

MALWANCHAL MIRROR

QUATERLY BULLETIN



Index

Ayurvedic College, Hospital
and Research Centre

Teaching and treating
were just the start.
Empowering, uplifting,
and leading change have
always been our true
mission.



**Mrs. Gauri Singh
Bhadoria**
Chancellor,
Malwanchal University

FROM THE DESK OF DIRECTOR...

Dr. Vinod Yadav

Director,
Index Ayurvedic College Hospital and Research Centre



Every achievement at Index Ayurvedic College Hospital & Research Centre reflects our dedication toward academic excellence, holistic development, and the nurturing of future Ayurvedic professionals. This quarter witnessed enthusiastic participation of our students in academic, cultural, and extension activities, showcasing their discipline, creativity, confidence, and sense of social responsibility.

One of the significant occasions celebrated in the institution was Vasant Panchami on 23rd January 2026. The festival marked the arrival of Vasant Ritu and highlighted the importance of seasonal regimens and healthy lifestyle practices described in Ayurveda. The celebration created awareness among students regarding the Ayurvedic concept of maintaining balance through proper diet, exercise, and seasonal care while also promoting cultural and spiritual values.

The institution also celebrated Republic Day with great patriotism and enthusiasm. Faculty members, students, and staff actively participated in the celebration, paying tribute to the nation and honouring the values of unity, integrity, and responsibility. Such events inspire students to contribute positively toward society while strengthening moral and cultural values.

Along with these celebrations, the institution continued its regular academic programmes, health camps, and community outreach activities aimed at strengthening practical knowledge, professional skills, and dedication toward patient care and community service.

The continuous efforts of our faculty members, students, and staff members contribute significantly toward maintaining a vibrant academic environment and strengthening the vision of excellence in Ayurvedic education, research, healthcare, and overall personality development.

With warm regards and best wishes,



FROM THE DESK OF PRINCIPAL ...

Dr. Prajakta Tomar

Principal, Index Ayurvedic College, Hospital
and Research Centre

Education is not limited only to classrooms and examinations; it is a continuous process of learning, discipline, creativity, and service toward society. At, we constantly strive to create an environment where students grow academically, professionally, culturally, and ethically.

This quarter reflected the active involvement of our students and faculty members in various academic, cultural, and social activities. The celebration of Vasant Panchami on 23rd January 2026 beautifully highlighted the importance of Indian traditions and Ayurvedic seasonal wisdom. Through this celebration, students gained awareness regarding Vasant Ritu, seasonal regimens (Ritucharya), and the significance of maintaining a healthy lifestyle according to Ayurvedic principles.

The institution also celebrated Republic Day with great pride and patriotism. The programme inspired students to uphold the values of unity, integrity, discipline, and national responsibility. Such celebrations help in strengthening cultural values and developing a spirit of dedication and respect toward the nation.

Students and faculty members enthusiastically participated in Youth Walk 2026 to spread awareness about a healthy, drug-free lifestyle and holistic well-being.

Along with these events, our institution continued organizing regular academic activities, health camps, and community outreach programmes in various villages. Students actively participated in these activities, which enhanced their practical knowledge, communication skills, clinical understanding, and sense of social responsibility. These experiences are essential in shaping compassionate and competent Ayurvedic professionals for the future.

I extend my heartfelt wishes to all students for their bright future and encourage them to continue striving for excellence in every sphere of life.

With warm regards and best wishes

CAMPUS NEWS

WELCOMING SPRING WITH AYURVEDA: SIGNIFICANCE OF VASANT PANCHAMI

Vasant Panchami was celebrated with great enthusiasm on 23rd January 2026 at Index Ayurvedic Medical College Hospital & Research Centre. Dedicated to Goddess Saraswati, the festival symbolizes knowledge, wisdom, and the arrival of Vasant Ritu (spring season), making it especially significant for Ayurvedic students and teachers.

