

OCTOBER 2025

VOL. 01

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.*

**Shri Suresh
Singh Bhadoria**

Chairman,
Index Group of Institutions

TOP
EVENTS OF
OCTOBER
2025

 /MalwanchalUniversity

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From the desk of Director ...

Every great institution is built on a vision — a vision to inspire minds, nurture wisdom, and serve humanity. At Index Ayurveda College, Hospital & Research Centre, Indore, this vision comes alive each day through our dedication to spreading the timeless light of Ayurveda in a modern world.

It is indeed a moment of immense pride and happiness that our institution has been granted permission for 100 BAMS seats by the National Commission for Indian System of Medicine (NCISM). This remarkable achievement stands as a testament to our strong academic standards, excellent infrastructure, and unwavering commitment to quality education and patient care.

We are proud to state that this approval fulfills the requirements set forth in the NCISM Gazette 2024. With this milestone, we look forward to nurturing a larger number of future Ayurvedic physicians who will carry forward the legacy of this ancient science with modern vision and compassion.

We take immense pride in our team of passionate educators, skilled clinicians, and enthusiastic staff who together make this institution a center of excellence in Ayurvedic education, research, and service.

This bulletin is a reflection of our collective spirit — showcasing milestones, academic achievements, and the continuous pursuit of growth that defines the Index family.

Dr. Vinod Yadav

Director,

Index Ayurveda College, Hospital &
Research Centre



From the desk of Principal ...

Dear Readers,

It gives me immense pleasure to welcome you all to the first edition of “Malwanchal mirror” bulletin of Index Ayurveda College, Hospital & Research Centre, a center of learning traditional ancient science which has been time tested and has proved its excellence each time. Ayurved is the traditional system of medicine with historical roots in India. It uses a complete approach to health and well being emphasizing the balance between body, mind and spirit through diet, life style, Ayurvedic medicines and yoga. In 2019 W.H.O has defined health as a perfect balance between mind, body, and soul and recognized as Traditional System of Medicine. Ayurved has transitioned itself from being an ancient Indian healing system to a globally respected approach to holistic health. Recognized in more than 18 countries has become the center of research to find the solutions and treatments to diseases which have no answer in existing modern medicine.

After successful running a 100-bed hospital for last two years we have ventured into Ayurved College with 100 seats from academic session 2025-26. We have developed a state-of-the-art infrastructure, well-equipped laboratories, herbal gardens, a dedicated hospital, and an experienced team of faculty members to provide students with hands-on learning and authentic clinical exposure. At our college, we are deeply committed to nurturing young minds into compassionate, skillful, and responsible Ayurvedic physicians (Vaidyas) who can serve humanity with both knowledge and empathy.

Our focus extends beyond academics to the overall growth of every student—nurturing values, ethics, and a spirit of research. We strive to develop “Vaidyas” who will compete in modern science world and to excel and contribute at a global level in field of Ayurved.

As we embark on this journey of excellence, our aim is validate, modernize and globalize the ancient wisdom of Ayurved using scientific methods while preserving its traditional principles. Our institution stands as a symbol of rich heritage of our ancient scientific science and focuses on understanding the safety, efficacy, and mechanisms of Ayurved medicines and therapies. Let us together uphold the glory of Ayurveda and contribute to the global health and well-being of society.

With Best wishes

Dr. Prajakta Tomar

Principal,

Index Ayurveda College, Hospital & Research Centre



CAMPUS NEWS

Index Ayurveda College Receives Approval for 100 BAMS Seats

We are proud to announce a significant milestone in the journey of Index Ayurveda College, Hospital & Research Centre, Indore — the institution has officially received approval for 100 BAMS (Bachelor of Ayurvedic Medicine and Surgery) seats for the academic year 2025-26, in accordance with the Gazette Notification 2024.

This achievement comes following the successful completion of the Letter of Intent (LOI) and Letter of Permission (LOP) inspections, conducted by the National Commission for Indian System of Medicine (NCISM), New Delhi. The inspections thoroughly evaluated our infrastructure, faculty strength, hospital facilities, academic environment, and adherence to the regulatory standards as mandated by the Commission.



Receiving this recognition is a testament to the unwavering dedication and vision of our management, the tireless efforts of our academic and hospital teams, and our commitment to delivering excellence in Ayurvedic education and healthcare.

We extend our heartfelt thanks to the NCISM, our leadership, faculty, hospital staff, and all stakeholders who contributed to this important achievement.

With this approval:

- We reaffirm our mission to nurture future Vaidya's grounded in classical knowledge and modern scientific understanding.
- We expand our capacity to serve more aspiring students who wish to build a career in Ayurveda.
- We continue our commitment to holistic healthcare, research, and community service in alignment with the national goals for traditional medicine.



CAMPUS NEWS

Charak Jayanti Celebration – A Glorious Tribute to the Father of Ayurveda

With immense pride and reverence, we celebrated Charak Jayanti at our institution on 29/07/25, honoring the legendary sage Acharya Charak, whose contributions laid the foundation for the ancient science of Ayurveda.

