



# MALWANCHAL MIRROR

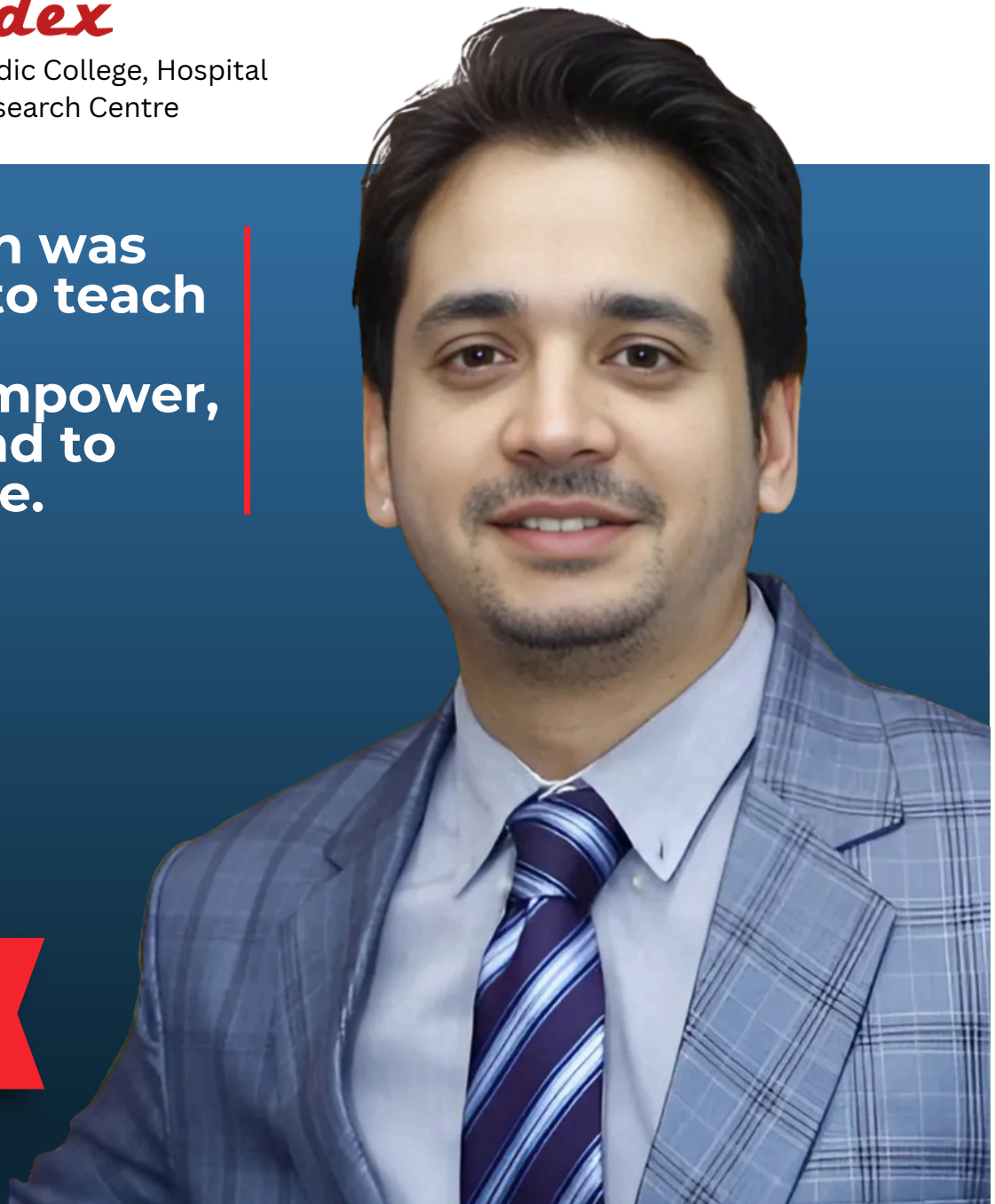
## QUATERLY BULLETIN



### *Index*

Ayurvedic College, Hospital  
and Research Centre

Our mission was  
never just to teach  
or to treat.  
It was to empower,  
to uplift, and to  
lead change.



**Mr. MAYANKRAJ  
SINGH BHADORIA**

Vice-Chairman,  
Mayank Welfare Foundation

# FROM THE DESK OF DIRECTOR...

## **Dr. Vinod Yadav**

Director,  
Index Ayurvedic College Hospital and Research Centre



Moments like these invite reflection, gratitude, and quiet pride. Witnessing the institution grow, earn trust, and touch lives is a deeply fulfilling experience. The fact that all 100 BAMS seats have been successfully fulfilled is not just a statistic—it is a reflection of faith. Faith reposed by students and parents in our vision, values, and commitment to authentic Ayurvedic education.

