾತನಾಡಿ ನನ್ನಷ್ಟಕ್ಕೆ ನಗುವೆ. ಕೊನೆಗೆ ನೀನು ಯಾರು ಅಂತ ಯಾರಾದರೂ ಕೇಳಿದಾಗ, ಕೈ ಸನ್ನೆಯಿಂದ ಹೆಸರನ್ನು ಸೂಚಿಸುವೆ.

ಕೊನೆಗೆ ಮತ್ತೆ ನನ್ನ ನಾನು ಮೌನವಾಗಿ ಕೇಳುವೆ, ಹೆಸರಲ್ಲೇನಿದೆ?



The Mighty Tongue!

© Vaidya Warrior

Dr. Nischal Parthasarathy

Asst. Professor, Dept of Dravyaguna, SAMC&H

This tiny little tongue controls the mighty human tall
Doesn't settle for less and wants to have it all.
Time or hunger or health, it doesn't care at all.
All that it wants is a thrill for the moment. That's all!

Being called a Foodie, sounds good on paper
But it's impact on health is the really important matter.
Well, we become what we eat - Totally well or unwell
So, we need to choose where we want to swim - In the health river or disease well!

Food is the doorway to our physical and mental ease
But it can even cause a rare and deadly disease
So, let's keep in mind the rules of eating. Please!
So that we can walk in the park of health feeling a gentle breeze!

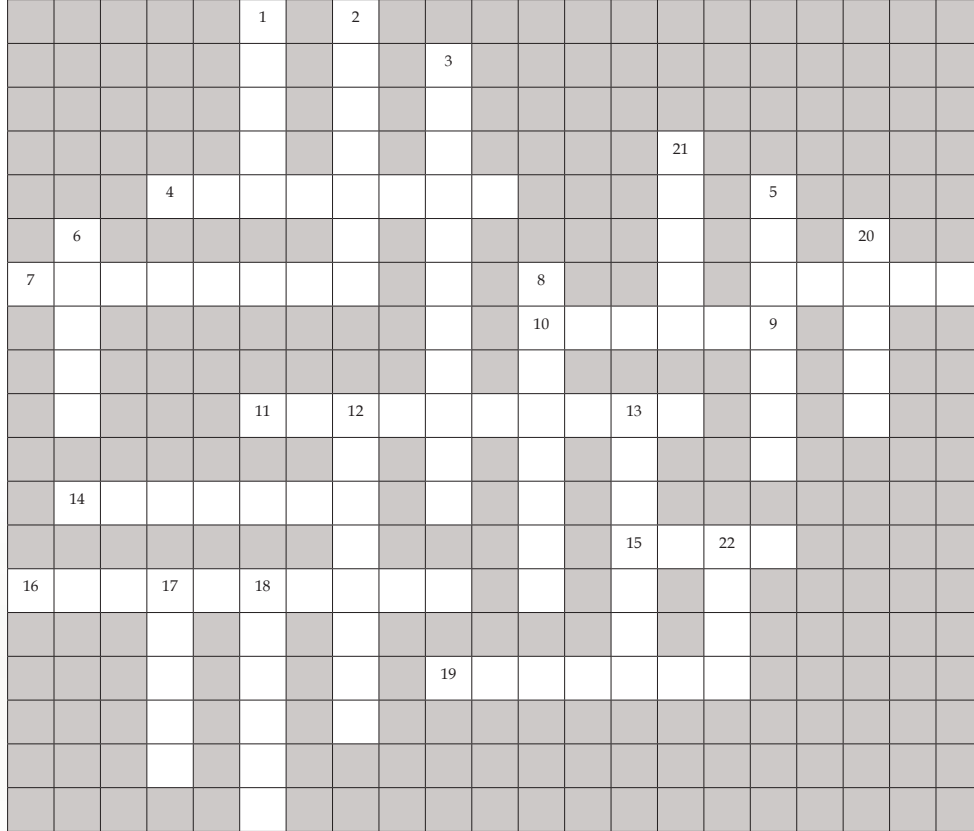
Nobody is stopping us from having a super feast
But before we taste something, let's ask 3 questions at least -
"Am I really hungry? How much do I need?
Is it for my health or Am I eating out of greed?"

When our tongue asks for more, we need to tell that it is dangerous for sure.
What the tongue may love, the stomach might hate it to the core!
But tongue isn't a barrier between our joy and delicious food.
It can be our best friend if we treat it well and good!

Crossword Puzzle

Dr. Anupama Janakiram

Asst. Professor, Dept. of RSBK, SAMC&H



Down:

1. Valli Panchamula: Kapha Shamaka: Truna Panchamula
2. Bandha done in Greeva
3. Kaphaja Kusta
5. Shasha Asrug Pratima is
6. Foetus experiences Sukha Dukha Vedana in... month
8. Jwara exclusively told by Yoga Ratnakara
12. Kapippali is
13. 111 yr old Sarpi
17. Urdhwabahu Shirahpado
18. Guda Haritaki & Danti Haritaki both are indicated in

20. Yena Kurvanti tat

21. Medomala acc. to Charaka

22. Instrument required to achieve 4 Purusharthas

Across:

4. nuvasana Basti Sresta Kala
7. Vyavyi Dravya Paka occurs in... Agni
9. Phenodgama is related to
10. ... Ahitadeshanam
11. Garbha Vruddhim Na Prapnoti
14. Author of Gadaniagraha
15. Srotas from Kati & Vrukka
16. Charaka Chaturaranana: Chakrapani: Sushrutha Sahasranayana:
19. Contra indication in Prameha Pidaka

Answers
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Importance of *Prasanna Manah* for Overall Well-being in General Present Times

Ms. Namratha, 3rd yr BAMS

MIND - a word signifying a lot of perceptions, an arena to explore various dimensions, a journey to venture and it's just not a person in charge of it, because it's fickle and manipulative enough to turn the tables around and control a person.

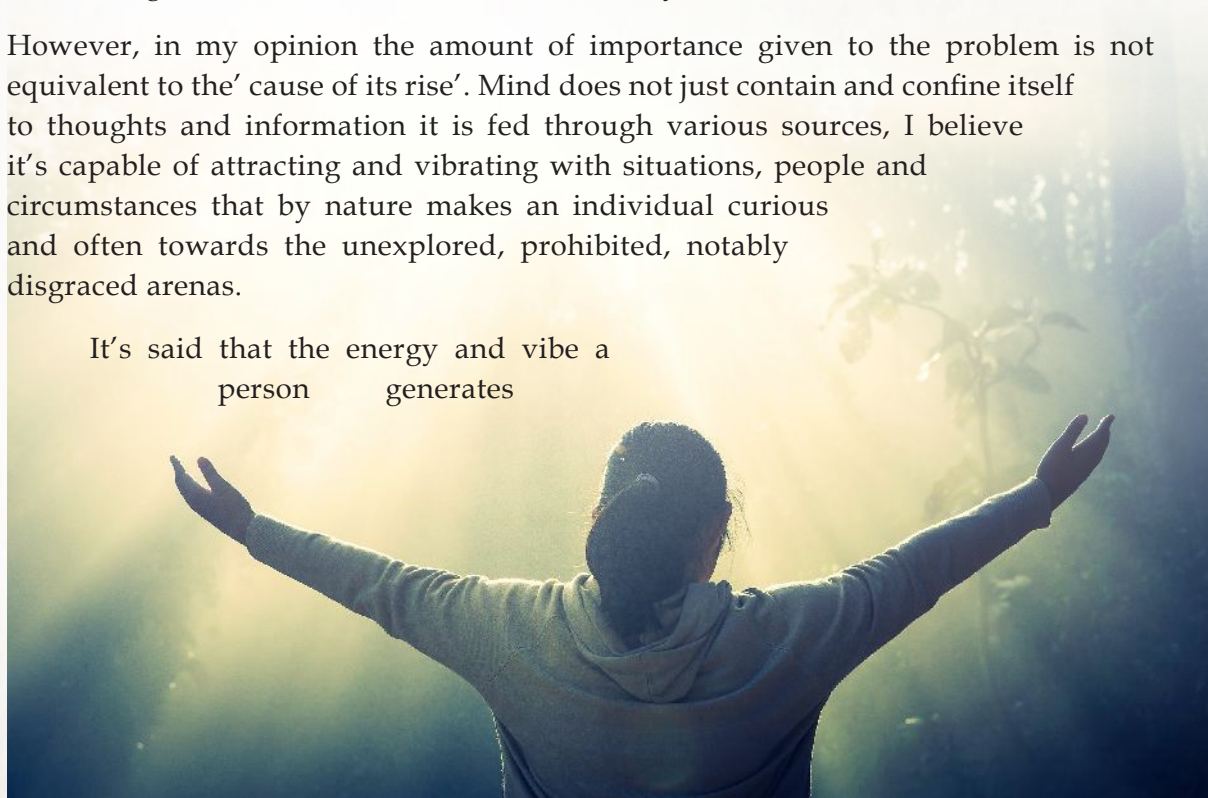
Prasanna manah can be understood as a state of satisfaction, happiness and a state where one can agree with the mind and be in union with it. I believe this is not as simple as it sounds or maybe we have complicated our thoughts and tangled our dreams and priorities so much that it is not as simple as it sounds.

Statistics from UNICEF and other NGO of UK & Canada working on mental welfare of children, adults and teenagers in special focus have found a great rise in the number of behavioural and disorders and addiction due to mental illness. There is a striking rate of 74% rise in complaints of depression, behavioural and emotional disorders of children (3-7yrs) anxiety and development of various phobias

The programme "Minding your mind" was initiated by UNICEF and records of BEEC AND BAEC suggest and approach the alarming rise of the issue through screening at schools, de addiction centre funding, awareness campaign and discussions and monitoring is encouraged at the school home and community level.

However, in my opinion the amount of importance given to the problem is not equivalent to the 'cause of its rise'. Mind does not just contain and confine itself to thoughts and information it is fed through various sources, I believe it's capable of attracting and vibrating with situations, people and circumstances that by nature makes an individual curious and often towards the unexplored, prohibited, notably disgraced arenas.