The day began with the traditional lighting of the lamp, followed by a heartfelt homage to Acharya Charak. Our event featured insightful speeches on his life and teachings, highlighting his visionary work – the Charak Samhita – which continues to guide Ayurvedic medicine even today.



Highlights of the Celebration:

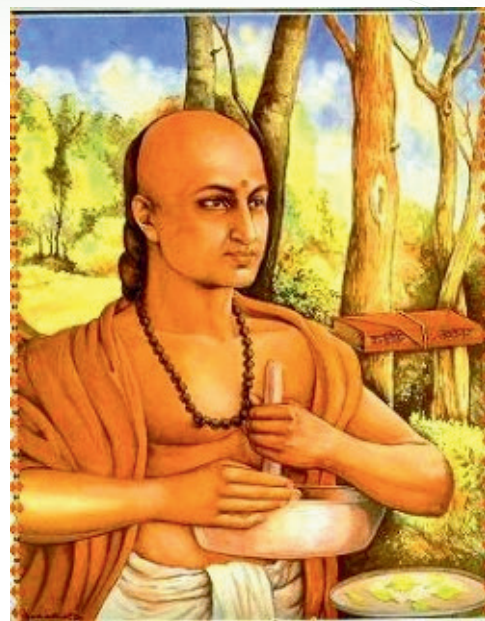
- Interactive Session on Ayurveda's relevance in modern healthcare
- Quiz Competitions celebrating Indian medical heritage

The event not only paid tribute to Acharya Charak but also rekindled our appreciation for India's ancient wisdom in healing and wellness. It was a moment of pride to see enthusiastic participation from students, staff, and guests, all coming together to honor a legacy that continues to inspire generations.



Did You Know?

- Charak Jayanti marks the birth anniversary of Acharya Charak, the legendary author of the Charak Samhita – one of the foundational texts of Ayurveda.
- He is known as the Father of Indian Medicine and emphasized preventive healthcare, holistic healing, and ethics in medical practice – centuries before modern medicine!)



CAMPUS NEWS

National Ayurveda day celebration at Index Ayurveda College

We are delighted to share that National Ayurveda Day was celebrated with great enthusiasm and pride under the guidance of our Honorable Principal Dr Prajakta Tomar at Index Ayurveda College, Hospital and Research Centre, Indore on 21 September 2025. This special occasion pays tribute to the timeless wisdom Ayurveda India's ancient system of holistic healing and aims to spread awareness about its importance in society and make aware of Ayurved as a lifestyle culture.

This year's celebration was held under the inspiring theme: "Ayurveda for People and Planet". The celebration commenced with the Dhanwantari prayer and traditional lighting of the lamp, symbolizing the light of knowledge and wellness. The highlight of the event was an enlightening guest lecture on Ayurveda by Dr. Preeti Salvi (Professor in Samhita Siddhant), who beautifully explained the relevance of Ayurvedic principles in today's fast-paced world and encouraged students to embrace its holistic approach in both personal and professional life.

Adding to the educational value, an impressive audiovisual presentation was conducted, offering an immersive glimpse into our college campus, Ayurvedic hospital, and the range of facilities and treatments available. The presentation showcased our institution's commitment to promoting Ayurveda through quality education and patient care.

The day concluded with a vote of thanks by Dr. Akhilesh Joshi (Associate Professor in Rachana Sharir), leaving everyone motivated to carry forward the legacy of Ayurveda with renewed energy and pride.

A exhibition was conducted by Consultants of Hospitals specifying the various therapies like Panchkarma, Kshar sutra, Agnikarma etc.

A heartfelt thanks to all our faculty members, students, and organizers who came together to make the National Ayurveda Day celebration a memorable and meaningful success!



CAMPUS NEWS

Week-Long Celebration Highlights

To amplify the impact of the occasion, a series of week-long activities were organized, fostering greater engagement among students, faculty, and the community:

- Free Ayurvedic Health Check-up Camps at various villages,
- School Outreach Programmes to educate young minds About natural healing and healthy habits
- Ayurveda Awareness Rally (Run for Ayurveda)
- Prakriti Parikshan & Awareness Camps, helping participants understand their unique constitution and how to maintain health in sync with nature.
- Herbal Garden tour to children from village school.



National Ayurveda Day is celebrated every year to honor the ancient Indian system of medicine — Ayurveda — which means “Science of Life.”

This day highlights Ayurveda’s holistic approach to health, focusing on balance between body, mind, and environment.

Each year, a special theme is chosen to promote Ayurveda’s role in wellness and sustainability — this year’s theme is “Ayurveda for People and Planet.”

Did You Know?

- Ayurveda Day is celebrated every year on Dhanvantari Jayanti, the birthday of Lord Dhanvantari, who is considered the God of Ayurveda.
- The word Ayurveda comes from Sanskrit — “Ayur” means life and “Veda” means knowledge — together meaning “The Science of Life.”
- Ayurveda was the first system to introduce detox therapies like Panchakarma to cleanse the body naturally.

