

Tattvapraakaas'a



World Health Day 2025: Healthy Beginnings, Hopeful Futures

Health has become a global priority in recent years, driven by increasing awareness of diseases, mental health challenges, and the urgent need for preventive care. Each year, April 7 is observed as World Health Day, a day that also commemorates the founding of the World Health Organization (WHO) in 1950.

Significance of World Health Day

World Health Day serves as a platform to raise awareness about pressing health issues and advocate for universal health coverage. It reminds nations, communities, and individuals that health is not merely the absence of disease but a state of complete physical, mental, and social well-being, as defined by WHO. This holistic perspective emphasizes the interconnectedness of various aspects of health and the necessity of proactive care.

Theme for 2025: “Healthy Beginnings, Hopeful Futures”

The theme for World Health Day 2025 focuses on maternal and newborn health, aiming to reduce preventable deaths and prioritize women’s long-term well-being. According to WHO, ending preventable maternal and newborn mortality requires both improved access to health services and the adoption of long-term strategies that support women and children beyond the immediate postnatal period.

An Aayurvedic Perspective

Aayurveda, India’s ancient system of medicine, mirrors WHO’s holistic definition of health. Aayurveda emphasizes not only the treatment of illness but also the preservation of health in the healthy - a principle that resonates strongly with preventive healthcare. For centuries, Aayurveda has prioritized maternal and child care, recognizing that a child’s health begins even before conception. The *Garbhaadaana Samskaara* (Pre conceptional care) reflects this deep-rooted understanding. Pregnancy and childbirth are pivotal events in a woman’s life, and Aayurveda offers time-tested approaches to safeguard both maternal and newborn health.

Why Maternal and Child Health Matters

Healthy children are more likely to grow into healthy adults, shaping stronger communities and societies. Maternal and child healthcare - whether approached through modern medicine, Aayurveda, or an integrative model - lays the foundation for a healthier, more resilient future.

A Shared Global Responsibility

This World Health Day, as we reflect on the theme “Healthy Beginnings, Hopeful Futures,” it is a call for collective action. Governments, healthcare providers, communities, and individuals must work together to ensure that every mother and child has access to the care, nutrition, and support they deserve. Health is a universal right, and investing in the earliest stages of life is one of the most powerful ways to build a healthier world for generations to come.

Dravyaprakaas'a

Mandookaparni



Introduction

Mandookaparni is an Ayurvedic drug which is widely mentioned in Ayurvedic classics. It is a common weed found through out India and especially grows in moist regions. It is an annual prostate herb with simple leaves arising in groups from nodes, resemble frog in its shape, reniform in shape and crenate margin. The leaves are borne on long wiry petioles and are green in colour. This drug is believed to be an abode of goddess Laxmi and has synonyms *Saraswathi*, *Twashtri* etc.

Botanical Name: *Centella asiatica*

Family : Apiaceae

Vernacular Names:

Hindi : Mandukaparni

Tamil :Vallarai

Malayalam :Kudangal

Sanskrit : Mandooki

Kannada : Brahmi soppu

Telugu : Vauari

Chemical constituents

Asiaticoside, Brahmoside, Brahminoside, Hydrocotylin, Brahmicacid, Centelloside, Centellic acid

Rasapancaka

Rasa - Tikta, Kashaaya, Madhura

Guna - Laghu, Sara

Vipaaka - Madhura

Veerya - S'eeta

Prabhaava - Medhya

Common practices

- Regular use of *Mandookaparni* fried with ghee for a month promotes intellect.
- Combination of *Mandookaparni*, *Yashtimadhu* and *Viswoushadha* taken 5 g first and gradually increased up to 40g in a month, relieves *Kasa* and *S'osha*.
- *Mandookaparni*, *Bilwamoola*, *Amaya*, *S'ankhupushpi choornas* mixed with honey clears *Vaagvikaras*.