The commencement of the academic session was marked by a graceful and well-coordinated Induction and Inauguration Programme, symbolizing the formal welcome of our newest

learners into the sacred discipline of Ayurveda. Such beginnings are important they set the tone for discipline, curiosity, and responsibility, which are essential qualities for every aspiring Vaidya.

Every new student who enters our campus brings with them dreams, determination, and a desire to serve society. To all our newcomers, I extend my heartfelt blessings. May your journey here be guided by knowledge, humility, and perseverance. May you grow not only as skilled professionals but also as compassionate human beings who uphold the true spirit of Ayurveda.

Our institution stands firm in its belief that education is not limited to classrooms alone it is shaped by values, culture, and purpose. I sincerely acknowledge the dedication of our management, faculty, and staff, whose collective efforts create an environment where learning flourishes and character is nurtured.

As we move ahead, let us continue to walk this path with clarity of vision and unity of purpose, contributing meaningfully to healthcare and society through the timeless wisdom of Ayurveda.

With blessings and best wishes,



## FROM THE DESK OF PRINCIPAL ...

### **Dr. Prajakta Tomar**

Principal, Index Ayurvedic College, Hospital  
and Research Centre

It's a great pleasure to unveil the latest edition of our Malwanchal Bulletin Dec 2025. I am overwhelmed and excited to convey the happiness of our journey, the commencement of our new B.A.M.S academic batch 2025-2026. This achievement is a shining reflection of the trust and faith that 100 students and parents have placed in our institution's commitment to academic rigor, state-of-the-art infrastructure, and holistic approach to Ayurveda education.

The inauguration ceremony of our college took place on 12<sup>th</sup> December 2025. The presence of our esteemed Chief Guest, Hon'ble National Organising Secretary, Arogya Bharati, Shri Ashok Kumar Varshney Ji, and Special Guests, MLA, Indore-2, Shri Ramesh Mendola Ji and BJP Nagar Adhyaksh Indore, Shri Sumit Mishra Ji, added depth and meaning to the proceedings. Their words of wisdom will surely guide our

students as they navigate the complexities of this ancient science and strive to become compassionate and skilled Vaidyas.

Shishyounayan Sanskar was conducted in guidance of our esteemed Chief guest and Special guests.

On commencement of new batch as per the guidelines of NCISM Induction programme of 15 days was conducted in which renowned Principals, teachers from other colleges and from institutions like CCRAS enlightened the journey of discovery, growth, Research and transformation of our students of new batch.

The Ashwinau Yagya, was performed on 15 Dec 2025 for the well-being and success of our students, was a poignant reminder of the importance of spiritual and cultural values in our pursuit of knowledge. The sacred ritual brought our

community together, fostering a sense of unity, positivity, and collective responsibility

These events are a testament to our institution's unwavering commitment to holistic education where academic excellence, ethical grounding, and cultural values converge. I would like to extend my heartfelt gratitude to our Hon'ble chairman, Hon'ble Vice chairman, management, faculty members and staff, whose tireless efforts have made this journey possible.

As we move forward, let us reaffirm our dedication to the timeless wisdom of Ayurveda and strive to create a brighter future for ourselves and for the world. Let us walk together, hand in hand, with discipline, compassion, and a shared vision.



## CAMPUS NEWS

### Weekly Ayurvedic Health Camps –

### A STEP TOWARDS COMMUNITY WELLNESS

The Ayurvedic Hospital is consistently organizing weekly Ayurvedic health camps for three days every week in three different villages—Kampel, Pivday, and Double Chowki—as part of its commitment to community health and social responsibility.

These camps aim to provide accessible, safe, and holistic Ayurvedic healthcare to the rural population. Experienced Ayurvedic physicians offer free medical consultations, basic health check-ups, and guidance on diet, lifestyle, and preventive care based on Ayurvedic principles.

Common health issues such as joint pain, digestive disorders, skin diseases, respiratory problems, diabetes, obesity, gynaecological and general health complaints are addressed during these camps. The initiative has been warmly received by the villagers, fostering growing awareness and trust in Ayurveda. Through this ongoing effort, the hospital strives not only to treat illnesses but also to promote healthy living and preventive healthcare at the grassroots level.

“Bringing the wisdom of Ayurveda to every village, every week.”