Faculty Corner

The Great Trilogy of Ayurved – Clinical aspect

Brihatrayee the great trilogy of ayurvedic texts comprising the Charak Samhita, Sushruta Samhita and Ashtang Hridaya, while sharing a foundational philosophy each text emphasizes a different aspect of medicine.

Charak Samhita contains comprehensive knowledge about disease management, diagnosis and therapeutic approaches within ayurveda. In Chikitsa sthana it covers various aspects of treatment including preventive measures, panchakarma therapies, use of herbal & other formulations to manage wide range of diseases.

Sushruta Samhita emphasis on precise practical & holistic patient care with a foundation in detailed anatomy, surgical skill and sanitation.

Ashtang Hriday is considered as definitive summary of ayurvedic practice, outlining a systematic methodology for both diagnosis and treatment across the eight branches of ayurveda.

CONCLUSION – Brihatrayee is not just historical literature – it is a clinically rich guide that continues to shape modern ayurvedic diagnosis and treatment. Integrating its principles ensures a patient, centric holistic and time proven approach to healing



Dr. Preeti Salvi

Professor,
Department of Samhita Siddhant & Sanskrit
Index Ayurvedic College, Hospital and Research
Centre

Faculty Corner

CASE STUDY (AYURVED THERAPY FOR HYPERTENSION)

Lifestyle disorders have become a part of our life. Sedentary life style and modernized eating habits have become common in almost all household. Diabetes, Cholesterol Thyroid and High blood pressure are common disorders encountered by middle aged person. Either all or one of them create imbalance and vent route to other diseases.

A male person of aged 57 years with high blood pressure of 160/110 mm of Hg came to hospital. There were fluctuations in Blood pressure. Anti-hypertensive drugs could not give relief to the patient. Associate symptoms were irregular bowel movement. Indigestion and certain degree of loss of appetite. A previous USG showed history of fatty liver grade 1 and mild prostate Megaly..



Dr. Prajakta Tomar

HOD, Professor,
Department of Kayachikitsa

Index Ayurvedic College, Hospital and Research Centre

Deepan pachan was planned as the agni was not up to mark, Later A panchkarma therapy was planned for the patient. Deepan-pachan was instructed for 7 days. After ingestion of Ayurved medicines digestion improved.

After this Basti karma which is the most important therapy for elimination and balance Vitiated vata dosha. Basti refers to therapeutic administration of medicated oils or decoctions through rectum. It is all considered as 50 % treatment for all Vata dosha diseases and effectively balances vata dosha and nurtures the body. It controls nervous functions, eliminates toxins (Ama) from the gastro intestinal tract, improves digestion immunity strength and rejuvenates body.

Basti procedures was planned for 8 days. A combination of Anuvasan and Niruha Basti was given After two Basti procedures Blood Pressure lowered to 140 /100 mm of hg.After completion of Basti Blood Pressure recorded at 130/90 mm of Hg.

Patient was advised to undergo a whole abdomen USG. A noticeable change was seen in fatty liver of grade 1 which had come to normal and Prostrate enlargement reduced significantly bring to normal. Complaints of constipation, sleep disturbance improved significantly. A monitoring of Blood Pressure record is advised and follow up is suggested after 15 days. Patient is happy for he would not require to consume hypertensive medicines and sleeping pills. Ayurved cures all.

Faculty Corner

A CRITICAL INTERPRETATION ON MARMA AND ITS CLINICAL UTILITY IN MARMA THERAPY

Ayurveda emphasizes the harmony of body, mind, and spirit for complete health. The concept of Marma—vital points in the body—is central to this balance. Marmas are junctions of muscles, veins, ligaments, bones, and joints, where Prana (life energy) is concentrated. Marma Therapy involves gentle stimulation of these points to promote healing, energy flow, and overall well-being. It is an ancient practice that combines anatomy, physiology, and energy science.



Dr. Akhilesh Joshi

Associate Professor,
Dept. of Rachana Sharir

*Index Ayurvedic College, Hospital and Research
Centre*

Key Highlights

- 107 Marma points are distributed across the body.
- Classified by structure: Mamsa (11), Sira (41), Snayu (27), Asthi (8), Sandhi (20).
- Classified by function: Sadyapranahara (fatal), Kalantarapranahara, Vaikalyakara, Vishalyaghna, Rujakara.
- The three most vital Marmas (Trimarma): Hridaya (Heart), Shiras (Head), Basti (Urinary Bladder).

Therapeutic Importance

- Restores energy flow (Prana) and clears blockages.
- Balances Doshas, especially Vata.
- Enhances physical and mental strength.
- Aids in disease prevention and recovery

Conclusion

Marma points are vital centers of energy and consciousness. Their proper understanding helps in diagnosis, treatment, and surgery in Ayurveda. Marma Chikitsa is a safe and natural way to maintain harmony between the body and mind

Faculty Corner

Ayurvedic Cure for Intervertebral Disc Prolapse

I, Dr. Mohan Imade BAMS MD working as a consultant in kayachikitsa Department of this institute for the last 3 years. Our department is equipped with modern facilities and experienced clinicians who offer the best treatment based on evidence-based practices.