Research Updates

1. *Role of Mandukparni (Centella asiatica Linn Urban) in neurological disorders: Evidence from ethnopharmacology and clinical studies to network enrichment analysis.* Sharma R, Banerjee S, Sharma R. *Role of Mandukparni (Centella asiatica Linn Urban) in neurological disorders: Evidence from ethnopharmacology and clinical studies to network enrichment analysis.* Neurochem Int. 2024 Nov;180:105865. doi: 10.1016/j.neuint.2024.105865. Epub 2024 Sep 20. PMID: 39307460.

2. *Anti-amnestic properties of Brahmi and Mandookaparni in a rat model.* Andrade C, Chandra JS. Anti-amnestic properties of Brahmi and Mandookaparni in a rat model. Indian J Psychiatry. 2006 Oct;48(4):232-7. doi: 10.4103/0019-5545.31554. PMID: 20703342; PMCID: PMC2915593.

3. *Influence of Mandukaparni Targeting Muscarinic Acetylcholine Receptor m1 in the Management of Alzheimer's Disease: A Network Pharmacological Approach.* Adarsh, T.; Vedantam, Giridhar. Influence of Mandukaparni Targeting Muscarinic Acetylcholine Receptor m1 in the Management of Alzheimer's Disease: A Network Pharmacological Approach. Journal of Ayurveda 17(3):p 219-224, Jul-Sep 2023. | DOI: 10.4103/joa.joa_43_22

4. *Actions and Therapeutic Potential of Madecassoside and Other Major Constituents of Centella asiatica: A Review.* Tan, S.C.; Bhattamisra, S.K.; Chellappan, D.K.; Candasamy, M. Actions and Therapeutic Potential of Madecassoside and Other Major Constituents of Centella asiatica: A Review. Appl. Sci. 2021, 11, 8475. <https://doi.org/10.3390/app11188475>

Yoga

- Brahma Rasaayanam
- Medhya Rasaayanam
- Trailokyasundara Rasa
- Abhravatika
- Rasabhavatika

Bheshajaprakaas'a

KesaPushpam



Kesha Pushpam is a cosmetic product manufactured and marketed by Santhigiri Ayurveda and Siddha Vaidya s'aala for an effective hair care. From time immemorial hair care and hair related problems are major concern of the Society. Since it effects the general appearance, obviously it is a matter of personality too. Kesha Pushpam is an excellent hair oil that cares your hair.

Ingredients

Pack size : 100ml.

Each 10 ml is processed out of :

- Indigofera tinctoria (Lf.) : 10 mL
- Eclipta alba var. prostrata (W. P.) : 10 mL
- Luffa echinata (Lf.) : 10 mL
- Datura fastuosa (Lf.) : 10 mL
- Terminalia arjuna (St. Bk.) : 10 mL
- Terminalia chebula (P.) : 10 mL
- Phyllanthus emblica (P.) : 10 mL
- Terminalia bellirica (P.) : 10 mL
- Iron filings : 10 mL
- Saussurea lappa (Rt.) : 0.208 g
- Glycyrrhiza glabra (Rt.) : 0.208 g

- Iron (II) Sulphate Heptahydrate : 0.208 g
- Hygrophila auriculata (Sd.) : 0.208 g
- Zinc Carbonate : 0.208 g
- Terminalia bellirica (Kr.) : 0.208 g
- Stibnite : 0.06 g
- Cocos nucifera (Oil) : 10 mL

Indications

- Prevents premature greying
- Hair fall
- Insomnia

Contraindications

Since it contains *s'eeta veerya* drugs it is not indicated in Sinusitis, Rhinitis

Usage

Apply gently on scalp before bath.

Anweshanaprakaas'a

Physiological significance of practicing *Rajaswalacarya*

Pooja Anilan
House Surgeon
SAMC

Introduction:

Rajaswalacarya refers to a set of traditional Ayurvedic practices designed to support women during menstruation, addressing physiological and psychological changes. This study explores the guidelines provided by ancient texts such as *Caraka Samhita* and *Vaagbhata's Ashtaanga Hrudaya* and their implications for menstrual health.