It's said that the energy and vibe a
person generates



when synchronising with another event happening elsewhere can lead to changes in lives. So yes, one person can make a difference. My take on the comment 'mental state of a person is not just influenced and capable of doing the same but is potential gift or threat in making of a new thought that can prove to be decisive in life of another living being'

Currently we live in an era of technology where machines and money are worth more than morals and values, it's pretty obvious that "When we change the way we look at things the things we look at change". Diversity in Action, Indecisiveness of Mind and Lack of Clarity In Emotions make us Who We are.

There is no denying the fact that the cause of the rising rate of mental illness is largely attributed to lifestyle, food habits, parenting, 'exposure to concepts and ethics 'either untimely or unworthy, the source of information can be as important as the information itself. The way children are raised, the purpose of marriage between two individuals, the lifestyle and extent of authority and freedom provided to an individual can determine the sapling growing from these seeds. Anything learnt from the experience of a person or by self always differs from hearing, reading or imagining. The mode of reception and the way it's being told or the approach of the preacher/ source can be extremely manipulative. Example; concepts of terrorism, addiction, misconception of religion, love etc.

Anything learnt from the experience of a person or by self always differs from hearing or reading or imagining an information. The mode of reception and the way it's being told or the approach of the preacher or source can be extensively manipulative. The concept of terrorism, addiction, misconception of religion, love etc.

When causes are kept aside the situation of people who are capable of maintaining their balance emotionally, rationally and physically grow stronger and turn out to be more flexible and welcoming to challenges of life. On the contrary being in a state "Aprasanta" or described often as an endless pit where even a light of hope is hard to penetrate, a place where one cannot feel their own feet to stability and get a grip, a place where silence goes to be noisier, where one cannot determine the need for empathy or is willing to receive help as people seem far more worthless than the hell they are suffering.

The darkness grows so deep in to the mind that no other sense can perceive or penetrate it. They often choose to end this suffering and choose to stop breathing- -they choose to escape and suicide.

In Japan there is a forest called "Suicide Forest" an evidence to the significance. In India the suicidal rate is similar to a stock market of restaurants, unpredictable rise and even astonishing reasons accompany it. According to data of 2012 there was a significant rise in teenage suicide and addictions by 33.7%. What surprises me more is the alarming rate of rise is not what makes the news it's the event at which its caused is often the reason.

It's worth mentioning that in our country the number of depressed people is way beyond our imagination than the ones who actually seek help from medical professionals, friends, therapists etc. A careful observation is all it takes to recognize a behavioural emotional turbulence in a person and just a timely word or action of hope and encouragement can help them from falling into the trap of depression, stress, anxiety, lack of confidence. Sometimes all we need to do is be there and listen.

WHO defines health as a state of complete physical, mental, social spiritual wellbeing of a person not merely an absence of disease. Often the mental physiological wellbeing of an adult development of child and status of teenagers and old age individuals is neglected beyond hope. A constant topic of debate we had as friends was, is it wrong to feel low and give away some time to feel so why should one always be on a run to get something, why can't I stay still and let myself be far sometimes, during which I realized something that enlightened me of a different perspective.

The state of mental satisfaction, happiness and feeling of well-being is entirely generated by oneself. We engineer, design, produce and distribute it. No matter what we choose, we are choosing it ourselves, it's the decision and choice we make at testing time that upgrades our new version of ourselves.

Life is simple and meant to be so, our mind is simpler and needs to be interpreted. All it takes for us to stay happy is to choose happiness. When they say "When life throws 100 reasons to stop, give it one reason to go and proclaim your choice". "When life throws you a lemon, make it lemonade".

The outlook and perspective needs to change. The acceptance needs to rise and expectations from a particular gender, age, class needs to change its form and direction. Awareness, yoga meditation, discussions with likeminded people can definitely improve situations.

Puzzle
p35

Crossword Puzzle - Answers

					¹ P		² M													
					I		U		³ V											
					T		T		I											
					T		T		C					²¹ S						
			⁴ P	R	A	D	O	S	H	A				N		⁵ A				
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⁷ B	H	U	T	A	G	N	I		R		⁸ M			Y		T	A	I	L	A
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	R								H		N					V		Y		
	D				¹¹ U	P	¹² A	V	I	S	T	A	¹³ K	A		A		A		
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	¹⁴ S	H	O	D	A	L	A		A		A		U							
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¹⁶ C	H	A	¹⁷ K	R	¹⁸ A	P	A	N	I		A		B		E					
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Importance of *Prasanna Manah* in overall Well-being in Gen Z in present time

Ms. Rakshitha, 2nd yr BAMS

‘Mind is like water, it is cloudy when turbulent but clear when calm’. The above quote clearly justifies the fact that a healthy and calm mind is at most essential for the overall wellbeing of the person. Human is considered superior compared to other creatures because of the ability to think and the decision making capacity. So, it is the foremost requirement to keep one’s mind at peace.




According to WHO mental health can be defined as a state of psychological and emotional wellbeing as well as proper cognition and ability to take decisions. Ayurveda has always considered mind or manas as integral part of health. Health of body and health of mind go hand in hand. ‘A sound mind in a sound body’ just like a person falls sick and consults a physician for cure, the mind also gets disturbed and seeks for help.

Ayurvedacharyas have opined that *prasanna indriya manah swasta ityabidheeyate*. This further proves the importance of a healthy mind. Mental health is stepping to a major issue in the present scenario. People who are not able to overcome are being victim of this.

The equilibrium is disturbed because of many issues such as; competition, anxiety, exam pressure, frustration, anger, depression, over expectations, abuse in work place or by society. Even small kids in schools are facing this issue at the age which they cannot explain what is actually happening to them. The main two causes of disturbed health are ‘feeling of insecurity’ and ‘inferiority’. When a person considers himself to be low and incompetent in the society, he feels useless and becomes unproductive in life. Any abuse or harassment will pull a person down and they would never want to face the society ever again. This is when the person feels lonely, feels scared to even ask for help. People with depression can’t control their emotions; their spirits are always kept low. They do not mingle with others. The food and sleep pattern also gets altered. Anger, sadness and loneliness creeps upon them.

The main lacuna is that people consider them indifferently and try to tag them as mentally unstable. Some of the developing countries do not even have the infrastructure to consult with the issue. Being physically fit and fine with no disease is not merely health. Since these people are looked upon as abnormal it leads to therapeutic nihilism. In order to be physically and mentally stable, to be calm, happy, sound, take decisions, discriminate with good and bad, lead an independent life, intervention at right time is necessary. Parents



or caretakers play a vital role at this point. They have to make sure that their children are competent enough and have realistic goals in life. They have to check on the habits and lifestyle of their children. Teenagers and adults are also vulnerable. They involve in some self-medication, drug abuse or develop suicidal tendencies which are risky to life of the individual. These habits may act as mood enhancers at the beginning but later affects the health in long run. Hallucinations and withdrawal symptoms may develop. As external injuries are curable, any ailment is treatable including mental health of a person if detected early, proper intervention and assessment.

Some of the simple ways to keep oneself motivated and with high spirits are:

- Breathing exercise have proven beneficial in calming the mind and bringing peacefulness and serenity.
- Yoga is highly recognised mode to activate the body and mind can be practised.
- It can be as simple as even listening to soothing music.
- Reading a good book to distract oneself from stress, hustle and bustle or workplace deadlines.
- Long walk or taking a break from work to go on a vacation and refresh, recharge one's mind to start afresh.
- When in need, one should not hesitate to ask for help and discuss the matter with closed ones like family, friends, to consult a doctor.
- As said 'An idle mind is a devil's workshop', a person gets varied thoughts and worries if he is with no work. So the person should try to inculcate some hobbies or indulge in any kind of activities like painting, music, instruments.
- For a student it is important to understand that 'all work and no play makes jack a dull boy'.
- So merely being a book worm to get ranks should not be the only aim. They should play any games daily to boost their energy and kick start the day with happiness. Parents should not set unrealistic targets and force children, but encourage them to come up in life as a better and independent individual.
- The person should not neglect his mood swings, inability of judgement, lack of interest, appetite and consult at the right time.

People should be educated in the society to consider mental health as normal and respect every individual and empathise with them. This will help to eradicate the stigma attached to the society of seeing these patients as abnormal.

Even in ayurveda, Acharya Vagbhata emphasises that *Dhee dhairyaatmaadi vignanam mano doshaushadham param*. Therefore, mental health is a process and not the destination. It is about how you reach and not where you reach. It is a process of healing the mentally and physically. This will make a person cheerful, adds new perspective to life and enthusiasm is enriched. The zeal and zest of a person is doubled. It is completely curable and the person feels energized. Students become better individuals and will prove to be an asset to the society and the country where they live in.

As 'health is wealth' the aim of every individual must be to stay mentally physically fit.

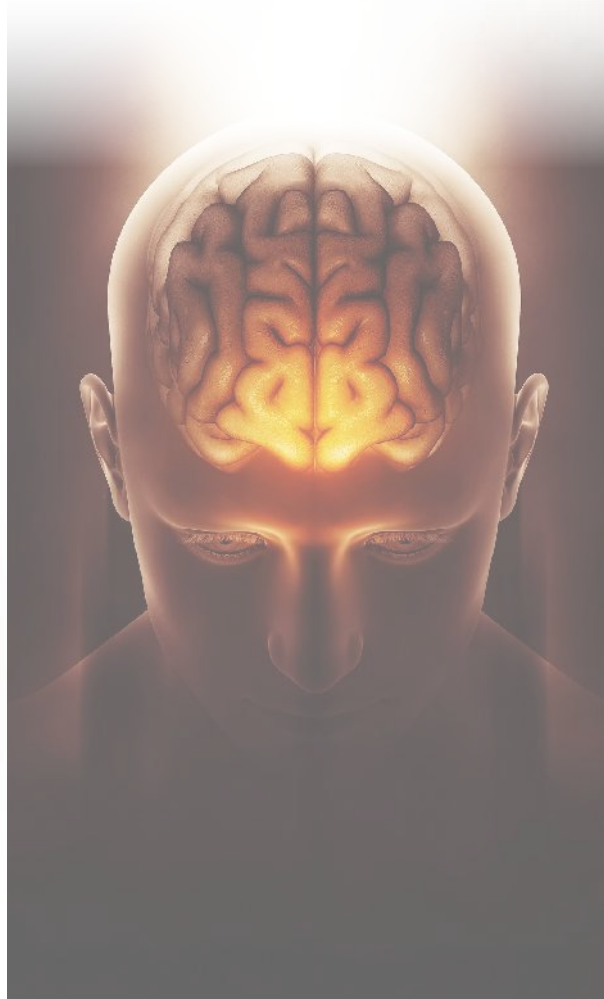
Importance of Mental Health in Present Generation

Ms. G Keerthana, 2nd yr BAMS

Mental health can be said as the state of mind, perspective of an individual and the stability of the mind. At present, all this plays a vital role in the department of health and also in a public welfare.