### Ashwinau Yagya Blessings of the Divine Physicians

As part of the Induction Programme, an Ashwinau Yagya was solemnly performed to invoke the blessings of the Ashwini Kumaras, the divine physicians of Ayurveda. This sacred ritual symbolized the beginning of the students' academic journey with purity, positivity, and holistic well-being.

The Ashwinau Yagya was conducted with Vedic chants and traditional procedures, emphasizing the timeless values of Ayurveda—health, healing, discipline, and service to humanity. The ceremony aimed to instill spiritual awareness, ethical conduct, and a sense of responsibility among the newly admitted students as future healers.

The Yagya created an atmosphere of serenity and devotion, marking an auspicious and meaningful start to the induction programme and reinforcing the institute's commitment to blending ancient wisdom with modern education.

## CAMPUS NEWS

### SHISHYOPANAYAN SANSKAR

#### Inaugural Ceremony of Induction Programme

The Inaugural Ceremony of the Induction Programme Shishyopanayan Sanskar for newly admitted BAMS students (2025–26) was held with great enthusiasm and traditional dignity on 12th December 2025 at the college campus. The programme was graced by the Chief Guest, Hon'ble National Organising Secretary, Arogya Bharati, Shri Ashok Kumar Varshney Ji, along with Special Guests MLA Indore-2 Shri Ramesh Mendola Ji and BJP Nagar Adhyaksh Indore Shri Sumit Mishra Ji.



The ceremony began with a traditional welcome, followed by a ribbon-cutting ceremony inaugurating the college and hospital. The guests visited the campus facilities, including academic blocks, hospital services and Panchkarma therapies. A plantation ceremony highlighted environmental responsibility, followed by Dhanwantari Pujan seeking blessings for health and healing.

The Principal, Dr. Prajakta Tomar, motivated students to uphold discipline and compassion in Ayurveda. Inspiring addresses by the dignitaries enriched the event. The Uparna Ceremony, cultural performances and a heartfelt vote of thanks by Dr. Sunaina Chouhan marked a memorable beginning for the first BAMS batch.



## CAMPUS NEWS

### Enriching Guest Lecture Series during the Induction Programme

#### Enriching Guest Lecture Series during the Induction Programme

As an integral part of the 15-day Induction Programme, the institute proudly organized an inspiring guest lecture series delivered by renowned and distinguished faculty members from some of the most reputed institutes. aimed at providing a strong academic and professional foundation to the newly admitted students.

Esteemed experts shared their profound knowledge, clinical insights, and valuable experiences in the field of Ayurveda and medical education. Their thought-provoking and interactive sessions offered students a deeper understanding of the subject, while motivating them to pursue excellence with dedication and ethical values.

These enlightening lectures not only enriched the induction schedule but also left a lasting impression on the students, making the beginning of their academic journey both meaningful and memorable.



## FACULTY CORNER

### BEYOND THE SCALPEL: How Ayurveda is Redefining Urologic Care



#### Dr Sunaina Chauhan

Assistant Professor & Consultant,  
Dept. Of Shalyatantra  
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Research Centre

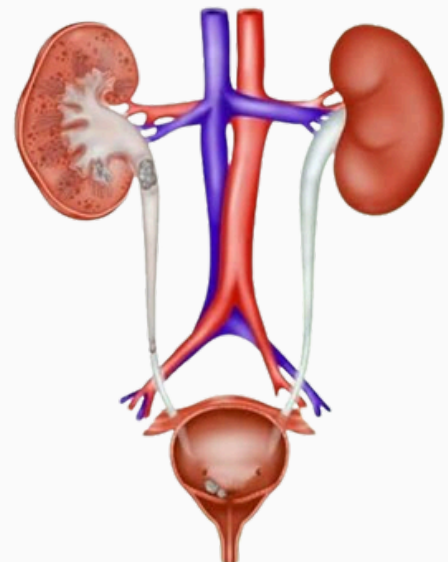
Modern surgery has achieved wonders, but for some patients, the road to recovery is paved with frustrating recurrences. One of the most challenging conditions in urology is the Urethral Stricture.

A 73-year-old male patient presented with severe urinary distress due to a recurrent urethral stricture at the penobulbar junction, despite previous TURP surgery and repeated urethral dilatations. Ayurvedic treatment, Uttarbasti, was administered, involving medicated oils (Sahacharadi Taila and Yava Kshar) inserted into the bladder through the urethral route, combined with gradual mechanical dilation and oral medication (Gokshuradi Guggulu and Chandraprabha Vati).