I am delighted to share with you a case of Prolapsed Intervertebral Disc (PIVD), successfully treated by our department. Prolapsed Intervertebral Disc (PIVD) is a common lumbar Spinal disorder in present era. Disturbed lifestyle and improper postural habits leads to this disorder. PIVD is a displacement of disc material beyond the Intervertebral disc margin which can be described under Vatvyadhi which is seen due to Vatprakopa. In modern science PIVD require surgical interventions which are avoided by Ayurvedic management. Acharya Charaka stated that Asthapan and Anuvasan Basti are the best choices of treatment to control the Vata.



Dr. Mohan Imade

Consultant

Department of Kayachikitsa

*Index Ayurvedic College, Hospital and Research
Centre*

A 55 years old female patient was reported to our department with the symptoms of backache, severe and continuous lumbar pain radiating to bilateral lower legs tingling sensation and numbness bilateral legs and pain while forward bending. This patient was diagnosed as PIVD on the basis of magnetic resonance imaging (MRI). The patient was treated with Shodhan i.e. Basti, Sthanik Snehana with Tilataila and Sthanik Nadiswedan along with above procedure Shaman chikitsa also given. Assessment was done on the basis of GALS (Gait Arm Legs and Spine Examination) and symptoms of patient. Patient shows significant improvement in gait and associated symptoms.

This result shows that the Ayurvedic treatment modalities were found quite effective and reliable for the treatment of Sciatica which can be well correlated to Grudhrasi.

Faculty Corner

Clinical Importance of Dissection' from both Modern and Ayurvedic perspectives

It gives me great pleasure, as a faculty member of Rachana Sharir, to present my views on the 'Clinical Importance of Dissection' from both Modern and Ayurvedic perspectives.'

Dissection has always held a vital place in medical education, serving as the foundation for understanding the structure and function of the human body. In modern medical science, cadaveric dissection provides a three-dimensional understanding of anatomy, which is essential for accurate diagnosis, surgical precision, and clinical correlation. It helps bridge the gap between theoretical knowledge and practical application in clinical practice.

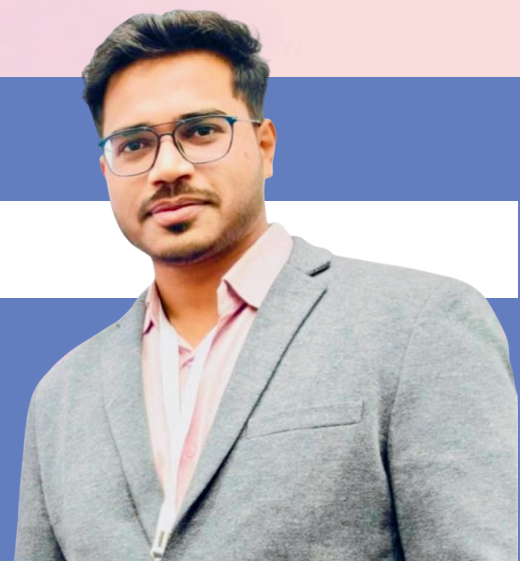
In Ayurveda, the importance of dissection was recognized thousands of years ago by Acharya Sushruta, known as the "Father of Surgery." In the Sushruta Samhita, he elaborated the method of Sharira Avayava Chhedan (systematic dissection of the human body) to study Sharira Rachana (anatomy) and to locate vital points or Marmas. This demonstrates the scientific and practical approach of Ayurveda towards understanding human anatomy.

Hence, dissection serves as a bridge between ancient Ayurvedic knowledge and modern medical science, fostering a deeper and more holistic understanding of the human body for effective clinical practice

Dr. Sachin Patidar

Assistant Professor
Dept. of Rachana Sharir

Index Ayurvedic College, Hospital and Research Centre



Faculty Corner

Sadhaka Pitta: The Gatekeeper for Mental Health W.S.R to Neurotransmitter

It gives me immense pleasure to share my recent contribution to the field of Ayurvedic science through the publication of my review article titled "Sadhaka Pitta: The Gatekeeper for Mental Health with special reference to Neurotransmitter" in the Journal of Ayurveda and Integrated Medical Sciences (Vol. 9, Issue 4). This academic endeavour is an attempt to bridge the timeless wisdom of Ayurveda with the ever-evolving frontiers of neuroscience. The paper explores the intricate role of Sadhaka Pitta, a subtle and dynamic subtype of Pitta Dosha situated in the Hridaya (heart), which governs the delicate interplay between emotions, cognition, and consciousness. By correlating the functions of Sadhaka Pitta with modern neurotransmitters, the study highlights Ayurveda's profound foresight in understanding psychosomatic regulation long before the advent of modern physiology.



Dr. Tejalrani Jaiswal

Assistant Professor , Department of Kriya Sharir
Index Ayurvedic College, Hospital and Research
Centre

In an era where emotional imbalance, anxiety, and depression have become global challenges, the ancient insight of Sadhaka Pitta offers a holistic lens through which mental well-being can be nurtured. Practices such as Dinacharya, Yoga, meditation, and a wholesome Ahara–Vihara are emphasized as natural modulators of Sadhaka Pitta — thereby harmonizing both mind and body.