The stability of the mind on the disturbed mental health is due to various factors and at the time of COVID crisis, the mental health is given more importance to overcome the physical illness. Let's look at the several other factors which causes mental disturbance at the present generation.

Effects of food: As we all know about the famous saying i.e. what you eat is what you become. The present era food pattern is in such a way that it causes disturbance, not only physically but also mentally. The chemical filled food or chemical added foods that cause the disturbance in both psychosomatic levels. The dominating non vegetarian food brings the satva of the person down. This generation gives importance to taste than what is good for the health.



The food which is taken properly can be a medicine. This day medicine is taken in the quantity of food.

Effects of technology: Technology plays a vital role in the disturbance of mental and physical health. In this generation, above the age of 23, most of the young youths are working in the field where they confine themselves for hours together in front of the system which brings a gradual decrease in their IQ level, memory power and also many such mental issues. Not only the youths, are even children addicted to the electronic gadgets. The more they use electronic gadgets the more the adverse effects. Usage of this is developing anxiety, less grasping power, less focus on things, less interest for learning, especially it makes themselves separate from the groups which has a major impact in the life of budding children and youth.



‘Technology is a tool to develop one’s skill and improvise them; rather it’s becoming a tool to stop the progress of an individual’.

Effects of lifestyle: Currently this has become a major reason for almost all diseases. Usually the diseases which are prevalent in old age of previous generations are seen in a younger age reason being sedentary lifestyle. There are lots of researches going on regarding the lifestyle. The change in lifestyle not only brings the longevity and health of the people but it creates a major impact on the positive environment around family and society.

‘Though the whole world runs behind the mental health, mental health runs behind the change in lifestyle’. Thiruvalluvar has once said, ‘The change in lifestyle is a change in person-change in person is change in the world’

Effects of socio economic factors: When we take society as the base, present generation is running front to earn, save and protect life, but so called truth is that mental health is being failed in handling thus losing balance in life and making them immovable at some point of life.

‘People run behind money at young age and this money makes them run behind hospitals at their old age’. To lead a healthy lifestyle good and calm minded society is necessary. Health is wealth and wealth is strength.

Perspective of an individual: Mental health is dependent on the perspective of an individual. The way a person looks at the problem will not be same as another individual. But this perspective of mind is purely based on how strong or calm the person is.

‘Weak mind can even pull the strong body’ said Swami Vivekananda.

Measures for Mental Health:

- Good satvik food with properly told rules and regulations as told in our classics to be followed.
- Good and adequate amount of exercise, physical activity and extracurricular activities keeps the person busy which helps a person become less addictive to electronic gadgets.
- The early waking up system (at bramhi muhurtam) and morning walk also plays a major role in maintaining a calm healthy mind all day.
- Guided meditation before going to bed shows an amazing result in balancing mental health.
- The perspective of an individual is dependent on the company around him and the things learnt seeing them. One can shine better with better and positive environment.

Thus mental health in the z generation is given the same importance as that of physical health.

ಪ್ರಸನ್ನ ಮನಸ್ಸಿನ ಪ್ರಾಮುಖ್ಯತೆ - ವಿದ್ಯಾರ್ಥಿ ಜೀವನದಲ್ಲಿ

ಕು. ಶ್ರಾವಣಿ, ಬಿ.ಎ.ಎಂ.ಎಸ್., 3ನೇ ವರ್ಷ

ಇಂದಿನ ಪೀಳಿಗೆಯಲ್ಲಿ ಸರ್ವಾಂಗ ಬೆಳವಣಿಗೆಗೆ ಅತಿ ಉತ್ತಮ ಸಾಧನವೆಂದರೆ ಅದು ಮಾನಸಿಕ ಆರೋಗ್ಯ ಅಥವಾ ಮಾನಸಿಕ ಸ್ಥೈರ್ಯ. ಕಾರಣ ಇಂದಿನ ಜಗತ್ತಿನ ಲೌಕಿಕ ಜಂಜಾಟದ ಮಧ್ಯೆ ಇದು ಸೂತ್ರವೇ ಸರಿ.

ಮಾನವನ ಆರೋಗ್ಯವು ಅಳೆಯುವುದಾದರೆ; ಅದು ಶಾರೀರಿಕ (ಭೌತಿಕ), ಮಾನಸಿಕ, ದೈಹಿಕ, ಜೈವಿಕ, ಆಧ್ಯಾತ್ಮಿಕ ಅಂಶಗಳು ಸೇರುತ್ತವೆ. ಹೀಗೆ ಆರೋಗ್ಯವನ್ನು ವ್ಯಾಖ್ಯಾನಿಸುವುದಾದರೆ; ಯಾರು ದೇಹ, ಮನಸ್ಸು, ಬುದ್ಧಿ, ಆಧ್ಯಾತ್ಮಿಕ ಅಂಶಗಳಲ್ಲಿ ಉತ್ತಮರೋ ಅವರು ಸಂಪೂರ್ಣ ಆರೋಗ್ಯವಂತರೆನಿಸುತ್ತಾರೆ.

ಇದರಲ್ಲಿ ಬಹುತೇಕರು ಎಡವುತ್ತಾರೆ. ಕಾರಣ, ಯಾರು ಯಾವುದೇ ರೋಗ-ರುಜಿನದಿಂದ ವಿಮುಕ್ತರೋ ಅವರು ಮಾತ್ರ ಆರೋಗ್ಯವಂತರು ಎಂದು ಬಹುತೇಕ ಜನರ ಅಭಿಪ್ರಾಯ. ಇದರಿಂದ ಆಗುತ್ತಿರುವ ಅನಾಹುತಗಳು ಮಾತ್ರ ನಮ್ಮಲ್ಲಿ ದಿನ ದಿನವೂ ನೋಡುತ್ತಿದ್ದೇವೆ.

ಮಾನಸಿಕ ಆರೋಗ್ಯ: ಮಾನಸಿಕ ಆರೋಗ್ಯವೆಂದರೆ ಒಬ್ಬ ವ್ಯಕ್ತಿಯು ಸುಖವಾಗಿ ಜೀವಿಸುವುದಲ್ಲ ಬದಲಾಗಿ, ಯಾರು ಎಲ್ಲ ಸಮಯದಲ್ಲೂ ಅಂದರೆ ಒಳ್ಳೆಯ ಸಮಯ, ಕೆಟ್ಟ ಸಮಯ, ತುರ್ತು ಪರಿಸ್ಥಿತಿ, ಮುಂತಾದವುಗಳಲ್ಲಿ ಮನಸ್ಸಿನ ಹಿಡಿತವನ್ನು ಕಳೆದುಕೊಳ್ಳದೇ ಕಾಪಾಡಿಕೊಂಡು ಇರುತ್ತಾರೋ ಅವರು ಮಾತ್ರ ನಿಜವಾದ ಮಾನಸಿಕ ಆರೋಗ್ಯ ಉಳ್ಳವರು. ಉದಾಹರಣೆಗೆ, ಪರೀಕ್ಷೆಯಲ್ಲಿ ಉತ್ತೀರ್ಣರಾದವರು ಹಿಗ್ಗುವುದು, ಅದೇ ಸಮಯದಲ್ಲಿ ಅನುತ್ಪೀರ್ಣರಾದರೆ ಕುಗ್ಗಿ ಕಂಗಾಲಾಗುವುದು.

ಈ ಎರಡು ಸಮಯ ಒಂದೇ ಆದರೆ, ಮಾನಸಿಕ ಸ್ಥಿತಿಯಲ್ಲಿ ಮಾತ್ರ ಬದಲಾವಣೆ ಆಗುತ್ತದೆ. ಇದೇ ರೀತಿ ಈ ಒತ್ತಡ, ಬೇಸತ್ತು ಜೀವನ, ನೆಮ್ಮದಿ ಇಲ್ಲದ ಕಾರಣ ಎಷ್ಟೋ ಜನರು ಮಾನಸಿಕವಾಗಿ ಕುಗ್ಗುವುದಲ್ಲದೇ, ಬೇರೆ ವಿಪರೀತವಾಗಿ ಮಾನಸಿಕ ಅಸ್ವಸ್ಥರಾಗುತ್ತಿದ್ದಾರೆ. ಇದರ ಪರಿಣಾಮವಾಗಿ ನಾವು ಇಂದು ಮಾಧ್ಯಮಗಳಲ್ಲಿ ದಿನಕ್ಕೊಂದು ಕಥೆ ಎನ್ನುವಂತೆ “ಬ್ರೇಕಿಂಗ್ ನ್ಯೂಸ್”ಗಳನ್ನು ಕಾಣುತ್ತಿದ್ದೇವೆ. ಮಾನಸಿಕ ಆರೋಗ್ಯವನ್ನು ಹೀಗೂ ಕರೆಯುತ್ತಾರೆ; “ಪ್ರಸನ್ನ ಮನಸ್ಸು”.

‘ಪ್ರಸನ್ನ’ ಎಂದರೆ ‘ಶಾಂತಿ’/ ‘ನಿರಾಳ’ ಎಂದರ್ಥ. ಅಂದರೆ ಯಾವುದೇ ಸಮಯ/ ಸಂದರ್ಭ/ ಪರಿಸ್ಥಿತಿಯಲ್ಲಿ ಯಾರು ಮನಸ್ಸನ್ನು ಪ್ರಸನ್ನವಾಗಿ ಇಟ್ಟುಕೊಂಡು ಸಂದರ್ಭವನ್ನು ಸುಧಾರಿಸಿಕೊಂಡು ಮುಂದೆ ನಡೆಯುತ್ತಾರೋ, ಅವರನ್ನು ಮಾನಸಿಕವಾಗಿ ಅತ್ಯುತ್ತಮ ಎಂದೆನಿಸುವರು.