The treatment's dual action reduced fibrosis, restored urethral elasticity, and kept the lumen open without trauma. Results were transformative:

- ▶ 90% reduction in symptoms
- ▶ Normal urine stream
- ▶ Voiding time reduced from 6 to <2 minutes
- ▶ Complete resolution of stricture on follow-up RGU

Uttarbasti proved effective where modern interventions failed, offering a cost-effective, minimally invasive solution with low recurrence rates. This case highlights Ayurveda's potential in addressing complex urological conditions, providing a valuable alternative for patients seeking relief from recurrent urethral strictures.



## FACULTY CORNER

### SUWARNPRASHAN: The Golden Sheath for Children's Health



#### Dr. Hanuman Kadam

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Dept. of Kaumarbhritya  
Index Ayurvedic College,  
Hospital and Research Centre

Suvarnaprashan is one of the 16 essential Samskaras (sacramental rites) described in ancient Ayurvedic texts like the Kashyapa Samhita. Often referred to as "Ayurvedic Immunization," it is a traditional practice of administering a blend of purified gold ash, honey, and medicated ghee to children to enhance their physical and mental well-being.

#### KEY INGREDIENTS AND THEIR ROLES

The formulation is more than just gold; it is a synergistic blend designed for high bioavailability:

- Swarna Bhasma (Purified Gold Ash): Processed into nanoparticles, it acts as a powerful immunomodulator and "Medhya" (brain tonic).
- Madhu (Honey): Acts as a natural preservative and carrier (Yogavahi), helping the medicine reach deeper tissues.
- Ghrita (Medicated Ghee): Often infused with herbs like Brahmi or Shankhpushpi, ghee is essential for crossing the blood-brain barrier and nourishing the nervous system.
- Medhya Herbs: Many formulations include herbs like Vacha, Ashwagandha, and Guduchi to further support immunity and cognition.

#### CORE BENEFITS FOR CHILDREN

According to Ayurvedic tradition and emerging observational studies, Suvarnaprashan offers multidimensional benefits:

- Immune System Support (Vyadhikshamatva): It strengthens the body's natural defense mechanisms. Regular administration is believed to reduce the frequency of seasonal infections, such as common colds, coughs, and fevers, by improving the production of white blood cells.
- Cognitive Enhancement Known as a "Medhya Rasayana," it is specifically designed to improve: Dhi, Dhriti, Smriti
- Digestive Health & Growth The ghee and honey base stimulates the Agni (digestive fire). This leads to better nutrient absorption, helping children achieve healthy physical growth milestones and improving appetite.
- Calming the Mind It is often recommended for children with high levels of agitation, temper tantrums, or developmental challenges like ADHD and Autism, as it has a grounding effect on the nervous system.

#### Dosage and Administration

Age Group: Traditionally given from birth up to 16 years of age.

Timing: Best administered on an empty stomach in the early morning.

The "Pushya Nakshatra" Connection: While it can be taken daily for maximum benefit (usually for 30–180 days), it is traditionally administered on the day of Pushya Nakshatra (which occurs every 27–28 days). This specific astrological timing is believed to enhance the potency of the gold

## FACULTY CORNER



### Dr. Nitish Sharma

Assistant Professor  
Dept. of Samhita Siddhant Evum  
Sanskrit  
Index Ayurvedic College, Hospital  
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## SHISHIRA RITU ACCORDING TO AYURVEDA

### Modern Correlations

Shishira Ritu, described in Ayurveda as the late winter season, extends from mid-January to mid-March. This period is characterized by intense cold, dryness, and strong winds. According to Ayurvedic principles, Vata and Kapha doshas predominate, while digestive fire (Agni) becomes strong due to the external cold environment. Hence, specific dietary and lifestyle modifications are essential to maintain health and prevent seasonal disorders.

Ayurveda recommends warm, nourishing, and unctuous foods during Shishira Ritu. Intake of whole grains, pulses, milk, ghee, nuts, and warming spices such as ginger, black pepper, and cinnamon helps sustain body heat and strengthen digestion. From a modern

nutritional viewpoint, these foods provide sufficient calories, proteins, and micronutrients required for thermoregulation and immune enhancement during winter. Cold, raw, and refrigerated foods are discouraged, as they impair digestion and increase the risk of respiratory infections.

Regarding lifestyle, Ayurveda emphasizes daily oil massage (Abhyanga) with sesame oil, warm water bathing, adequate clothing, and regular exercise according to capacity. Modern science supports oil massage for improving circulation, reducing joint stiffness, preventing skin dryness, and relieving stress. Regular physical activity enhances metabolism and immunity, while controlled sun exposure aids vitamin D synthesis, which is vital during winter months.