Through this work, I aspire to inspire young scholars to delve deeper into the scientific essence of Ayurvedic principles and to appreciate how our classical texts hold solutions that are as relevant today as they were centuries ago. Ayurveda, when interpreted with a modern scientific outlook, not only heals but also enlightens the path toward total health — Sharirik, Manasik, and Adhyatmik.

Faculty Corner

Ayurveda Today in India

I extend heartfelt gratitude to my mentors, colleagues, and students for their constant encouragement and inspiration that make such academic explorations meaningful and fulfilling.

Ayurveda is one of the official systems of medicine in India. There has been a continuous attempt to upgrade Ayurveda as a parallel system of health care delivery in this country. Currently there are approx 900 Ayurvedic colleges affiliated to different regional universities besides two government full-fledged Ayurveda universities and several national institutes.

Over 50 institutions have provisions for Postgraduate Education and Research leading to M.D and Ph.D degrees besides BAMS graduate course. These institutions admit over 20,000 new students every year for UG and 1500 students for PG degrees. There are nearly 500000 registered practitioners of Ayurveda and about 10,000 licensed Ayurvedic Pharmacies producing Ayurvedic drugs for use of patients under care of Ayurvedic practitioners.

There are about 3000 Ayurvedic hospitals with over 50,000 hospital beds besides 25000 Ayurvedic dispensaries serving the people, in rural and urban areas, There is a great scope of enhancing support and mainstreaming of AYUSH in national health care delivery system.



Dr. Pankaj Jamre

Assistant Professor, Department of Samhita
Siddhant & Sanskrit
Index Ayurvedic College Hospital & Research
Centre

Faculty Corner

Reviving Health and Dignity: A Case Report on Ano-Vaginal Fistula Treatment in Shalya Tantra

I, Dr. Sunaina Chauhan, MS Shalya Tantra, am serving as a Assistant Professor in the Department of Shalya Tantra at this esteemed institute of Index Ayurvedic College Hospital and Research Centre, Indore since 2025. Our department is well-equipped with modern facilities and supported by a team of experienced clinicians. We are committed to providing the highest standard of care through evidence-based practices, while upholding the rich traditions of Ayurvedic surgical principles. am delighted to share with you a case of "A no-vaginal Fistula of Obstetric origin" which was surgically managed successfully by our department.

A 28-year-old female, presented to the SHALYATANTRA OPD with complaints of persistent passage of stool and flatus through the vagina, along with foul-smelling vaginal discharge, starting approximately 10 days after a vaginal delivery. The symptoms began following a prolonged and difficult labor that resulted in a second-degree perineal tear, which was sutured immediately postpartum.

Despite the initial repair, she developed continuous fecal incontinence and vaginal gas leakage, causing significant emotional distress and interference with daily life. On physical examination, a 2 cm opening was identified on the posterior vaginal wall, consistent with an abnormal communication between the rectum and vagina. MRI pelvis confirmed the presence of an anovaginal fistula, likely secondary to obstetric trauma. Initial management included broad-spectrum antibiotics to control local infection and inflammation.



Faculty Corner

After thorough counseling and emotional support, she underwent a Transvaginal Surgical Repair of the fistula BY The Endorectal Advancement Flap (EAF) , which proceeded without complications. Postoperative care focused on perineal hygiene, pain management, and infection prevention. On follow-up, showed steady recovery with marked improvement in her symptoms and overall wellbeing.

This is how Shalyatantra department inspires us with its profound mastery of surgical science rooted in Ayurveda, blending ancient wisdom with precise skill to restore health and dignity. It teaches us the art of healing through compassion, innovation, and unwavering dedication to patient care.

I wholeheartedly encourage all aspiring Ayurvedic scholars to immerse themselves deeply in this discipline—not merely as an academic requirement, but as a profound science that nurtures the senses, mind, and soul. It is truly heartening to witness our students approaching the intricate study of Shalya Tantra with such dedication and enthusiasm.

As torchbearers of Ayurveda's ancient wisdom, may we journey forward on the healing path with clarity of mind, purity of heart, and a spirit rooted in purpose.

With warm regards and blessings,



Dr Sunaina Chauhan

Consultant (Department of Shalya Tantra)
Index Ayurvedic College, Hospital and Research
Centre

Faculty Corner

Perspectives from the Department of Shalakya Tantra

It is my privilege to share a few thoughts on behalf of the Department of Shalakya Tantra, it is a vital branch of Ayurveda that deals with the diagnosis and management of diseases of the Netra (Eyes), Karna (Ears), Nasa (Nose), Mukha (Throat), and Shira (Head). This department integrates classical Ayurvedic texts with modern clinical approaches to ensure holistic patient care and academic excellence.

Shalakya Tantra embodies a perfect harmony of timeless ancient knowledge and sharp clinical expertise. In today's era—where lifestyle disorders, environmental pollutants, and digital strain are increasingly impacting the organs of the head and neck—our discipline is more relevant than ever. Traditional Ayurvedic therapies like Netra Tarpana, Nasya, Karna Purana, and various kriyas offer not just symptomatic relief but holistic rejuvenation.