ಆದರೆ, ಇದು ಬಹು ಪ್ರಯತ್ನದಿಂದ ಮಾತ್ರ ಸಾಧ್ಯ. ಏಕೆಂದರೆ ಮನುಷ್ಯ ಒಬ್ಬ ಭಾವುಕ ಜೀವಿ. ಇವನಿಗೆ ದಿನಕ್ಕೊಂದು, ಗಂಟೆಗೊಂದು ಚಿಂತನೆಗಳು, ಗೊಂದಲಗಳು ಮೂಡುತ್ತಿರುತ್ತದೆ. ಆದ್ದರಿಂದ ಮನಸ್ಸನ್ನು ಶೇ.100%ರಷ್ಟು ಪ್ರಸನ್ನವಾಗಿ ಇಟ್ಟುಕೊಳ್ಳಲು ತುಸು ಕಷ್ಟ ಆದರೆ ಅಸಾಧ್ಯವೇನಲ್ಲ. ಇದಕ್ಕೆ ನಮ್ಮ ಎಷ್ಟೋ ಮಂದಿ ಹಿರಿಯರು ಉದಾಹರಣೆ.



ಮಾನಸಿಕ ಆರೋಗ್ಯ ಅಂದು-ಇಂದು:

ಹಿಂದೆ ನಮ್ಮ ಪೂರ್ವಜರು ಮಾಡುತ್ತಿದ್ದ ಕಾರ್ಯಗಳಲ್ಲಿ ಆಸಕ್ತಿ, ಶ್ರದ್ಧೆ, ಭಕ್ತಿ ಎಂಬ ಸಾಧನಗಳನ್ನು ಅಳವಡಿಸಿಕೊಳ್ಳುತ್ತಿದ್ದರಿಂದ ಅವರಿಗೆ ಜೀವನದಲ್ಲಿ ಪ್ರತಿ ಕ್ಷಣವೂ ಆತ್ಮತೃಪ್ತಿ ಇರುತ್ತಿತ್ತು. ನಮ್ಮ ಹಿರಿಯರು ಸಹನೆ, ಸ್ಥೈರ್ಯ, ಅಪಾರ ಅನುಭವ ಹಾಗೂ ಎಲ್ಲ ಹೆಜ್ಜೆಗಳಲ್ಲೂ ಜೀವನವನ್ನು ಅರಿತು ಜೀವಿಸುತ್ತಿದ್ದರು. ಆದ್ದರಿಂದ ಅವರಿಗೆ ಇಂದಿನ ದಿನಗಳ ಒತ್ತಡ, ಜಂಜಾಟ ಇರಲಿಲ್ಲ.

ಆದರೆ ಇಂದಿನ ಪೀಳಿಗೆಯಲ್ಲಿ ಎಲ್ಲದರಲ್ಲೂ ಅವಸರ, ಆತಂಕ, ಅಸಹನೆ ಹಾಗೂ ಆತ್ಮಸ್ಥೈರ್ಯ ಇಲ್ಲದಿರುವುದು ಈ ಮಾನಸಿಕ ಒತ್ತಡಕ್ಕೆ ಕಾರಣ. ಮಾಡುವ ಕೆಲಸಗಳಲ್ಲಿ ಶ್ರದ್ಧೆ ಇಲ್ಲದಿರುವುದು, ಹಿರಿಯರ ಅನುಭವಗಳನ್ನು ತಿರಸ್ಕರಿಸಿ, ಸ್ವಂತ ಬುದ್ಧಿಯಿಂದ ದುಡುಕಿ ತಪ್ಪು ನಿರ್ಧಾರ ತೆಗೆದುಕೊಂಡು ಆಧುನಿಕರಣದ ಹೆಸರಲ್ಲಿ 'STRESS' ಎಂದು ಆಸ್ಪತ್ರೆ ಸೇರಿರುವ ಮಂದಿಗೆ ಲೆಕ್ಕವಿಲ್ಲ. ಅದರಲ್ಲೂ ಅತಿ ಚಿಕ್ಕ ವಯಸ್ಸಿನ ಯುವಕ, ಯುವತಿಯರೇ ಹೆಚ್ಚು.

ಮಾನಸಿಕ ಅಸ್ವಸ್ಥತೆಗೆ ಇನ್ನಷ್ಟು ಕಾರಣ:

ಮಿಥ್ಯಾಹಾರ, ಸರಿಯಿಲ್ಲದ ಜೀವನ ಶೈಲಿ, ಪೈಪೋಟಿಯುಕ್ತ ಪರಿಸರ, ಅತಿ ಒತ್ತಡದ ಕೆಲಸ, ಇತ್ಯಾದಿ.

ಮಾನಸಿಕ ಆರೋಗ್ಯ ಕಾಪಾಡುವುದರ ಸೂತ್ರ:

ಯಾವುದೇ ಕೆಲಸದಲ್ಲಿ ಇಳಿಯುವ ಮೊದಲು ಮನಸ್ಸನ್ನು ಶಾಂತಿಯುತವಾಗಿ ಇಟ್ಟುಕೊಳ್ಳಬೇಕು. ಯಾವುದಕ್ಕೂ ಅವಸರ ಬೇಡ, ಎಲ್ಲ ಪರಿಸ್ಥಿತಿಯಲ್ಲಿ ಭಾವನೆಗಳನ್ನು ಹಿಡಿದಿಟ್ಟುಕೊಳ್ಳುವುದು, ಹಾಗೂ ಮಾಡುವ ಕೆಲಸದಲ್ಲಿ ನಿಧಾನ ಮತ್ತು ಅನುಭವಗಳನ್ನು ಅಳವಡಿಸಿಕೊಳ್ಳುವುದು. ಇಂದಿನ ಸ್ಪರ್ಧಾತ್ಮಕ ಜಗತ್ತಿನಲ್ಲಿ ಮುನ್ನುಗ್ಗಿ ಯಶಸ್ಸನ್ನು ಕಾಣಲು ಈ ಮೇಲಿನ ಎಲ್ಲಾ ಅಂಶಗಳನ್ನು ಜೊತೆಗೆ ಆಧ್ಯಾತ್ಮಿಕ ತತ್ವಗಳನ್ನೂ ಸಹ ಅರಿತು ಅವುಗಳನ್ನು ಜೀವನದ ಭಾಗವಾಗಿ ತಿಳಿದು ಮುನ್ನುಗ್ಗಿದ್ದರೆ ಗೆಲುವು ಖಚಿತ.

ಮಾನಸಿಕ ಆರೋಗ್ಯ ಮತ್ತು ಅಧ್ಯಾತ್ಮ:

ನಮ್ಮ ಪುರಾತನ ಗ್ರಂಥಗಳು ಹೇಳುವ ಎಲ್ಲಾ ಅಂಶಗಳಲ್ಲಿಯೂ ಮಾನಸಿಕ ಆರೋಗ್ಯ ಕಾಪಾಡುವ ಗುಟ್ಟು ಒಳಗೊಂಡಿದೆ. ಭಗವದ್ಗೀತೆಯಲ್ಲಿ ಶ್ರೀಕೃಷ್ಣ ಪರಮಾತ್ಮ ಹೇಗೆ ಯುದ್ಧ ಸಮಯದಲ್ಲಿ ಅರ್ಜುನನ ಆತ್ಮ ವಿಶ್ವಾಸ ಹೆಚ್ಚಿಸಿ, ಧರ್ಮ-ಅಧರ್ಮವನ್ನು ತಿಳಿಸಿ ಮಾನಸಿಕ ಸ್ಥೈರ್ಯವನ್ನು ಹೆಚ್ಚಿಸಿದ್ದು ನಮಗೆ ಪಾಠ.

ಹೇಗೆ ಶ್ರೀರಾಮ ವನವಾಸದಲ್ಲಿಯೂ ಸಹ ಸುಖ, ಶಾಂತಿ, ನೆಮ್ಮದಿಯಿಂದ ಜೀವಿಸಿ 14 ವರ್ಷಗಳ ನಂತರ ಮರಳಿ ಸಂತೋಷದಿಂದ ಹಿಂತಿರುಗಿ ಅಯೋಧ್ಯೆಗೆ ಸೇರಿದನೋ, ಅದೂ ನಮಗೆ ಪಾಠ.

ಶ್ರೀಕೃಷ್ಣನು ಹೇಳಿರುವ ಪ್ರಕಾರ, ಯಾರು ತನ್ನ ಅರಿಷಡ್ವರ್ಗಗಳನ್ನು ತ್ಯಜಿಸಿ ಜೀವನದಲ್ಲಿ ಸಾತ್ವಿಕ ಚಿಂತನೆ ಬೆಳೆಸಿಕೊಂಡು ಹೋಗುತ್ತಾರೋ ಅವರು "ಸ್ಥಿತ ಪ್ರಜ್ಞನು" ಎನಿಸಿಕೊಳ್ಳುವರು.

ಇಂದಿನ ಕಷ್ಟದ ಕೋವಿಡ್ ಪರಿಸ್ಥಿತಿಯಲ್ಲೂ ಮನಸ್ಸನ್ನು ಪ್ರಸನ್ನವಾಗಿಟ್ಟುಕೊಳ್ಳುವುದು ಅತ್ಯವಶ್ಯಕ.