Yoga practices like Surya Namaskar and Pranayama improve respiratory efficiency and mental balance, helping prevent common winter ailments such as cold, cough, joint pain, and lethargy. Avoiding night awakening and excessive exposure to cold aligns with modern sleep hygiene and circadian rhythm principles.

Thus, Shishira Ritucharya, when integrated with modern lifestyle practices, offers an effective preventive strategy for maintaining health, immunity, and overall wellbeing in winter.



## STUDENT CORNER

### THE PULSE OF THE FUTURE OF AYURVEDA: Why a Gen-Z Student is Looking Back to Move Forward?



**Arham Jain**

B.A.M.S 1<sup>ST</sup> Year  
IACH&RC,

#### *The Personal Spark & The Modern Paradox*

My decision to enter the field of Ayurveda wasn't born out of a textbook, but from a quiet observation of the world around me. I saw people "surviving" on pills but not truly "living" in health. I realized that while modern science is a miracle for emergencies, it often misses the person behind the patient. I chose BAMS because I wanted to be more than a doctor who suppresses symptoms; I wanted to be a healer who restores harmony.

#### *The Bridge Between Eras*

As a student entering this field in 2026, I see a growing realization among my generation that "new" is not always "better." While we are surrounded by rapid technological progress, we are also witnessing a global crisis of lifestyle-driven exhaustion. By "looking back" at Ayurvedic wisdom, I am not turning away from progress; I am seeking a more sustainable version of it. I believe that the future of medicine lies in this beautiful intersection—where the precision of

modern diagnostic tools meets the profound, soul-deep healing of our traditional heritage.

#### *The Global Renaissance (2025-2026)*

The year 2025 marked a seismic shift for our fraternity. The World Health Organization (WHO) officially integrated the ICD-11 TM-2 Module, providing Ayurveda with its first-ever global "Medical Language." This means Ayurvedic diagnoses are now recognized in global health standards right alongside conventional medicine. Nationally, the launch of the Ayush Grid and the digital DRAVYA Portal has transformed how we study herbs, while the success of the WHO Global Centre in Gujarat has made India the world's pharmacy for holistic health. With Ayurveda being integrated into mainstream military and sports medicine this year, we are seeing a historic rise where

*"Evidence-based Ayurveda" is no longer a dream, but a reality practiced in over 100 countries.*

#### *Where Nature Succeeds*

In my first few months at Index Ayurvedic College, I've realized that there are places where modern medicine reaches a dead-end, but Ayurveda opens a door. While Allopathy is great for quick fixes, Ayurveda is a savior for chronic struggles. Conditions like Psoriasis and Eczema, which often involve endless steroid creams, find a permanent solution through Panchakarma detox. For those suffering from IBS (Grahani), Fatty Liver, or Rheumatoid Arthritis (Amavata), where modern tests sometimes fail to give a clear path, Ayurveda's focus on Agni (Digestive fire) offers a real cure. Even in modern lifestyle issues like PCOS and Chronic Sinusitis, our science doesn't just manage the pain—it reboots the system from within.

From the WHO Global Centre in Gujarat to research labs in Germany, the world is finally realizing that "Nature's Laboratory" has had the answers all along.

*"Health is a state of physical, mental, and social well-being, but Swastha is a state of being established in one's own self."*

## STUDENT CORNER

### AYURVEDA: KNOWLEDGE THAT PRECEDES MEDICINE

#### Why a Gen-Z Student is Looking Back to Move Forward?



**Tushar Patel**

B.A.M.S 1<sup>ST</sup> Year  
IACHRC

Ayurveda is not merely an ancient medical system; it is a structured epistemology of life that predates the modern concept of "medicine". Deeply rooted in Indian civilization, Ayurveda views health as a dynamic state of equilibrium between the individual, nature, and time. According to ancient text, Ayurvedic treatment was the treatment of Kings and Emperors. The very essence of Ayurveda is defined beyond pathology, as stated in classical literature.

**"स्वस्थस्यस्वास्थ्य रक्षणंआतुरस्य विकारप्रशमनं च"**

This declaration establishes Ayurveda's primary objective as the preservation of health in the healthy, even before the treatment of disease - an idea that Modern preventive Medicine has only recently begun to acknowledge.

#### *Civilizational origin of Ayurvedic knowledge*

Ayurveda originated during the vedic period and evolved through a disciplined tradition of observation, reasoning, and experimental

validation. Ayurveda is described as Apaurushaya - Knowledge not authored by any individual, but revealed through generations of sages."