This branch demands not only the theoretical knowledge but also keen observation, steady hands, and a sharp diagnostic mind. In the Department students are trained in specialized Ayurvedic procedures such as Tarpana, Putapaka, Anjana, Nasya, Dhoomapana, Karnapoorana, Gandusha, and minor surgeries like Agnikarma and Ksharakarma. Teaching includes interactive lectures, live demonstrations, and hands-on training, with regular case-based discussions and seminars to strengthen clinical knowledge and decision-making skills.

I encourage all budding Ayurvedic scholars to engage deeply with this subject—not just as a syllabus requirement but as a profound science that serves the senses, mind, and soul. It brings me great joy to see our students embracing the challenges and nuances of Shalakya Tantra with dedication and enthusiasm. May we all continue to uphold the legacy of Ayurveda, walking the path of healing with integrity, clarity, and purpose.

With warm regards and blessings,



Dr. Monika Jangra

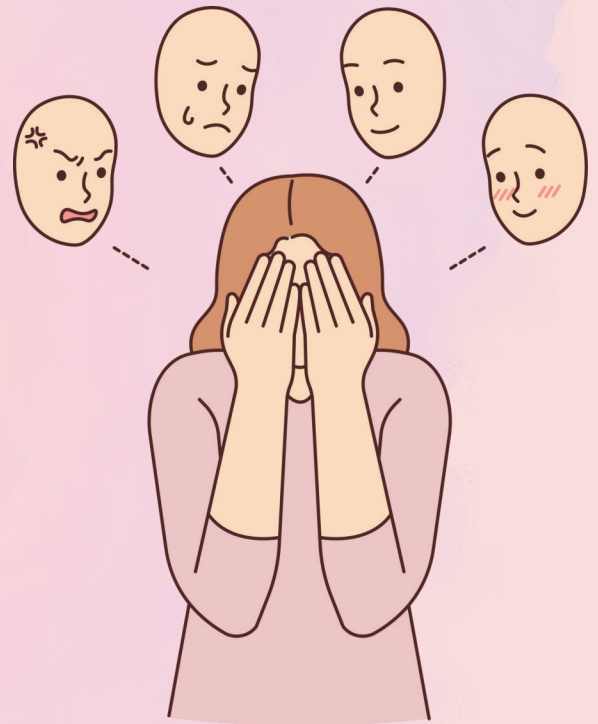
Consultant (Department of Shalakya Tantra)
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Faculty Corner

Promoting Health Through Ayurveda and Yoga

I am Dr kajal Dupare, working as a consultant under the Department of Swasthavritta and Yoga, with a commitment in to promoting preventive health and holistic well-being through the principles of Ayurveda and Yogic science. With a strong foundation in Dinacharya (daily regimen), Ritucharya (seasonal regimen), and yogic practices. I strive to integrate ancient wisdom with modern lifestyles through education, personalized wellness plans, and practical guidance in diet, lifestyle, and pranayama.

I am delighted to share with you a case of perimenopause Disorder successfully treated by our department. A 47-year-Old Female patient, began experiencing classic perimenopausal symptoms including irregular periods, frequent hot flashes (4-5 times per day), mood swings, disturbed sleep, and mild weight gain over the last six months. With a largely sedentary lifestyle and moderate work- related stress, she sought a non-pharmacological approach to manage her symptoms. After consultation with a holistic wellness, she has been adopted a combined plan focusing on nutrition and yoga (pranayama).



Her diet was modified to include natural phytoestrogens such as flax seeds, soy milk, and sesame seeds to support hormonal balance. Whole grains, green vegetables, and high-fibre foods were added to regulate digestion and improve energy levels. Healthy fats from avocados, nuts, and seeds helped stabilize mood and support skin health. Calcium rich foods like dairy, ragi (finger millet), and tofu were emphasized to protect bone health.



Faculty Corner

I Along side her dietary changes, and daily 30-minute pranayama routine. This included Nadi Shodhana (alternate nostril breathing) for hormonal balance and nervous system regulation, Bhramari (bee breath) to reduce anxiety and promote calm, and Sheetali (cooling breath) to alleviate hot flashes. Gentle yoga postures like Supta Baddha Konasana and Viparita Karani were included to improve circulation and reduce stress.

After three months of consistent practice. She reported significant improvement. Her hot flashes reduced, sleep quality improved, and mood swings became infrequent. Importantly, she reported feeling emotionally balanced and physically lighter, with no medication required.



Dr. Kajal Dupare

Consultant, Department of Swasthviritta & Yoga
Index Ayurvedic College, Hospital and Research
Centre

*This case demonstrate show peri meno
pausal symptoms can be effectively
managed through holistic, lifestyle-based
interventions. A combination of a hormone-
supportive diet and regular pranayama can
help women navigate this transitional phase
with greater ease and minimal dependence
on pharmaceuticals.*



Faculty Corner

An Integrated Approach of Janubasti and Panchatikta Ksheer Basti along with Shamana Chikitsa in the Treatment of Sandhigata Vata: A Clinical Study.