ಪ್ರಸನ್ನ ಮನಸ್ಸಿನ ಪ್ರಾಮುಖ್ಯತೆ - ವಿದ್ಯಾರ್ಥಿ ಜೀವನದಲ್ಲಿ

ಕು. ಲಕ್ಷ್ಮೀಶ ಹೆಗಡೆ, ಬಿ.ಎ.ಎಂ.ಎಸ್., 2ನೇ ವರ್ಷ

ಬಾರತ ದೇಶದ ಜ್ಞಾನ ಪರಂಪರೆಯಲ್ಲಿ ವೈದ್ಯಶಾಸ್ತ್ರಕ್ಕೆ ಅಧಿಕ ಪ್ರಾಮುಖ್ಯತೆಯನ್ನು ನೀಡಲಾಗಿದೆ. ಮನಸ್ಸಿನ ವಿಷಯದಲ್ಲಿ ಭಾರತೀಯರು ಪ್ರಾಚೀನ ಕಾಲದಲ್ಲೆಯೇ ಏಕಾಗ್ರತೆ, ಚಿತ್ತನಿಗ್ರಹ, ಧ್ಯಾನ, ಯೋಗ ಮುಂತಾದ ವಿಷಯಗಳ ಬಗ್ಗೆ ಜ್ಞಾನ ಹೊಂದಿದ್ದರು. ಈ ಪರಂಪರೆಯಲ್ಲಿ ಮನಸ್ಸು ಎಂಬ ವಿಷಯವು ಉಳಿದ ದೇಹದ ಸಾಮಾನ್ಯ ಕ್ರಿಯೆಯನ್ನು ಮಾಡುವುದರಲ್ಲಿ ಬಹಳ ಮುಖ್ಯ ಪಾತ್ರವನ್ನು ವಹಿಸುತ್ತದೆ ಎಂದು ಬಿಂಬಿಸಲಾಗಿದೆ.

ಮನಸ್ಸಿನ ಬಗ್ಗೆ ಉಲ್ಲೇಖ: ನಾವು ಮನಸ್ಸಿಗೆ ಸಂಬಂಧಪಟ್ಟ ವಿಷಯವನ್ನು ಮುಖ್ಯವಾಗಿ ಪತಂಜಲಿ ಯೋಗಸೂತ್ರದಲ್ಲಿ ಮತ್ತು ಆಯುರ್ವೇದ ಶಾಸ್ತ್ರದಲ್ಲಿ ಹಾಗೂ ಭಗವದ್ ಗೀತೆಯಂತಹ ಮುಖ್ಯ ಗ್ರಂಥಗಳಲ್ಲಿ ಕಾಣಬಹುದಾಗಿದೆ. ಪತಂಜಲಿ ಯೋಗಸೂತ್ರದಲ್ಲಿ ಮಹರ್ಷಿಗಳು ಮನಸ್ಸಿನ ವ್ರತ್ತಿ ಮತ್ತು ಅದರ ವಿಜ್ಞಾನ, ಮನದ ವಿಷಯಗಳ ಬಗ್ಗೆ ಸವಿಸ್ತಾರವಾಗಿ ಉಲ್ಲೇಖಿಸಲಾಗಿದೆ.

ಭಗವತಗೀತೆಯಲ್ಲಿ ಕೃಷ್ಣನು ಅರ್ಜುನನಿಗೆ ವಿಜ್ಞಾನಯೋಗವನ್ನು ವಿವರಿಸಬೇಕಾದಾಗ ಮನಸ್ಸಿನ ಪ್ರಾಮುಖ್ಯತೆ, ಅದರ ನಿಗ್ರಹ ಮತ್ತು ಅದರ ಗುಣಗಳನ್ನು ವಿಶೇಷವಾಗಿ ಸ್ಪಷ್ಟವಾಗಿ ವಿವರಿಸಿದ್ದಾನೆ.

ಆಯುರ್ವೇದ ಪದ್ಧತಿಯಲ್ಲಿಯೂ ಸಹ ಮನಸ್ಸಿನ ಬಗ್ಗೆ ವಿವರವಾಗಿ ಹೇಳಿ ಅದನ್ನು ಉಭಾಯೇಂದ್ರಿಯೆಯೆಂದು ಮತ್ತು ಎಲ್ಲ ಇತರ ಇಂದ್ರಿಯಗಳನ್ನು ಹತೋಟಿಯಲ್ಲಿಡುವುದೆಂದು ವಿವರಿಸಲಾಗಿದೆ.

ಇದಲ್ಲದೇ ವಚನ ಸಾಹಿತ್ಯದಲ್ಲಿಯೂ ಸಹ ಮನಸ್ಸನ್ನು ಸಹ ವಿಶೇಷವಾಗಿ ತೋರ್ಪಡಿಸಲಾಗಿದೆ.

ಮನಸ್ಸಿನ ಪ್ರಾಮುಖ್ಯತೆ: ಮನಸ್ಸಿಗೆ ಶಾಸ್ತ್ರಗಳಲ್ಲಿ ಬಹಳ ಮಹೋನ್ನತ ಸ್ಥಾನವನ್ನು ನೀಡಲಾಗಿದೆ. ಏಕೆಂದರೆ ಇದು ಸರ್ವ ಇಂದ್ರಿಯದ ಪ್ರಧಾನ ಅಂಗವಾಗಿದೆ. ನಮ್ಮ ಶರೀರವನ್ನು ಮೂರುಭಾಗವಾಗಿ ಹೇಳಬಹುದಾಗಿದೆ. ಅವುಗಳೆಂದರೆ ಆತ್ಮ, ಮನಸ್ಸು ಮತ್ತು ದೇಹ. ದೇಹವು ಕೇವಲ ಭೌತಿಕವಾದದ್ದು. ಆಯುಷ್ಯಾನಂತರದಲ್ಲಿ ದೇಹವು ಮುಪ್ಪಾಗಿ, ಕೊನೆಯಲ್ಲಿ ಅವನತಿಯನ್ನು ಹೊಂದುತ್ತದೆ. ಆತ್ಮವು ಅನಂತ ಮತ್ತು ಚಿರಕಾಲವಾಗಿದ್ದು, ಆತ್ಮಕ್ಕೆ ಯಾವುದೇ ಗುಣ, ಅಹಂಕಾರಾದಿ ಭಾವಗಳು ಇರುವುದಿಲ್ಲ. ಅದು ಶುದ್ಧ ಚೈತನ್ಯವಾಗಿರುತ್ತದೆ. ಮನಸ್ಸು, ದೇಹ ಆತ್ಮ ಎರಡಕ್ಕೂ ಒಂದು ಭಾವವನ್ನು ಕಲ್ಪಿಸುವುದು ಮನಸ್ಸಿನ ಕಾರ್ಯವಾಗಿದೆ. ದೇಹದಿಂದ ಆಶ್ರಯವನ್ನು ಪಡೆದುಕೊಂಡು, ಅನ್ಯೋನ್ಯತೆಗೆ ಕಾರಣವಾಗುವುದು ಮನಸ್ಸು. ಆದ್ದರಿಂದ ಆತ್ಮ ಜ್ಞಾನ ಪ್ರಾಪ್ತಿಗೆ ಹಾಸಿಗೆಯಂತಿರುವುದು ಮನಸ್ಸಾಗಿದೆ.

ಮನೋನಿಗ್ರಹದ ಅವಶ್ಯಕತೆ: ಈ ಮೇಲಿನ ಎಲ್ಲ ವಾಕ್ಯಗಳಲ್ಲಿ ಮನಸ್ಸನ್ನು ದೇಹದ ನಾಯಕ ಎಂದು ಬಣ್ಣಿಸಲಾಗಿದೆ. ಆದರೆ ಶಾಸ್ತ್ರ ಗ್ರಂಥಗಳಲ್ಲಿ ಮನಸ್ಸಿನ ನಿಗ್ರಹತೆಯ ಬಗೆಗೂ ಬಹಳ ವಿವರಣೆಗಳನ್ನು ನೀಡಿದ್ದಾರೆ. ಏಕೆಂದರೆ ಮನಸ್ಸಿನ ಮುಖ್ಯ ಕ್ರಿಯೆಯೇನೆಂದರೆ ಬಾಹ್ಯ ವಿಷಯಗಳನ್ನು ಸಂಗ್ರಹಿಸುವುದು. ಈ ಮನಸ್ಸೆಂಬುದಕ್ಕೆ ಒಳ್ಳೆಯ ವಿಷಯಗಳಾವುವು. ಕೆಟ್ಟ ವಿಷಯಗಳಾವುವು ಎಂಬ ಅರಿವೇ ಇರುವುದಿಲ್ಲ. ಆದ್ದರಿಂದ ಮನಸ್ಸನ್ನು ಅರಿಷಡ್ ವರ್ಗಗಳಾದ ಕಾಮ, ಕ್ರೋಧ ಲೋಭ, ಮೋಹ, ಮದ, ಮಾತ್ಸರ್ಯಗಳಿಂದ ರಕ್ಷಣೆ ಮಾಡಿಕೊಳ್ಳುವುದು ಅತ್ಯಂತ ಅವಶ್ಯಕವಾಗಿದೆ.

ಮನಸ್ಸು ಬಹಳ ಚಂಚಲವಾದದ್ದು. ಜಗತ್ತಿನಲ್ಲಿ ಅತಿ ವೇಗವಾಗಿ ಚಲಿಸುವ



ವಸ್ತುವಾದುದೆಂದರೆ ಮನಸ್ಸು ಎಂಬುದಾಗಿ ಹೇಳುತ್ತಾರೆ. ವಿಜ್ಞಾನದ ಪ್ರಕಾರ ಸತ್ಯಕ್ಕೆ ದೂರವಾದರೂ ಸಹ ಚಂಚಲತೆಯಲ್ಲಿ ಮನಸ್ಸಿಗೆ ಮೊದಲ ಸ್ಥಾನ. ಹಾಗಾಗಿ ಭಗವದ್ಗೀತೆ ಮೊದಲಾದ ಗ್ರಂಥಗಳಲ್ಲಿ ಮನೋನಿಗ್ರಹವನ್ನು ವಿವರಿಸಲಾಗಿದೆ.

ನಿಗ್ರಹ ಎಂದೆ ಮನವನ್ನು ಒಂದು ನಿರ್ದಿಷ್ಟವಾದ ವಸ್ತುವಿನ ಮೇಲೆ ಕೇಂದ್ರೀಕರಿಸುವುದು ಎಂದರ್ಥ.