#### *Why I chose Ayurveda*

My decision to pursue Ayurveda was not driven by its ambiguity, but by its intellectual depth and ethical orientation. Unlike symptomatic treatment alone, Ayurveda focuses on understanding the root cause of disease through assessment of Dosha, Dhatu, and Mala. Its emphasis on lifestyle modification, dietary regulation, and preventive care reflects a truly sustainable and comprehensive model of medicine, which strongly aligns with my vision of ethical and patient-centered healthcare.

***"Ayurveda today stands as a timeless yet progressive science with immense potential for the future."***

#### *Conclusion:*

Ayurveda has endured not because it resists change, but because its principles are adaptable without losing their foundation. It remains a science that prioritizes balance over excess, understanding over intervention. By choosing Ayurveda, I hope to contribute to healthcare in a manner that is conscious & contextual.

***"One more thing is coming time. It will be the  
'Golden Era of Ayurveda' in India."***



## STUDENT CORNER

### AYURVEDA: THE ANCIENT SCIENCE OF LIFE

Ayurveda is one of the oldest systems of medicine in the world. The word "Ayurveda" is derived from two Sanskrit words - "Ayu" meaning life and "Veda" meaning knowledge or science. Thus, Ayurveda means the "Science of Life". It originated in India more than 5000 years ago and is still widely practiced today.

**Aim of Ayurveda:** To maintain health and to cure disease. Unlike modern medicine, which mainly focuses on treating symptoms, Ayurveda emphasizes prevention, balance, and harmony in the body, mind, and soul.

According to Ayurveda, the human body is governed by three basic energies called Doshas: Vata, Pitta, Kapha. These doshas

are responsible for all physical and mental activities of the body. Unique features of Ayurveda: Ayurveda is a natural approach to treatment. It uses herbs, minerals, diet regulation, lifestyle changes, yoga, and Panchakarma therapies to treat disease.

**Ayurveda In India:** In India Ayurveda is practised widely in government and private hospitals, colleges, research institutes and wellness Centre. The government of India promotes Ayurveda through the Ministry of AYUSH, which supports education, research and healthcare Services across the Country.