According to Ayurveda, Vasant Ritu is a season in which accumulated Kapha Dosha becomes aggravated, leading to various respiratory and metabolic disorders. Ayurveda recommends following Ritucharya during this period through light diet, exercise, yoga, and herbal support to maintain balance and health. Classical texts also describe Vamana Karma as an important Shodhana therapy during spring for the elimination of excess Kapha and body detoxification.

The celebration enhanced cultural values and also created awareness among students regarding the importance of seasonal regimens and Ayurvedic lifestyle practices for maintaining physical and mental well-being.



REPUBLIC DAY Celebration at Index Ayurvedic College

Republic Day was celebrated with great pride and patriotic spirit at our college, commemorating the adoption of the Constitution of India on 26th January. The programme began with the ceremonial flag hoisting, followed by the National Anthem, instilling a sense of unity and responsibility among students and staff. Cultural performances, patriotic speeches, and inspirational messages highlighted the values of democracy, justice, and national integrity. The celebration encouraged students to uphold constitutional ideals while serving society with dedication and discipline. The event concluded on a motivating note, inspiring everyone to contribute positively toward the nation's progress.

FACULTY CORNER

AN OVERVIEW ON PRAMEHA & ITS MANAGEMENT



Dr Arvind Paikrao

Professor & HOD,
Dept of Kriya Sharir
Index Ayurvedic College, Hospital &
Research Centre

Introduction

The word “Prameh” stands for Prakarshen Mehati iti Prameha, in other words the disease has main symptoms of excessive urination. It is one of leading cause of the death worldwide.

The term prameha is combined of pra prefix & meha root which literally means excess & watering (passing of urine) that is excess urination. Depending up on etiological factor prameha is divided in to two types’ “sahaja & apathyanimittaja”. Sushruta says sahaja prameha is originated from defect in bija dosha of mother & father.

Etiology factors:

- ▶ Asyaukham – Addition to the pleasure of sedentary habit.
- ▶ Swapnasukham – Addition to the pleasure of sleep.
- ▶ Dadhi – curds
- ▶ Gramya, Udaka, Anupa Rasa – Soap of meats of domesticated animals, aquatic animals & animals inhabiting marshy lands
- ▶ Payansi – Milk & different milk preparations.
- ▶ Nava Annam - Freshly harvested food articles.
- ▶ Nava Panam – Freshly prepared alcohol drinks etc.
- ▶ Guda vaikrutyaam – Different preparations of jiggery.
- ▶ Kapha krit sarvam – All Kapha dosha aggravating factors.

Etiology factors:

When two dosha are in relatively diminished state, the aggravated one dosha (either vata or pitta or kapha) draws the tissue elements such a meda, mamsa, majja, lasika, into the urinary tract causes’ Premeha.

Morbid elements:

Dosha are mainly kapha, Pitta, & Vata
Dushya: these are meda, rakta, shukra-ambu, vasa, lasika, majja, rasa, ojaha, mamsa are responsible to cause twenty prameha.



FACULTY CORNER

Management:

Nidana parivrjanam: above said etiological factor should be avoided. Because the Ayurveda says 'nidana parivarjanam' is half of the treatment of any disease.

Apathya: kanda moola, ikshu, oils, ghrita, jiggery, kanjika, shukta, madya, high glycemic index food items, anupmamsa, curd, new grains & day sleep.