ಅದಕ್ಕೆ ಪೂರಕವಾಗಿ ಇತರೆ ವಿಷಯಗಳನ್ನು ನಿಲ್ಲಿಸಿ ಏಕಾಗ್ರತೆಯನ್ನು ಒಂದು ವಿಷಯದ ಮೇಲೆ ಸಾಧಿಸುವುದಾಗಿದೆ.

ಆಧುನಿಕ ಜೀವನದಲ್ಲಿ ನಿಗ್ರಹದ ಅವಶ್ಯಕತೆ: ಇಂದಿನ ಜೀವನ ಪದ್ಧತಿಯು ಓಡುವ ರೈಲಿಗಿಂತ ಏನೂ ಭಿನ್ನವಾಗಿ ಉಳಿದಿಲ್ಲ. ಆಧುನಿಕ ನಗರಗಳಲ್ಲಿ ಜನರು ತಮ್ಮ ಜೀವನ ಪದ್ಧತಿಯನ್ನು ಅವರವರ ಕೆಲಸ ಕಾರ್ಯಗಳಿಂದಾಗಿ ತೀವ್ರವಾಗಿ ಬದಲಾಯಿಸಿಬಿಟ್ಟಿದ್ದಾರೆ. ಹೀಗಿರುವಾಗ ಅವರ ಊಟ, ನಿದ್ರೆ ಮೊದಲಾದ ನಿತ್ಯಕರ್ಮಗಳು ಸಹ ಭಿನ್ನವಾಗಿರುತ್ತದೆ. ಹೀಗೆ ಕೆಟ್ಟ ಜೀವನ ಕ್ರಮದಿಂದಾಗಿ ಅವರ ಮಾನಸಿಕ ಸ್ಥಿತಿಯು ಸಹ ಬಹಳ ಗೌಣವಾಗಿರುತ್ತದೆ. ಹಾಗಾಗಿ ಪ್ರತಿದಿನ ನಾವುಗಳು ದಿನಪತ್ರಿಕೆಯಲ್ಲಿ, ವಾರಪತ್ರಿಕೆಯಲ್ಲಿ ಆತ್ಮಹತ್ಯೆಯಂತಹ ಘೋರ ಕೃತ್ಯಗಳನ್ನು ಕಾಣಬಹುದಾಗಿದೆ. ವಿದ್ಯಾರ್ಥಿಯಾಗಿ, ಈ ರೀತಿಯ ಜೀವನ ಶೈಲಿಯಲ್ಲಿ ವಿದ್ಯಾರ್ಥಿಗಳದ್ದೇನು ಹೊಸ ವಿಷಯವಲ್ಲ. ಅವರು ಸಹ ತಮ್ಮ ನಿತ್ಯ ದಿನಚರಿಯನ್ನು ಪಾಲಿಸುತ್ತಿರುತ್ತಾರೆ. ಅತಿಯಾದ ಓಡಾಟ, ನಿದ್ರೆ ಬಾರದಿರುವುದು, ಪರೀಕ್ಷಾ ಒತ್ತಡ, ಪಾಲಕರ ಕಷ್ಟಗಳು, ಮುಂತಾದವುಗಳಿಂದ ಅವರ ಮಾನಸಿಕ ಸ್ಥಿತಿಯೂ ಹೀನಾಯವಾಗಿರುತ್ತದೆ. ಆದ್ದರಿಂದ ತಮ್ಮ ಜೀವನವನ್ನು ಮತ್ತು ಅದರ ಪದ್ಧತಿಯನ್ನು ಸುಧಾರಿಸಿಕೊಳ್ಳಲು, ತಮ್ಮ ತಮ್ಮ ಮನವನ್ನು ಪ್ರಶಾಂತವಾಗಿ ಮುಗ್ಧವಾಗಿ ಇರಿಸಿಕೊಳ್ಳಲು ಪ್ರಯತ್ನಿಸಬೇಕು.

ಈ ಮೊದಲೇ ಹೇಳಿದ ಹಾಗೆ ಮನಸ್ಸನ್ನು ಯೋಗದಲ್ಲಿ ಮನ ಅವಬೋಧನೆ ಎಂದು ಹೇಳಿದ್ದಾರೆ. ಜೊತೆಯಲ್ಲಿ ಯೋಗ ಎಂದರೆ ಮನಸ್ಸನ್ನು ಸಂತೋಷವಾಗಿ ಸಮೃದ್ಧಿಯಿಂದ ಇಡುವುದು ಎಂದಾಗಿದೆ.

ಆಯುರ್ವೇದ ವೈದ್ಯಶಾಸ್ತ್ರದಲ್ಲಿಯೂ ಸಹ ಮಾನಸಿಕ ಆರೋಗ್ಯವನ್ನು ಮೂಲವಾಗಿರಿಸಿ ವಿವಿಧ ಚಿಕಿತ್ಸಾ ವಿಧಾನಗಳನ್ನು ಜೊತೆಗೆ ಅದರ ನಿಗ್ರಹ ಆಚರಣೆಗಳನ್ನು ವಿಸ್ತಾರವಾಗಿ ವ್ಯಕ್ತಪಡಿಸಲಾಗಿದೆ.

ಇದಲ್ಲದೇ ದಿನ ನಿತ್ಯವಾಗಿ ಮನಸ್ಸಿಗೆ ಹಿತವೆನಿಸುವಂತ ಕಾರ್ಯಗಳನ್ನು ಮಾಡುವುದು ಕೂಡ ಮನದ ಆರೋಗ್ಯವನ್ನು ಸೌಖ್ಯವಾಗಿರಿಸಲು ಉಪಯುಕ್ತವಾಗಿದೆ.

ಮನದ ವೈಶಿಷ್ಟ್ಯತೆ: ಮನವನ್ನು ಅರ್ಥಮಾಡಿಕೊಳ್ಳುವುದು ಬಹಳ ಕಷ್ಟದ ಕೆಲಸವಾಗಿದೆ. ಹಾಗಿದ್ದರೂ ಸಹ ನಾವು ಸ್ವಾಸ್ಥ್ಯವನ್ನು ಕಾಪಾಡಿಕೊಳ್ಳಬೇಕೆಂದಿದ್ದರೆ ಮನಸ್ಸಿನ ಸ್ವಾಸ್ಥ್ಯವನ್ನು ಕಾಪಾಡಿಕೊಳ್ಳುವುದು ಅತ್ಯಂತ ಅವಶ್ಯಕ.

ನಾವು ಹೇಗೆ ವ್ಯವಹರಿಸುತ್ತೇವೆ, ನಾವು ಹೇಗೆ ಮಾತನಾಡುತ್ತೇವೆ ಎಂಬಲ್ಲಿ ಚಟುವಟಿಕೆಗಳು ಮನದ ಹತೋಟಿಯಲ್ಲಿಯೇ ಇರುತ್ತದೆ. ಹಲವರು ಹೇಳುತ್ತಾರೆ, ಬಾಲ್ಯವು ಅತ್ಯಂತ ಮೋಜಿನ ಸಮಯ ಹಾಗೂ ಜೊತೆಯಲ್ಲಿ ಅದು ಮುಖ್ಯವಾಗಿ ನಮ್ಮ ಮಾನಸಿಕ ಶಕ್ತಿಯ ಸಂವರ್ಧನೆಯ ಸಮಯವಾಗಿರುತ್ತದೆ.

ಕನ್ನಡದಲ್ಲಿರೋ ನಾಲ್ಕುಡಿಯ ಹಾಗೆ, ಮನಸ್ಸಿದ್ದರೆ ಮಾರ್ಗ ಎಂಬುದು ಅಕ್ಷರಶಃ ಸತ್ಯವಾಗಿ ತೋರುತ್ತದೆ. ಯಾವ ಕೆಲಸವನ್ನು ನಾವು ಒಂದು ಧೈಯದಿಂದ ನಿರಂತರವಾಗಿ ಶ್ರಮಪಟ್ಟು ಮಾಡುತ್ತೇವೆಯೋ ಅದು ಎಂದಿಗೂ ವಿಫಲವಾಗುವುದಿಲ್ಲ, ಒಂದಲ್ಲ ಒಂದು ದಿನ ಸಫಲತೆಯನ್ನು ನೀಡಿಯೇ ನೀಡುತ್ತದೆ.

ಈ ಮೇಲಿನ ಎಲ್ಲ ಪ್ರಸ್ತಾವದಲ್ಲಿ ನಮಗೆ ಮನಸ್ಸಿನ ಪ್ರಾಮುಖ್ಯತೆ, ಅದನ್ನು ನಿಗ್ರಹಿಸುವ ಅವಶ್ಯಕತೆ, ಅದರಿಂದ ಆಗುವ ಪ್ರಯೋಜನ, ಮಾತು ಆಧುನಿಕ ಕಾಲದಲ್ಲಿ ಮನಸ್ಸಿನ ಸ್ವಚ್ಛತೆಯ ಮಹತ್ವವು ಅರಿವಾಗುತ್ತದೆ. ಹಾಗಾಗಿ ನಾವೆಲ್ಲರೂ ನಮ್ಮ ಮನಸ್ಸನ್ನು ಆರೋಗ್ಯವಾಗಿಟ್ಟುಕೊಂಡು ದೇಶದ ಉನ್ನತಿಗೆ ಶ್ರಮಿಸೋಣ. ಮನದಿಂದ ಅತ್ಯೋನ್ನತಿ ಸ್ವಯಂಸುಧಾರಣೆಯಾಗೋಣ.

ಪ್ರಸನ್ನ ಮನಸಿನ ಪ್ರಾಮುಖ್ಯತೆ - ವಿದ್ಯಾರ್ಥಿ ಜೀವನದಲ್ಲಿ

ಕು. ಭರತ್ ರೆಡ್ಡಿ, ಬಿ.ಎ.ಎಂ.ಎಸ್., 1ನೇ ವರ್ಷ

ಆರೋಗ್ಯ ಅಥವಾ ಸ್ವಾಸ್ಥ್ಯ ಎಂಬುದು ಮಾನಸಿಕ ದೈಹಿಕ ಹಾಗೂ ಸಾಮಾಜಿಕ ಒಳಿತಿಗೆ ಸಂಬಂಧಪಟ್ಟದ್ದು. ಓದಿನ ಒತ್ತಡದಲ್ಲಿ ಮಾನಸಿಕ ಸ್ವಾಸ್ಥ್ಯವನ್ನು ದೂರಮಾಡುವವರನ್ನು ಕಾಣುತ್ತೇವೆ. ವಿದ್ಯಾರ್ಥಿಗಳಾದ ನಾವು ವಿದ್ಯೆಗೆ ತಕ್ಕಂತೆ ಕ್ರೀಡೆ ಮನೋರಂಜನೆ ಇತ್ಯಾದಿ ಕಾರ್ಯಗಳಲ್ಲಿ ತೊಡಗಿಸಿಕೊಳ್ಳಬೇಕು.