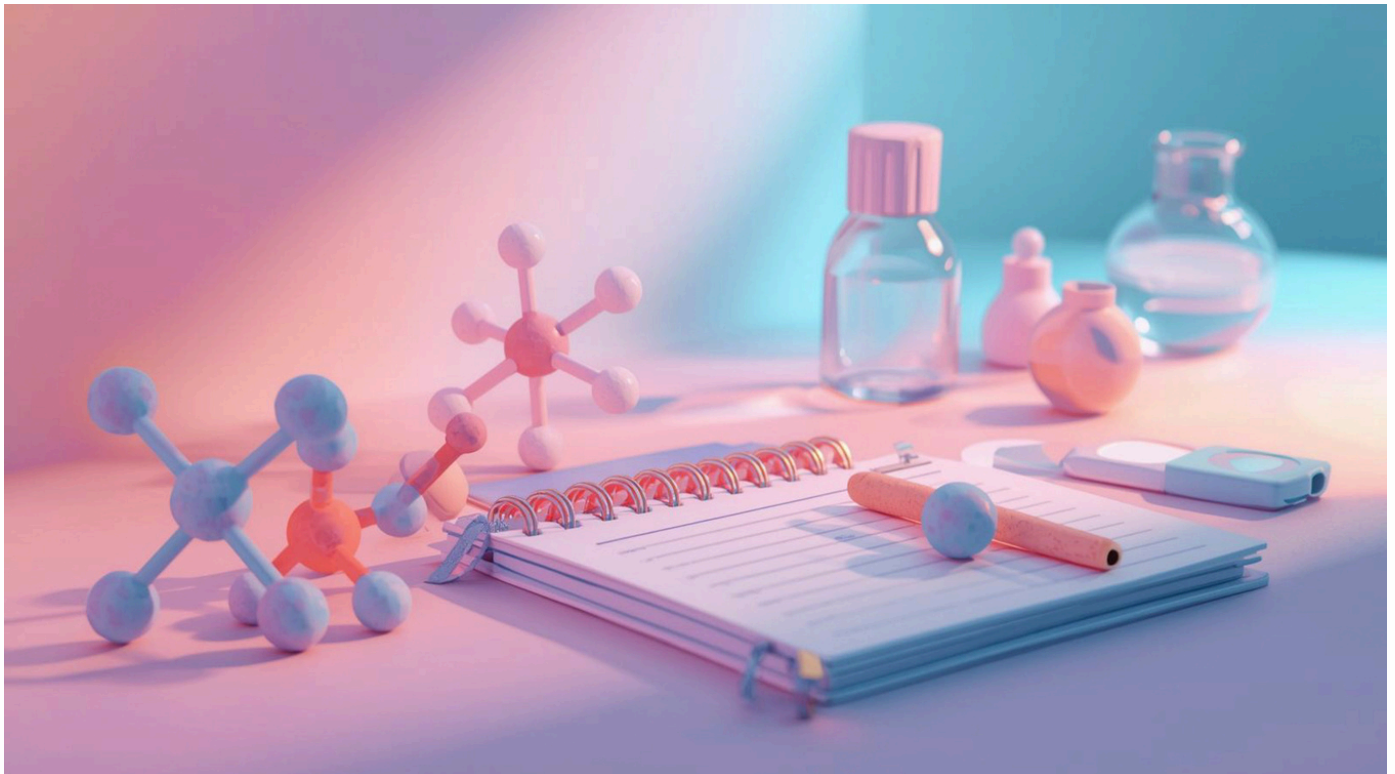


**Ritu Meena**

B.A.M.S 1<sup>ST</sup> Year  
IACH&RC, Indore

*"Ayurveda is the Science that Connects nature, body, and mind".*

*"Ayurveda makes a difference by healing the root cause not just the Symptoms."*



## STUDENT CORNER

### The Beginning of a Meaningful Medical Journey Where Ancient Wisdom Meets Modern Healing!



**Saloni Khichi**

B.A.M.S 1<sup>ST</sup> Year  
IACH&RC

Choosing Bachelors of Ayurvedic Medicine & Surgery is not just choosing a course; it is choosing a way of life, a science in which we are trained to treat the root cause of disease, not just the symptoms.

#### *Ayurveda: The Science of Life*

Ayurveda is not just a medical system. It is a complete philosophy of life. Rooted in the principles of Tridosha (Vata, Pitta, Kapha), Panchamahabhuta, and Prakriti, it teaches us how to live a healthy life by maintaining balance in the body, mind, and soul.

स्वस्थस्य स्वास्थ्य रक्षणम्, आतुरस्य विकार प्रशमनम्  
मान च यत्र न च यत्रोक आयुर्वेदः स उच्यते।

Ayurveda is the science that explains happy life, unhappy life, beneficial life, and harmful life.

#### *As a BAMS Student:*

The journey is both challenging and transformative, from memorizing classical Sanskrit shlokas to understanding medical

science; the curriculum demands discipline, patience, and dedication. At first, the Sanskrit terms and shlokas may seem difficult, but slowly, as we become familiar with our god faculties, we begin to Understand their deep meaning & scientific values.

#### *BAMS Matter's in Today's world:*

Today's lifestyle is very busy lifestyle because of that, lifestyle disorders, stress-related illnesses and chronic diseases increase day by day so the world is gradually turning back to Ayurveda for safe natural and sustainable solution. An Ayurvedic physician is not just a doctor but a vaidya whose duty is.

स्वास्थ्य स्वास्थ्य रक्षणम्, आतुरस्य विकार प्रशमनम् च ॥

To Protect the health of the healthy & cure the disease.

Ayurveda teaches us the Moral values of life, like How we respect our teachers, classical Ayurvedic texts, The responsibility of becoming a future vaidya.

### Learning Ayurveda, Serving Humanity

Ayurveda is a timeless science; I am proud to be its now learners.



## STUDENT CORNER

### ROLE OF DINCHARYA FOR HEALTHY LIVING



**Pradnya Patil**

B.A.M.S 1<sup>ST</sup> Year  
IACHRC

Ayurveda is an ancient Holistic system of wellness that focuses on Balance between Body, mind and Nature offering natural ways to live Healthier and Happier.

Dincharya → refers to the Daily regimen: Which plays a vital role in maintaining physical and mental well-being. The term is Dincharya is derived from two Sanskrit words Din means Day and Charya means Routine or conduct.

According to Charaka Samhita proper following of Dincharya Helps in maintaining the equilibrium of Dosha and prevents the occurrence of disease.

*"Health is the greatest fortune and Good Health is the means to achieving all Goals."*

#### *Some of important Components of Dincharya*

- Brahma Muhurta Jagarana: A healthy person decision of long life should make up during the Brahma Muhurta and it promotes mental clarity, freshness, and positivity.
- Dantadhavana and Jihva Nirlekhan: Cleaning of teeth and scraping tongue help in maintaining oral hygiene
- Abhyanga (oil massage): Nourishes the body, improves circulation, strengthens muscles, delaying ageing
- Vyayama (Exercise): Regular exercise improves strength, digestion, metabolism and vitamin C
- Snana (Bath): Maintains body cleanliness and improves appetite and energy levels and refreshes body.
- Aahar (Diet) - Ayurveda emphasizes consuming wholesome food at proper time and in proper quantity.