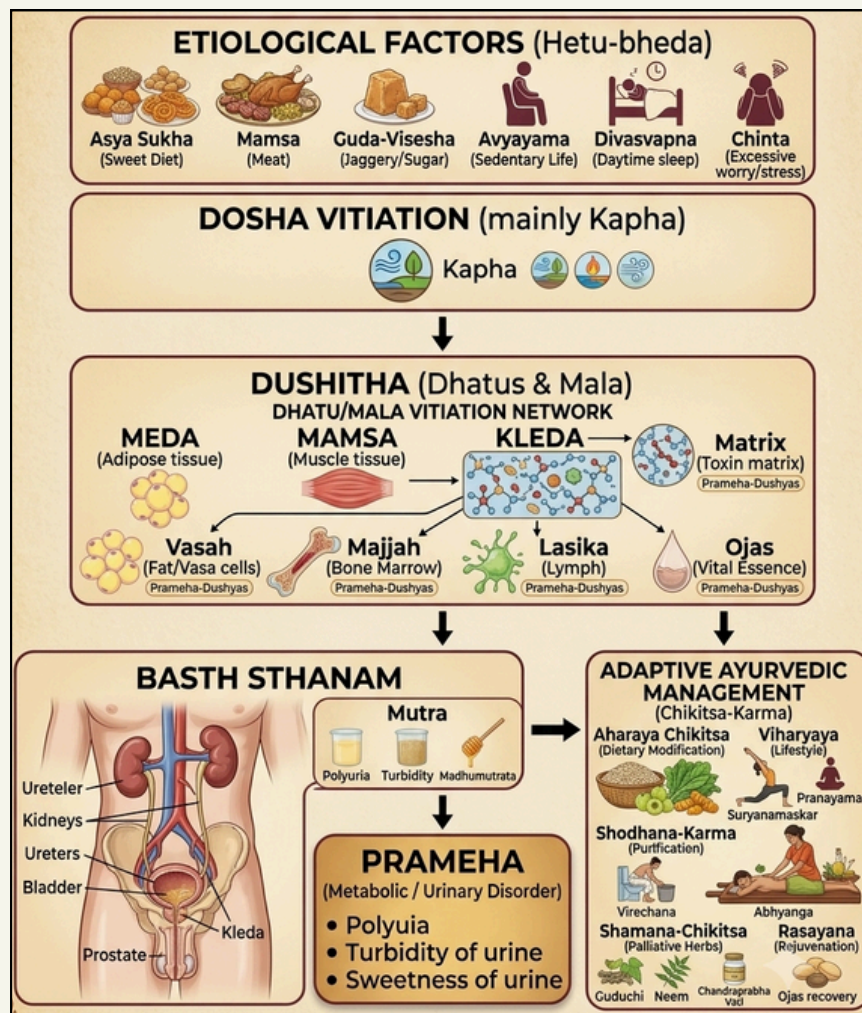
Pathya: shigru, haridra, amalaki, shyamaka, kodrava, yava, godhuma, mudga, kulatha, patol, karavellaka, maricha, lahasuna & jambu etc.

Single drugs:

Guduchi, Nimbi, Patha, Aswatha, Durva, Gokshura, Manjistha, Khadira, Devadaru, Argwada etc.

Exercise:-

Muscular exercise is needed where glucose uptake of body muscle improves.



FACULTY CORNER



Dr. Akhilesh Joshi

Associate Professor
Department of Rachana Sharir
Index Ayurvedic College, Hospital
& Research Centre

CRITICAL STUDY ON ANATOMICAL EXPLORATION OF SITES OF SIRA VEDHA IN UPPER LIMBS

It gives me immense pleasure to share my recent academic contribution through the study titled “Critical Study on Anatomical Exploration of Sites of Sira Vedha in Upper Limbs.” This work is an effort to explore the anatomical and clinical significance of Siravedha (therapeutic venepuncture), one of the important para-surgical procedures described in Ayurveda for the management of various disorders.

The study critically examines the classical Ayurvedic concept of Sira and correlates it with modern anatomical structures such as veins, arteries, capillaries, and lymphatic vessels. By analysing diseases

including Plihavridhi, Yakrudakhya, Kasa-Shwas, and Vishvachi, the research identifies clinically significant superficial veins such as the median cubital, cephalic, basilic, and dorsal digital veins as probable sites of Vedhya Sira described by Acharya Sushruta.

This academic work highlights the importance of integrating classical Ayurvedic wisdom with contemporary anatomical understanding. It validates the relevance of superficial veins as therapeutic sites for Siravedha and emphasizes anatomical precision for safe and effective Ayurvedic surgical and para-surgical procedures.

In the present era of evidence-based medical practice, such studies play a vital role in strengthening the scientific foundation of Ayurveda. The research further emphasizes that a proper understanding of Siravedha can significantly improve therapeutic outcomes in disorders related to blood vitiation and vascular abnormalities while preserving the authenticity of classical Ayurvedic principles.