ಸಾಮಾನ್ಯವಾಗಿ 1997-2012ರಲ್ಲಿ ಜನಿಸಿದ ಪೀಳಿಗೆಯನ್ನು ನವಜಾತ ಪೀಳಿಗೆ ಎನ್ನುವರು. ಈ ನವಜಾತ ಪೀಳಿಗೆಯಲ್ಲಿ 6-24 ವಯಸ್ಕರನ್ನು ಎಂದರೆ ವಿದ್ಯಾರ್ಥಿಗಳನ್ನು ಕಾಣುತ್ತೇವೆ. ವಿದ್ಯಾರ್ಥಿಗಳಾದ ನಾವು ಮಾನಸಿಕ ಆರೋಗ್ಯವನ್ನು ಕಾಪಾಡಿಕೊಂಡು ಬೆಳೆಸುವುದು ನಮ್ಮೆಲ್ಲರ ಆದ್ಯ ಕರ್ತವ್ಯ.

ಆಧುನಿಕ ಯುಗದಲ್ಲಿರುವ ನಾವು ದಿನನಿತ್ಯ ಯಂತ್ರಗಳಂತೆ ದುಡಿಯುವುದನ್ನು ತೊರೆದು ಮಾನಸಿಕ ಸ್ವಾಸ್ಥ್ಯದ ಕಡೆಗೆ ಕಾಳಜಿವಹಿಸಬೇಕು. ದಿನವಿಡೀ ಓದು ಬರಹ ದುಡಿಮೆ

ಮಾಡುವುದರಿಂದ ಬರುವ ಕಾಯಿಲೆಗಳ ಆಸ್ಪತ್ರೆ ಖರ್ಚು ತಗ್ಗಿಸಬೇಕಾದರೆ ಇಂದಿನಿಂದ ವಿದ್ಯಾರ್ಥಿಗಳಾದ ನಾವು ಸಮಾಜದಲ್ಲಿ ಮಾನಸಿಕ ಹಾಗೂ ದೈಹಿಕ ಆರೋಗ್ಯವನ್ನು ಕುರಿತು ಅರಿವು ಉಂಟು ಮಾಡಬೇಕು. ಮುಂದಿನ ಪೀಳಿಗೆಗೆ ಒಳ್ಳೆಯ ಸ್ವಾಸ್ಥ್ಯ ಸಮಾಜವನ್ನು ಕಟ್ಟಿ ಕೊಡುವುದು ನಮ್ಮೆಲ್ಲರ ಆದ್ಯ ಕರ್ತವ್ಯ. ಯಾವುದೇ ತರಹದ ಒತ್ತಡಕ್ಕೆ ಒಳಗಾಗದೇ ಮಾನಸಿಕ ಸ್ಥೈರ್ಯದಿಂದ ಮುನ್ನುಗ್ಗಬೇಕು. ಕೇವಲ ಹಣಕ್ಕಾಗಿ ಮಾತ್ರ ಅಲ್ಲದೇ ಶುಚಿಯಾದ ಆರೋಗ್ಯಕ್ಕೂ ಕೂಡ ದುಡಿಯಬೇಕು ಎಂಬುದನ್ನು ಕಲಿಯಬೇಕು. ಕೇವಲ ಶಾರೀರಿಕವಾಗಿ ಅಲ್ಲದೇ ಮಾನಸಿಕವಾಗಿಯೂ ಮುನ್ನುಗ್ಗಬೇಕು. ಮನೋರಂಜನೆ, ಕ್ರೀಡೆ, ಸಾಮಾಜಿಕ ಚಳುವಳಿ ಇತ್ಯಾದಿ ಚಟುವಟಿಕೆಗಳಲ್ಲಿ ನಮ್ಮನ್ನು ನಾವು ತೊಡಗಿಸಿಕೊಂಡಾಗಲೇ ಮುಂದಿನ ಪೀಳಿಗೆಗೆ ಶುಚಿಯಾದ ಆರೋಗ್ಯಕರವಾದ ಸಮಾಜವನ್ನು ಕಟ್ಟಿಕೊಡಲು ಸಾಧ್ಯ.

ಮಾನಸಿಕ ಆರೋಗ್ಯವನ್ನು ಕಾಪಾಡಿಕೊಳ್ಳಲು ಮಾಡಬೇಕಾದ ಕಾರ್ಯಗಳು:

ವ್ಯಾಯಾಮ: ಪ್ರತಿದಿನ ವ್ಯಾಯಾಮ ಮಾಡುವುದರಿಂದ ನಮ್ಮ ದೇಹ ದಿನದಿಂದ ದಿನಕ್ಕೆ ಚೇತರಿಕೆ ಕಾಣುತ್ತದೆ. ಕೇವಲ ದೈಹಿಕ ವಾಗಿ ಮಾತ್ರವಲ್ಲದೆ ಮಾನಸಿಕವಾಗಿಯೂ ದೃಢತೆ ಕಾಣಬಹುದು. ಯೋಚನಾಶಕ್ತಿ, ಬುದ್ಧಿ ಬೆಳೆಯುವುದು. ದೈಹಿಕ ಸೌಂದರ್ಯದ ಜೊತೆಯಲ್ಲಿ ಓದುಬರಹದಲ್ಲೂ ಯಶಸ್ಸು ಕಾಣುತ್ತೇವೆ.

ಯೋಗಾಭ್ಯಾಸ: ಇಂದು ಪ್ರಪಂಚವೆಲ್ಲ ಭಾರತದ ಕಡೆ ತಿರುಗಿ ನೋಡುತ್ತದೆ ಎಂದರೆ ಅದರಲ್ಲಿ ಯೋಗವೂ ಕೂಡ ಒಂದು ಕಾರಣ. ಮಾನಸಿಕ ಸ್ವಾಸ್ಥ್ಯದ ಜೊತೆಯಲ್ಲಿ ವಿದ್ಯಾಭ್ಯಾಸದಲ್ಲಿಯೂ ಯಶಸ್ವಿಯಾಗಬಹುದು. ಮಾನಸಿಕ ಚಿಂತನೆ, ಬುದ್ಧಿಶಕ್ತಿ, ಹುರುಪು, ಆಸಕ್ತಿ, ಗಮನ ಎಲ್ಲವನ್ನೂ ಹೆಚ್ಚಿಸುತ್ತದೆ. ಯೋಗಾಭ್ಯಾಸದಿಂದಾಗುವ ಉಪಯೋಗಗಳು ಅಷ್ಟಿಷ್ಟಲ್ಲ.

ಪೌಷ್ಟಿಕ ಆಹಾರ ಸೇವನೆ: ಮಾನಸಿಕ ಹಾಗೂ ದೈಹಿಕ ಸ್ವಾಸ್ಥ್ಯದಿಂದ ಬಾಳಲು ಪೌಷ್ಟಿಕ ಆಹಾರ ಸೇವನೆ ಅತ್ಯಗತ್ಯ. ಆರೋಗ್ಯವನ್ನು ಕಾಪಾಡಿಕೊಳ್ಳಲು ಪ್ರತಿದಿನ ಆಸ್ಪತ್ತೆಯ ಸುತ್ತ ಓಡಾಡುವ ಸನ್ನಿವೇಶಗಳನ್ನು ನೋಡಿದ್ದೇವೆ. ಆದರೆ ನಾವು ದಿನನಿತ್ಯ ಪೌಷ್ಟಿಕ ಆಹಾರ ಸೇವಿಸಿದಲ್ಲಿ ಇಂತಹ ತೊಂದರೆಗಳನ್ನು ಕಾಣುವುದಿಲ್ಲ. ಬಾಹ್ಯ ಆಹಾರಗಳು, ಬಣ್ಣದ ಆಹಾರಗಳು ತಾತ್ಕಾಲಿಕ ಸುವಿವನ್ನು ಕೊಡಬಹುದು. ಆದರೆ ಅದು ನಮ್ಮ ಆರೋಗ್ಯವನ್ನು ನಮ್ಮಿಂದ ಕಿತ್ತೊಯ್ಯುತ್ತವೆ.

ಮನರಂಜನೆ: ವಿದ್ಯಾಭ್ಯಾಸದ ಜೊತೆ ಮನರಂಜನೆಯೂ ವಿದ್ಯಾರ್ಥಿ ಜೀವನದಲ್ಲಿ ಇರಬೇಕು. ಆಗಲೇ ವಿದ್ಯಾರ್ಥಿ ಜೀವನ ಸಾರ್ಥಕತೆಯನ್ನು ಕಾಣುತ್ತದೆ. ಜ್ಞಾಪಕಶಕ್ತಿ ದೈಹಿಕ ಬಲ ಇವೆಲ್ಲವೂ ಮನರಂಜನೆಯಿಂದ ಕಲಿಯುವ ಪಾಠಗಳು.



ಕ್ರೀಡಾ ಚಟುವಟಿಕೆಗಳು: ಕ್ರೀಡೆ ಕೇವಲ ದೈಹಿಕವಾಗಿ ಬಲ ನೀಡುತ್ತದೆ ಎಂಬ ಕಲ್ಪನೆ ನಮ್ಮಲ್ಲಿ ಸಾಮಾನ್ಯವಾಗಿ ಇರುತ್ತದೆ. ಈ ತಪ್ಪು ಕಲ್ಪನೆಯಿಂದ ಕ್ರೀಡಾ ಚಟುವಟಿಕೆಗಳಿಂದ ದೂರ ಸರಿಯಬಾರದು.