Methods:

The study reviews historical texts and traditional practices related to *Rajaswalacarya*. Key guidelines from *Ashtaanga Hrudaya* and *Caraka Samhita* are analyzed, including dietary recommendations and lifestyle practices.

Results:

Guidelines from *Vaagbhata* emphasize harboring positive thoughts, avoiding bathing, sleeping on *Darbha* grass, consuming small quantities of food, and observing celibacy. *Caraka* similarly advocates for celibacy, sleeping on the ground, using untouched utensils, and avoiding bathing. The study highlights the significance of *Darbha* grass's cooling and disinfectant properties, and the dietary recommendations include consuming barley, milk, and using clay vessels to enhance digestion.

Discussion:

Practicing *Rajaswalacarya* helps maintain *dosha* balance and digestive fire (*Agni*) during menstruation. This adherence potentially alleviates discomfort, supports reproductive health, and may prevent gynecological issues.

Conclusion:

Following *Rajaswalacarya* practices, including specific dietary and lifestyle recommendations, can support women in managing menstrual changes and maintaining reproductive health, aligning with traditional Ayurvedic principles.

Research:

- Patel Jalpa, Patel Akshay, Donga Shilpa article on *Rajaswala paricarya an essential approach towards female through the lens of Ayurveda science* published on *Ayushdhara*. <https://ayushdhara.in/index.php/layushdharalarticle/view/1169/983>

References:

- *Vaagbhata's Astanga Hrudayam*. Translated by Prof K R Srikantha Murthy. Chowkhamba Krishnadas Academy. Varanasi. Vol.1. Sharira sthana chapter 1/23-25. Pg: 364
- *Caraka Samhita*. Edited and translated by Prof. Priyavrat Sharma. Jaikrishna Ayurveda Series. Vol.1. chapter 8/5. Pg: 462

Critical Analysis of Aahaara Vidhi Vidhaanam

Arya K
House Surgeon
SAMC

Introduction:

Aahaara Vidhi Vidhaanam, rooted in Aayurvedic principles, encompasses a set of guidelines that dictate proper food consumption to promote health and well-being. The guidelines, particularly those established by *Aacaarya Caraka*, emphasize the importance of food temperature, texture, and the manner of eating. These rules aim to optimize digestion and overall health by ensuring that food is consumed in a mindful and systematic manner.

Methods:

A critical analysis of the *Aahaara Vidhi Vidhaanam* principles was conducted, focusing on *Caraka's* recommendations. The study explored the practical implications of these guidelines in modern dietary practices, evaluating their relevance and application in contemporary health and nutrition.

Results:

The analysis revealed that adhering to the principles of *Aahaara Vidhi Vidhaanam* can significantly enhance digestion, nutrient absorption, and overall health. Guidelines such as consuming warm, unctuous food in appropriate quantities and avoiding contradictory food combinations were found to be particularly beneficial. Eating in a calm environment without distractions also emerged as a crucial factor in promoting effective digestion and preventing digestive disorders.

Discussion:

The discussion highlighted the scientific rationale behind the Aayurvedic guidelines. For instance, consuming warm food aids in digestion by facilitating enzymatic activity, while unctuous food supports the development of body tissues. The importance of consuming food after the complete digestion of the previous meal was emphasized to prevent metabolic overload and associated health issues.

Research Recommended:

Further research is recommended to quantitatively assess the long-term health benefits of strictly following *Aahaara Vidhi Vidhaanam* in various populations. Comparative studies between traditional Aayurvedic practices and modern dietary guidelines could also provide deeper insights.

Conclusion:

The study concludes that the principles of *Aahaara Vidhi Vidhaanam*, though ancient, remain highly relevant in today's health-conscious society. By integrating these guidelines into daily life, individuals can achieve better digestive health and overall well-being.

Ayurprakaas'a

Vishayaprakaas'a

Medical Camp Report - April 2025 - June 2025

- A medical camp at Ashrayam college of arts and science Nenmeni Kollenkode on 20 /07/ 2025 was conducted by SAMC. An expert panel of doctors including Dr Anagha, Dr Nisha, Dr Sunitha, Dr Aniyanal along with a team of house surgeons participated in the camp.