#### *Role of Dinacharya in prevention of disease*

- Maintaining balance of Tridosha's
- Improves digestion and metabolism
- Prevents disorders like obesity, diabetes and hypertension.

#### *Conclusion*

Dinacharya is simple yet effective Ayurvedic concept that guides an individual towards a healthy and disease-free life. Regular practice of Dinacharya helps in maintaining physical, mental and social well-being. Hence, Dinacharya should be followed by every individual as a part of daily life to achieve the ultimate goal of Ayurveda, which is "Swasthasya swasthya rakshanam".

## STUDENT CORNER

### RITUCHARYA:

## THE PREVENTIVE SCIENCE OF SEASONAL TRANSITIONS



**Divyansh Parmar**

B.A.M.S 1<sup>ST</sup> Year  
IACH&RC

Ayurveda, the ancient Indian system of medicine, has long advocated a preventive and promotive healthcare model through personalized and seasonal health routines. "The human body is a biological clock, finely tuned to the environmental shifts of light, temperature, and humidity. While modern science explores this through 'chronobiology,' Ayurveda has categorized these transitions for millennia under the system of Ritucharya. As the seasons change, so do the dominant Doshas (bio-energies) within our bodies. When we fail to adjust our habits during these transitions, we experience 'Ritu Sandhi'—a vulnerable period where immunity dips and toxins accumulate. This article explores how the six-season Ayurvedic calendar provides a clinical blueprint for maintaining internal homeostasis throughout the year."

### Ritucharya (Seasonal Routine)

Ritu (season) + Charya (routine/practice)-This refers to adjusting your lifestyle and diet according to the six seasons of the year. Since the environment changes with the seasons, your body's needs change too.

### Regimen of different seasons:

- **Shishira (winter)** Diet -Foods having Amla (sour) as the predominant taste are preferred. Cereals,pulses,rice,corn and other are advised. Ginger, garlic and milk and milk products are to be included in the diet. Lifestyle - bathing with lukewarm water, exposure to sunlight, wearing warm clothes are mentioned to follow.
- **Vasanta (spring)** Diet - Food items tasting Tikta (bitter), Katu (pungent), and Kashaya (astringent) are to be taken. Among cereal barley,wheat,rice are preferred. Honey should be included in diet. Lifestyle- Bathing with warm water. May do exercise during Vasant Ritu. Udvartana(massage),kavala(gargle) vamaana & nasya are also advised in this season .
- **Grishma (summer)** Diet - Madhura (sweet), Snigdha (unctuous), Sheeta (cold), and Drava (liquid) Guna, such as rice, lentil, etc, are to be taken. Drinking plenty of water and other liquids is to be practiced. Lifestyle - Staying in cool places , wearing light dresses , sleeping at day time are helpful.
- **Varsha (monsoon)** Diet - Foods having Amla (sour) and Lavana (salty) taste and of Sneha (unctuous) qualities are to be taken. Among cereal rice,barley and wheat should be taken. Lifestyle - Bathing with medicated or boiled water. Basti(enema) is prescribed in this season.
- **Sharat (autumn)** Diet - Foods are having Madhura (sweet) and Tikta (bitter) taste, and of Laghu (light to digest) and cold properties are advised. Wheat, green gram, sugar candy, honey are to be included in diet. Lifestyle - Medical procedures, such as Virechana (purging), Rakta-Mokshana (blood letting), etc, should be done during this season. Day-sleep, excessive eating are to be avoided.
- **Hemanta (late autumn)** Diet - One should use unctuous, sweet, sour, and salty foods. Various meats, fats, milk and milk products are to be consumed. Lifestyle - Exercise, body and head massage, use of warm water . Atapa-sevana (sunbath) & residing in warm places is recommended.

**Conclusion-** This is the way the ancient sages set up the regimen for various seasons on analytical reasoning to obtain Swastha (health) and prevent the diseases. The examples set by them stand as a hint to decide other do's and don'ts in the regimen.



### ACCREDITATIONS & AFFILIATIONS



### EDITORIAL CORNER



Every page of Malwanchal Mirror captures growth, innovation, and the heart of our institution.

**Mr. Sankalp Ojha**  
Editor

Malwanchal Mirror's design celebrates learning, achievement, and the vibrancy of campus life.

**Mr. Pranav Sharma**  
Creative Designer



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