ಸಲಹೆ: ಜ್ಞಾನಿಗಳು ಹಾಗೂ ಹಿರಿಯರ ಅನುಭವದ ಸಲಹೆ ನಮ್ಮನ್ನು ಒಂದು ಹೆಜ್ಜೆ ಮುಂದಿಡುವಂತೆ ಮಾಡುತ್ತದೆ. ಇದನ್ನು ನಿರ್ಲಕ್ಷ್ಯ ಮಾಡದೇ ಪಾಲಿಸಿದಲ್ಲಿ ವಿದ್ಯಾರ್ಥಿ ಜೀವನ ಸಾರ್ಥಕತೆ ಕಾಣುತ್ತದೆ.

ಮಾನಸಿಕ ಆರೋಗ್ಯವನ್ನು ಕಾಪಾಡಿಕೊಳ್ಳಲು ತೊರೆಯ ಬೇಕಾದ ಕಾರ್ಯಗಳು:

ಧೂಮಪಾನ ಅಥವಾ ಮದ್ಯಪಾನ: ಪ್ರಾಯದಲ್ಲಿ ಇಂತಹ ಚಟಗಳತ್ತ ಮನಸ್ಸು ಹಾರುವುದು ಸಹಜ. ಆದರೆ ಇವನ್ನೆಲ್ಲಾ ತೊರೆದು ಮುನ್ನುಗ್ಗಬೇಕು.

ಅತಿಯಾದ ಮೊಬೈಲ್ ಬಳಕೆ: ಮನರಂಜನೆ ವಿದ್ಯಾರ್ಥಿ ಜೀವನದಲ್ಲಿ ಇರಬೇಕು. ಆದರೆ ವಿದ್ಯಾರ್ಥಿ ಜೀವನವನ್ನು ನುಂಗುವಂತಿರಬಾರದು. ಅತಿಯಾದ ಮೊಬೈಲ್ ಬಳಕೆಯಿಂದ ಅನೇಕ ರೋಗಗಳನ್ನು ಕಾಣುತ್ತೇವೆ.

ಕಾಮವಾಸನ: ಪ್ರಾಯದಲ್ಲಿ ಕಾಮವನ್ನು ತೊರೆದು ನಿಗ್ರಹದಿಂದಿದ್ದರೆ ವಿದ್ಯಾರ್ಥಿಗಳಾದ ನಾವು ಜಯಿಸಿದಂತೆ.

ಕ್ರೋಧ: ಅತಿಯಾದ ಕ್ರೋಧ ವಿದ್ಯಾರ್ಥಿ ಜೀವನಕ್ಕೆ ಒಳಿತಲ್ಲ. ಶಾಂತ ರೀತಿಯಿಂದ ಮುಂಬರುವ ತೊಂದರೆಗಳನ್ನು ಎದುರಿಸಿ ಗೆಲ್ಲುವುದು ನಮ್ಮ ಲಕ್ಷಣ.

ಯಂತ್ರಗಳ ಬಳಕೆ: ಮಾನವನು ತಾನು ಮಾಡುವ ಕೆಲಸ ತಗ್ಗಿಸಲು ಕಂಡುಹಿಡಿದ ಸಾಧನಗಳೇ ಈ ಯಂತ್ರಗಳು. ಇವು ನಮ್ಮನ್ನು ನುಂಗುವಂತಿರಬಾರದು.

ಇಂದು ನಾವು ಮಾಡುವ ಕಾರ್ಯಗಳೇ ನಮ್ಮ ಮುಂದಿನ ಜೀವನದ ಮೇಲೆ ಪ್ರಭಾವ ಬೀರುವುದು. ಮಾನಸಿಕ ಆರೋಜಿಸದಿಂದ ಇರುವುದು ಅದನ್ನು ಉಳಿಸುವುದು ವಿದ್ಯಾರ್ಥಿಗಳಾದ ನಾವು ಮಾಡಬೇಕಾದ ಪ್ರಥಮ ಕರ್ತವ್ಯ.

ಪ್ರಸ್ತುತವಾಗಿ ನಾವು ಕಟ್ಟುವ ಸ್ವಾಸ್ಥ್ಯಕರವಾದ ಸಮಾಜವೇ ಮುಂದಿನ ಪೀಳಿಗೆಗೆ ನಾವು ತೋರಿಸುವ ದಾರಿ ದೀಪ. ವಿದ್ಯಾರ್ಥಿ ಜೀವನದಲ್ಲಿ ಅನೇಕ ಅಡಚಣೆಗಳು ಬರುವುದು ಸರ್ವೇ ಸಾಮಾನ್ಯ. ಅವೆಲ್ಲವನ್ನೂ ತೊರೆದು ಯಶಸ್ಸು ಕಾಣುವುದೇ ನಮ್ಮ ಲಕ್ಷ್ಯ. ಜೀವನದಲ್ಲಿ ಯಶಸ್ಸು ಕಾಣಬೇಕೆಂದರೆ ಇಂದಿನಿಂದಲೇ ನಾವು ಸ್ವಾಸ್ಥ್ಯ ಆರೋಗ್ಯಕರ ಸಮಾಜವನ್ನು ಕಟ್ಟುವುದು ಅತ್ಯಗತ್ಯ. ಅತಿಯಾದ ಯಂತ್ರಗಳು ಮೊಬೈಲ್‌ಗಳ ಬಳಕೆಯಿಂದಾಗುವ ತೊಂದರೆಗಳ ಕುರಿತು ಸಮಾಜದಲ್ಲಿ ಎಚ್ಚರಿಕೆ ಉಂಟುಮಾಡುವುದೇ ನಾವು ಮಾಡಬೇಕಾದ ಆದ್ಯ ಕರ್ತವ್ಯ.



*One should always acquit oneself
in an auspicious way and be well mannered*

• Cha.Su.8

University Ranks

Final Year BAMS Batch 2016 & 17 - Topper Students



Radhika
77.01%



Madhushree
76.6%



Spoorthi Bevrur
76.23%



Meghashree
75.3%



Vatsal
75.14%



Keerthi
74.4%



Keerthana
74.3%



Spoorthi Sanjay
74.14%



Chinmayee P
73.6%

Tushara - 73.8%

Bansi - 73.41%

Ravindra - 73.41%

1st Rank in Charaka Samhita - Rajath D

2nd Rank in Panchakarma - Anjana

5th Rank in Research Methodology - Karthik

Number of Rank Holders according to Year wise & Subjects 151 Ranks in Total

1 st Profession BAMS (2016-17) - 24 Ranks, (2018 - 19) - 2 Ranks	2 nd Profession BAMS (2017 -18) - 12 Ranks (2019 - 20) - 1 Rank	3 rd Profession BAMS (2018 - 19) - 53 Ranks	4 th Profession BAMS (2019 - 20) - 59 Ranks
15 students in Ashtanga	8 students in Charaka Samhita	23 students in Charaka Samhita	38 students in Panchakarma
8 students in Sanskrit	2 students in RSBK & 2 in RNVV	19 students in Agada Tantra	12 students in Kayachikitsa
1 student in Kriya Shareera	1 student in DG	7 students in Bala Roga	4 students in Shalakyta Tantra & 4 in Shalya Tantra
2 students in Shareera Rachana		3 students in Prasooti Tantra	1 student in Research Methodology

Student's Achievements in 2021

University Ranks 2021 - 534 Ranks

1 st Profession BAMS (2019 -20)	2 nd Profession BAMS	3 rd Profession BAMS
Shareera Kriya - 33	DG - 27	Agada Tantra - 39
Shareera Rachana - 22	RNVV - 69	Swastha Vritta - 41
Ashtanga Hrudaya - 33	RSBK - 67	PTSR - 47
Padartha Vignana - 10	Charaka Samhita - 61	Bala Roga - 42
		Charaka Samhita - 43

Sl.No	Student	Batch	Rank	Subject	Year
1	Rajath	2017-18	1 st	Charaka Samhita	2 nd yr
2	Madhushree	2016-17	5 th	Charaka Samhita	3 rd yr
3	Karthik	2015-16	5 th	Research Methodology	Final yr
4	Jayanthi	2017-18	6 th	Rachana Shareera	1 st yr
5	Akshata	2016-17	7 th	Agada Tantra	3 rd yr
6	Shubha Chandra	2015-16	7 th	Panchakarma	Final yr
7	Ravindra	2016-17	8 th	Prasoothi Tantra	3 rd yr
			10 th	RSBK	2 nd yr
8	Laxmipriya	2015-16	11 th	Shalakya Tantra	Final yr
			22 nd	Kayachikitsa	Final yr
9	Keerthi	2016-17	11 th	Ashtanga	1 st yr
			16 th	Dravya Guna	2 nd yr
			19 th	Balaroga	3 rd yr
10	Harshita	2016-17	14 th	Sanskrit	1 st yr
11	Radhika	2016-17	14 th	Sanskrit	1 st yr
			15 th	RNVV	2 nd yr
12	Jyothika	2016-17	19 th	Kriya Shareera	1 st yr
13	Meghashree	2016-17	19 th	Balaroga	3 rd yr
14	Sarvangi	2015-16	32 nd	Shalya Tantra	Final yr

SUSHRUTHA AYURVEDIC MEDICAL COLLEGE & HOSPITAL



Teaching Faculty & RMOs of SAMC&H



BAMS 1st year



BAMS 2nd year

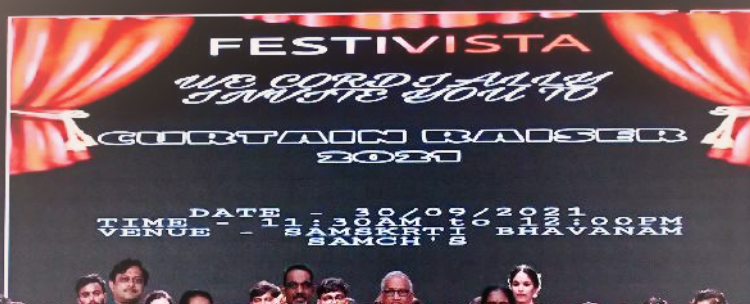


BAMS 3rd year



BAMS 4th year





Culturals
 Kala
 Sangama





Sushrutha Saurabha







SAMC&H

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