- A medical camp was conducted by SAMC at Press club auditorium, Palakkad on 26/06/2025. A panel of doctors including Dr Arun Prasad, Dr Nithin mohan, Dr Adarsh c ravi, Dr Sunitha, Dr Aniyanal, Dr vivek vaidhyanath along with a team of house surgeons had given service in the same



- A medical camp was conducted by SAMC at Babu auditorium Athikode, Palakkad on 03/08/2025. A panel of doctors including Dr Anagha, Dr Aswathi KK, Dr Mangalan K V, Dr sunitha along with a team of house surgeons had given service in the same



- A medical camp was conducted by SAMC at Puthoor UP school, Palakkad on 27/07/2025. A panel of doctors including Dr Anagha, Dr Nisha MS, Dr. Anusree PK, Dr. Nayana B, Dr. Athira Raj along with a team of house surgeons had given service in the same



- A Medical camp was conducted by SAMC at Magalam Samudaya, Nalakudam on 08/02/2025. An expert panel of doctors including Dr. Arun prasad P.V, Dr. Janani Remyaprabha Jnanatapaswini, Dr. Mangalan K.B, Dr. Rajalekshmi M along with a team of house surgeons had given service in the same.

College Events



• World No Tobacco Day 2025

On the occasion of World No Tobacco Day 2025, the Department of Agada Tantra, Santhigiri Ayurveda Medical College, in association with the Excise Department, Palakkad, and the NSS unit, organized an impactful awareness program on 31/05/2025. Aimed at spreading the message of a tobacco-free and drug-free society. The event saw participation from students, faculty members, and prominent guests from various government and social organizations.



• Environmental day celebration

As a part of environmental day celebration (05/06/2025) Department of Dravyaguna conducted the following programs. Planting of Rudraksha saplings, Still model making competition and E-poster making competition.



• Pharmacovigilance programme

Pharmacovigilance programme was conducted for medical and paramedical staff on 30/05/2025 at Santhigiri Ayurveda medical college hospital. The session was led by Dr. Janani Remya Prabha Jnana Tapaswini and discussed the necessity and relevance of pharmacovigilance in current era.

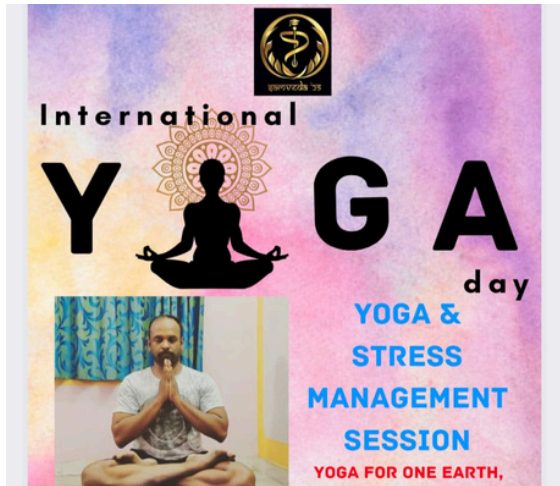


• Guest lecture Class

A Sanskrit guest lecture Class was conducted at Santhigiri Ayurveda Medical College, Palakkad, on April 7, 2025, from 3:00 PM to 4:30 PM. The session was organised by the Vagmita Sanskrit Club and led by Dr. Shameena Beegum from Vaidyaratnam P. S. Varier Ayurveda College, Kottakkal.

NSS Programmes

- Yoga and Stress Management session for inmates of district jail, Malampuzha on International yoga day on 21 st june 2025



- On the occasion of Environmental day “EK PED MAA KE NAMM”- Dasapushpam saplings planted in college campus.



Aayurprakaas'a

- On the occasion of International day against Drug abuse and Illicit trafficking Awareness classn “know your Mind” programme conducted .Class lead by Sri.Sateesh k ,social development specialist.