Through this work, I aspire to encourage scholars and students to undertake deeper scientific exploration of Ayurvedic surgical concepts and contribute toward bridging traditional knowledge with modern medical science



FACULTY CORNER



Dr. Twinkle Jaiswal

Consultant
Department of Stri Rog and
Prasuti Tantra
Index Ayurvedic College, Hospital
& Research Centre

Ayurvedic Management of Kashtartava: A Holistic Approach

Kashtartava, commonly correlated with primary dysmenorrhea, is one of the most prevalent gynecological complaints among reproductive-age women. Ayurveda considers it primarily a Vataja disorder caused by vitiation of Apana Vata, resulting in painful and obstructed menstrual flow. Modern lifestyle factors such as stress, irregular diet, lack of exercise, and disturbed sleep patterns further contribute to its increasing incidence.

Recent research highlights the effectiveness of Ayurvedic interventions in reducing menstrual pain and improving quality of life. Herbal formulations such as Ashokarishta, Kumaryasava, Rajapravartini Vati, and Dashamoola preparations possess anti-inflammatory, antispasmodic, and uterine tonic properties. Medicinal plants like Ashoka (*Saraca indica*), Shatavari (*Asparagus racemosus*), and Aloe vera have shown beneficial effects in regulating menstrual cycles and reducing pelvic discomfort.

Panchakarma procedures including Uttar Basti, Abhyanga, and Swedana are reported to help in balancing Vata Dosha and improving pelvic circulation. Along with medicines, Ayurveda emphasizes Nidana Parivarjana (avoidance of causative factors), healthy dietary practices, yoga, and stress management.

Clinical studies suggest that integrative Ayurvedic management can significantly reduce the severity and frequency of dysmenorrhea symptoms with minimal side effects. Thus, Ayurveda offers a safe, holistic, and patient-centered approach for the effective management of Kashtartava and enhancement of women's reproductive health.



STUDENT CORNER

THE GOLDEN TREASURE OF AYURVEDA



NIRJALA YADAV

B.A.M.S 1ST Year
IACHRC

Ayurveda, a Sanskrit word meaning “the science of life,” is one of the world’s oldest systems of healthcare. Often called the Golden Treasure of India, Ayurveda carries thousands of years of ancient wisdom that guides people toward a healthy, balanced, and meaningful life.

It is not merely a medical system but a complete way of living in harmony with nature.

One of the unique features of Ayurveda is its personalized approach to health. Based on the concept of Prakruti (body constitution), Ayurveda explains that every individual is different and requires a specific lifestyle, diet, and treatment according to the balance of Vata, Pitta, and Kapha. This understanding helps in preventing diseases before they arise and promotes long-term well-being.

Ayurveda mainly focuses on root-cause healing and preventive care. The classical Ayurvedic principle:

“स्वस्थस्य स्वास्थ्य रक्षणं, आतुरस्य विकार प्रशमनं च”

means, the aim of Ayurveda is to protect the health of healthy individuals and to cure the diseases of the sick.

In today’s world, where stress, unhealthy lifestyles, chronic disorders, and antibiotic resistance are increasing rapidly, Ayurveda provides a holistic and natural solution.

Instead of treating only symptoms, Ayurveda emphasizes balancing the body, mind, and soul. Practices such as yoga, meditation, pranayama, proper diet, and Dincharya (daily routine) help individuals achieve physical as well as mental wellness.

Ayurvedic medicines are generally prepared from natural herbs and are considered safer for long-term use when taken properly. Ayurveda teaches that true healing comes from living in balance with nature and maintaining inner peace even in a busy modern lifestyle.

CONCLUSION

The “Golden Treasure” of Ayurveda is a priceless gift for humanity. It reminds us that true wealth lies not only in material success but also in a healthy body, peaceful mind, and balanced lifestyle. By following Ayurvedic principles, we can move toward Swastha — a state of complete physical, mental, and spiritual well-being.

“True health is not merely the absence of disease, but the harmony of body, mind, and soul.”