I'm Dr Ashish Mandloi consultant in the Panchakarma department of Index Ayurvedic College Hospital Research Centre. The Panchakarma, one of the prime therapeutic branches of Ayurveda, focuses on purification and rejuvenation of the body and mind. Through therapies like Vamana, Virechana, Basti, Nasya, and Raktamokshana, we aim to restore balance of the doshas, enhance immunity, and promote overall well-being.

Each Panchakarma therapy is planned according to the patient's health status, age, constitution (prakriti), and disease condition. We follow classical Ayurvedic protocols with modern hygiene and safety standards. Continuous monitoring is done by consultants to ensure effective and safe outcomes.

In our department, many diseases are treated such as Osteoarthritis, Katigraha, Rheumatoid arthritis, sleep disorders etc recently a 55years old (female patient) diagnosed case of osteoarthritis of knees with complaints of pain and swelling in both knee joints, and difficulty in walking since last 2 years come to our department.

Knee osteoarthritis (OA), which a degenerative disease, is the most common form of arthritis in the knee which is correlated with Janusandhigat vota in ayurveda. it has Rukhsa (dry) and Sheeta (cold) Guno are mainly aggravated which leads to Dhatukshya (joint degeration). The general line of treatment for Sandhigata vata is Sneha Upnaha agnikarma bandhana unmaranani cha. Janudhara have both Snehan and Swedan effect.



The Patient was treated with Janubasti and Panchankta ksheera Basti along with Shamana drug.

Janu Basti is a traditional Ayurvedic therapy specifically designed to address knee joint issues. The term "Janu" refers to the knee, and "Basti" means to retain or hold. This therapy involves creating a dough ring around the knee joint and filling it with warm, medicated oil or herbal decoction. The oil is retained for a specific period, allowing it to deeply penetrate the joint tissues.



Faculty Corner

Basti karma is maintained as the best treatment for Vata dosha. The Basti, which has Ksheera or milk as the main ingredient is known as Ksheera Basti. Ksheera Basti serves dual function, i.e., Niruho and Anuvasana. hence, it acts as Shodhana as well as Snehana. Aacharya Charaka specified that in the disease related to Asthi, we should give basti using Tikta rasatmak aushadhi dravya along with Ghruta (ghee) and ksheera (milk) that is saghrita tikta ksheera basti (enema of bitter drugs with ghee and milk).

Tikta rasa is dominant in Akash and vayu mahabhut pradhan hence can reach the same Vayu and Akash mahabhuta pradhon Asthi dhatu. So we planned for Panchatikta ksheera basti. After treatment relief in Joint pain, swelling and Joint crepitation following were observed in symptoms. The patient got satisfactory relief in clinical features after treatment.

This case demonstrates how Panchakarma therapy provided remarkable improvement in joint pain, stiffness, and mobility in the osteoarthritis patient. This is the not only one case but there are many cases where Panchakarma therapy has given relief.

With warm regards



Dr. Ashish Mandloi

Consultant, Department of Panchakarma
Index Ayurvedic College, Hospital and Research
Centre

Faculty Corner

Panchakarma in Psoriasis – An Ayurvedic Case Study

Psoriasis is a chronic autoimmune skin disorder characterized by thick, scaly plaques, itching, and recurrent flare-ups. In Ayurveda, it is correlated with Kitibha Kushta, a type of Kshudra Kushta. Panchakarma therapy plays a pivotal role in the management of such conditions, as it provides a systemic approach by balancing doshas, eliminating toxins, and offering both local and systemic relief. A 38-year-old male presented with a history of chronic psoriasis for six years, manifesting as scaly plaques on the elbows, knees, and scalp, accompanied by intense itching and periodic flare-ups. He was diagnosed as Plaque Psoriasis in modern medicine and Kitibha Kushta according to Ayurveda.

The treatment plan involved a classical Panchakarma approach. Initially, Purvakarma was conducted with Deepana-Pachana using Trikatu Churna for five days to improve digestion and metabolism, followed by Snehapana with Tiktaka Ghrita for five days for internal oleation. Abhyanga and Swedana with medicated oils were performed to mobilize accumulated doshas. The Pradhanakarma phase included Virechana with Trivrit Lehyam to expel vitiated Pitta and Kapha doshas, along with Jalaukavacharana (Leech Therapy) applied weekly for four sessions on affected areas. Post-procedure care was given through Sansarjana Krama, a gradually progressive light diet for seven days, and internal medications such as Guggulu Tikta Kashaya, Arogyavardhini Vati, and Mahamanjishthadi Kwatha for one month.

The results were encouraging. Following Virechana, there was a marked reduction in itching, dryness, and inflammation, along with improved digestion and sleep. After four sessions of leech therapy, the plaques softened, scaling reduced significantly, discoloration diminished, and lesions healed without secondary infection. Within six weeks, the patient experienced approximately seventy percent improvement, with no recurrence or flare-up during a three-month follow-up.

This case demonstrates the efficacy of Panchakarma in the management of psoriasis. Virechana effectively cleansed systemic toxins, while Jalaukavacharana improved local circulation and reduced inflammation. When combined with Ayurvedic medicines, the integrative approach provided sustainable relief without adverse effects, underlining the strength of Ayurveda in addressing chronic autoimmune skin disorders. At Index Ayurveda Hospital and Research Centre, Indore, we provide specialized Panchakarma therapies under expert supervision, ensuring holistic and safe management of chronic conditions like psoriasis.



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Faculty Corner

Freedom from Addiction through Ayurveda

I am Dr. Shreya Sahu, BAMS, M.D. Consultant in the Department of Agad Tantra (Toxicology), currently running De-addiction and Dermatology OPD and IPD services in this institute. I am pleased to share a successfully managed case of Alcohol De-addiction from our department.

Alcohol addiction, or Alcohol Use Disorder (AUD), is a growing concern in today's society. It not only harms physical health—causing liver dysfunction, acidity, and poor digestion—but also deeply affects mental health, leading to insomnia, anxiety, irritability, and loss of concentration. In Ayurveda, this condition is explained under the concepts of Madatyaya (alcohol intoxication and its complications). Chronic consumption disturbs Agni (digestive fire), aggravates Vata- Pitta Dosha, and results in both Sharirika (physical) and Manasika (psychological) disorders.

A 35-year-old male patient with a history of alcohol addiction for the past 8 years reported to our OPD. Despite multiple attempts, he was unable to withdraw from alcohol consumption. He presented with complaints of acidity, indigestion, insomnia, and loss of concentration, which were interfering with his daily routine and mental health. The patient's dependency was initially assessed using the AUDIT (Alcohol Use Disorders Identification Test) scale, which showed a high level of dependence. This scale was later repeated after treatment to evaluate progress. The management was planned according to Ayurvedic principles

- Deepana Chikitsawas administered initially to enhance digestive power and relieve
- Agnimandya (impaired digestion).
- Shirodhara therapy was given to improve concentration, induce relaxation, and stabilize mental health.
- Liver-protective herbs such as Bhumyamalaki.
- Medhya Rasayana medications were prescribed to promote mental clarity, memory, and emotional balance.
- Supportive Ayurvedic formulations were also provided to ease alcohol withdrawal symptoms and restore systemic health.

After the course of treatment, the patient showed significant improvement in digestion, sleep quality, and concentration. His withdrawal symptoms were effectively managed, and he successfully discontinued alcohol consumption. Marked reduction in AUDIT score (from 30 to 10), indicating successful management of alcohol dependence. The case highlights that Ayurvedic de-addiction protocols, when integrated with counseling and supportive therapies, can play a vital role in overcoming alcohol dependency.



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Stree Roga and Prasuti Tantra – the compassionate branch Ayurveda

It gives me immense joy and gratitude to share a few thoughts on behalf of the Department of Stree Roga and Prasuti Tantra – the most compassionate branch Ayurveda devoted to the holistic journey of womanhood. This department represents the nurturing essence of Ayurveda where science meets sensitivity, and healing becomes an act of devotion.

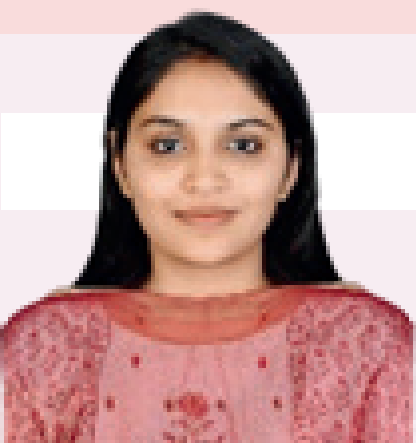
Ayurveda envisions a woman as the embodiment of Shakti – nurturing, resilient, and divine. Her health determines the well-being of families and generations to come. The principles of Stree Roga and Prasuti Tantra guide us to honor every stage of her life – from menarche to menopause, from conception to motherhood with awareness, respect, and care. In the modern era, where hormonal imbalance, stress, and lifestyle factors challenge women's health, Ayurveda stands as a beacon of hope.

Therapies such as Uttar Vasti, Yoni Pichu, Yonidhavana, Dhupana, and Garbhasanskar not only treat diseases but rejuvenate the essence of femininity. They restore balance to the doshas, harmony to the mind, and serenity to the soul.

Garbhasanskar emphasizes nurturing the mother and fetus through positive thoughts, wholesome diet, gentle yoga, and spiritual practices. It believes that the baby's physical and mental development begins in the womb, hence a calm mind, satvika ahara, and soothing surroundings are essential.

At our department, the emphasis is on personalized Ayurvedic care – combining classical wisdom with modern understanding. Each woman is seen as a whole being, not just through her symptoms but through her emotions, aspirations, and inner strength.

Our goal is not only to heal but to empower to help every woman rediscover her innate vitality and peace. As a Consultant, I have learned that healing a woman means healing a family, and healing a family means nurturing society. My journey in Ayurveda is a journey of empathy, learning, and devotion – to serve with compassion and uphold the dignity of womanhood. May the sacred science of Ayurveda continue to guide us in this mission of holistic healing – bringing light, balance, and joy to every woman's life we touch.



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