STUDENT CORNER

IMPORTANCE OF AYURVEDA IN MODERN LIFE



Pratham Panwar

B.A.M.S 1ST Year
IACHRC

INTRODUCTION

Ayurveda is one of the oldest systems of medicine, originating in India thousands of years ago. It focuses on maintaining balance between the body, mind, and soul. In today's modern lifestyle, people suffer from stress, diabetes, obesity, heart diseases, and many other health problems. Because of this, Ayurveda has become highly important in modern healthcare. Ayurveda offers natural and holistic solutions, and with further research, its benefits can be explored even more effectively.

AYURVEDIC VIEW OF HEALTH:

According to Ayurveda, a person is healthy when Doshas, Dhatus, Malas, and Agni are balanced and the mind remains peaceful. Ayurveda not only treats diseases but also teaches the art of healthy living. Natural herbs, yoga, pranayama, and proper daily routines are all important parts of Ayurveda that help maintain a peaceful and healthy lifestyle.

AYURVEDA AND MODERN MEDICINE

Today, Ayurveda is often used along with modern medicine. Many Ayurvedic herbs and medicines are scientifically studied and proven beneficial. Modern diagnostic methods combined with Ayurvedic treatments can provide safer and long-term health benefits for patients.

SCOPE IN AYURVEDA

Ayurveda offers many career opportunities. Ayurvedic graduates can start their own clinics, work in hospitals, Panchkarma or wellness centres, become consulting physicians, AYUSH Medical Officers, lecturers, professors, or even start herbal companies. Government and private sectors also provide opportunities through UPSC, PSC, and AYUSH departments. Higher education and clinical experience further improve career growth in this field.

CONCLUSION

Acharya Charak stated that the main aim of Ayurveda is to protect the health of healthy individuals and cure diseases of the sick. Ayurveda provides healthy lifestyle practices along with natural treatment methods. It is safe, reliable, and highly relevant in modern times. In the coming years, Ayurveda will continue to play an important role in healthcare and make India globally recognized for its traditional medical wisdom.

STUDENT CORNER

PRAKRUTI IN AYURVEDA



NITI FARKYA

B.A.M.S 1ST Year
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Prakruti is one of the most important concepts in Ayurveda. The word Prakruti means the natural constitution of an individual, which is determined at the time of birth. According to Ayurveda, every person is unique because of the different proportions of the three Doshas — Vata, Pitta, and Kapha. Prakruti plays a major role in maintaining health and understanding diseases.

TYPES OF PRAKRUTI

Ayurveda mainly describes three types of Prakruti based on the dominance of Doshas:

- Vata Prakruti – Individuals are usually active, creative, and energetic but may suffer from anxiety, dryness, and irregular habits.
- Pitta Prakruti – People are intelligent, confident, and sharp-minded but may become angry or prone to acidity and heat-related disorders.
- Kapha Prakruti – Individuals are calm, strong, and patient but may face problems like obesity, laziness, and slow digestion.

Some individuals may also have a combination of two or all three Doshas.

IMPORTANCE OF PRAKRUTI

Understanding Prakruti helps in maintaining a healthy lifestyle, selecting proper diet, daily routine, and treatment methods according to individual needs. Ayurveda believes that prevention is better than cure, and knowledge of one's Prakruti helps in preventing diseases before they occur.

In modern healthcare, personalized medicine is becoming important, and the Ayurvedic concept of Prakruti is similar to this approach. It helps in understanding physical, mental, and emotional characteristics of a person in a natural and holistic way.

CONCLUSION

Prakruti is the foundation of Ayurvedic diagnosis and treatment. It teaches that every individual is unique and requires a personalized approach for health and well-being. By following lifestyle and dietary habits according to one's Prakruti, a person can maintain balance, prevent diseases, and achieve a healthy and peaceful life.



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**AYURVEDIC COLLEGE HOSPITAL
& RESEARCH CENTRE**

**AFFILIATIONS &
ACCREDITATIONS**



EDITORIAL CORNER



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

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

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