



# Aayurprakaas'a

## Santhigiri Ayurveda Medical College

### Newsletter

Vol: 6 / Issue: 2 / July 25 - Sep 25 / Quarterly Publication

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#### About the Newsletter

Aayurprakaas'a is a newsletter published by Santhigiri Ayurveda Medical college. The main intention of the newsletter is to share the innovative ideas regarding the fundamental concepts and clinical experiences in the practice of Ayurveda. The newsletter promotes quality articles and case reports, research papers and review papers in the field. It also includes various events in the college. We expect wholehearted cooperation and healthy feedback from the readers. Guidelines for research papers: The papers should contain the title, abstract, introduction, methodology. Results and discussion. The content should be presented in a well manner and standard plagiarism policy will be followed while selecting the paper.

Title: Aayurprakaas'a

Frequency: Quarterly

Publisher: Santhigiri Ayurveda Medical College

Starting Year: 2022

Language: English Publication

Format: Online

Website: [www.samc.edu.in](http://www.samc.edu.in)

#### Sanskrit Alphabets with English Transliteration Key

अ	आ	इ	ई	उ	ऊ	ऋ	ॠ	ऌ	ॡ	ऋ	ॠ	ऌ	ॡ	ऋ	ॠ	
a	aa	i	ee	u	oo	r'	rr'	l'	ll'	h	t'a	t'ha	d'a	d'ha	n'a	
		ए	ऐ	ओ	औ						त	थ	द	ध	न	
		e	ai	o	au						ta	tha	da	dha	na	
क	ख	ग	घ	ङ		अः					प	फ	ब	भ	म	
r'	rr'	l'	ll'	h							pa	pha	ba	bha	ma	
ka	kha	ga	gha	ṅ							ya	ra	la	va		
ca	cha	ja	jha	n'a							ś	ṣ	s	h	ṣ	ṣ
											s'a	sha	sa	ha		ksha jna

## Aayurprakaas'a

### Tattvapraakaas'a



In a landmark decision promoting global awareness and uniformity, the Government of India has declared September 23rd as *Aayurveda* Day, aligning it with the autumnal equinox—a day of equal light and darkness, symbolizing nature's perfect balance. This celestial harmony beautifully reflects Aayurveda's central philosophy of equilibrium between body, mind, spirit, and environment. Earlier celebrated on *Dhanwantari Jayanti*, the fixed date resolves the challenges of the fluctuating lunar calendar and enhances global observance.

The 2025 theme, "Aayurveda for People and Planet," highlights Aayurveda's timeless vision of holistic health encompassing both humanity and the ecosystem. Rooted in the principles of *Swaasthasya Swaasthya Rakshanam* (preservation of health) and *Aaturasya Vikaara Pras'amanam* (management of disease), Aayurveda emphasizes preventive, personalized, and sustainable healthcare — aligning with modern health goals like Universal Health Coverage (UHC), non-communicable disease control, and planetary well-being.

Aayurveda's unique concept of *Prakriti* (individual constitution) forms the foundation of personalized medicine, integrating genetic, metabolic, and psychological dimensions. The emerging field of Aayur-nutrigenomics exemplifies this integration by combining Aayurveda with molecular nutrition to design customized diets and therapeutic regimens.

Practices such as *Dinacarya* (daily regimen), *Ritucarya* (seasonal regimen), *Sadvritta* (ethical conduct), and *Rasaayana* (rejuvenation therapy) continue to guide preventive health and harmony with nature's rhythms.

Aayurveda also champions sustainability through *Vriksha* Ayurveda (plant science) and *Pas'u* Ayurveda (animal care), promoting biodiversity conservation, eco-friendly agriculture, and humane veterinary practices—principles that resonate with today's One Health and planetary health frameworks.

India's leadership in advancing Aayurveda is globally acknowledged through initiatives like the WHO Global Centre for Traditional Medicine in Jamnagar, digital platforms such as Ayush Grid and NAMASTE Portal, and innovations in AI-driven Ayurgenomics. These efforts mark a transformative step in integrating traditional wisdom with modern science for global health and environmental harmony.

Our esteemed institution, Santhigiri Ayurveda Medical College, has also joined this national movement, celebrating Aayurveda Day 2025 with a series of meaningful events and activities from September 12th to September 30th, reflecting our commitment to propagate the true spirit of Ayurveda among students, faculty, and the community.

Aayurveda Day 2025 thus stands as a tribute to timeless wisdom and a call to action — reminding humanity that true health arises from harmony between people and the planet.

#AyurvedaDay2025  
Ayurveda for People & Planet  
**10<sup>th</sup> Ayurveda Day**  
23 September, 2025

**Dravyaprakaas'a****Viparitalajjala****Introduction**

Biophytum sensitivum is a fascinating small herbaceous perennial noted for its mimosa like sensitivity and movement in response to touch. This is a plant which is growing in the area above 600 metre above sea level and is growing near hilly areas and marshy regions. Acharya Caraka describes its Vranaropana property

**Botanical Name: Biophytum sensitivum****Family : Oxalidaceae****Vernacular Names:**

Hindi: Lakshana  
Sanskrit : Alambusha  
Tamil : Nilaccurunki  
Malayalam: Mukkutti  
English : Little plant  
Rasa panchaka

**Chemical constituents**

- Amentoflavone
- Isoorientin
- Orientin
- Isovitexin
- (-)-Epicatechin
- Proanthocyanidin B2 etc

**Rasapanchaka**

*Rasa panchaka*

*Rasa : Tikta, Kashaya*

*Guna : Laghu, Ruksha*

*Virya : Sita*

*Vipaka : Katu*

*Karma : Vranaropana, Atisaraghna, Kasaghna*

**Common practices**

1. Leaf paste along with curd cures Diarrhoea
2. The whole plant paste mixed with water reduces thirst associated with Fever
3. External application of Seed paste or leaf paste is very effective for wound healing
4. The whole plant paste along with honey cures cough and related problems
5. *Viparita Lajjala* acts as a tonic and stimulant, useful in chest complaints, convulsions, cramps, and in inflammatory conditions, tumors, and burns.
6. Its leaf extract is used in diabetes, asthma, and phthisis. It contains insulin-like principles, antiseptic, and astringent properties, and is applied on wounds to check bleeding.

**Research Updates**

1. Effect of Biophytum sensitivum on streptozotocin and nicotinamide-induced diabetic rats  
Ananda PK, Kumarappan CT, Sunil C, Kalaichelvan VK. Effect of Biophytum sensitivum on streptozotocin and nicotinamide-induced diabetic rats. Asian Pac J Trop Biomed. 2012 Jan;2(1):31-5. doi: 10.1016/S2221-1691(11)60185-8. PMID: 23569830; PMCID: PMC3609215.

2. Biophytum sensitivum nanomedicine reduces cell viability and nitrite production in prostate cancer cells

Raju A, Nair SV, Lakshmanan VK. Biophytum sensitivum nanomedicine reduces cell viability and nitrite production in prostate cancer cells. IET Nanobiotechnol. 2017 Aug 2;11(7):782–9. doi: 10.1049/iet-nbt.2016.0235. PMID: PMC8676133.

3. Ethnobotany, phytochemistry and pharmacology of Biophytum sensitivum DC

Bharati AC, Sahu AN. Ethnobotany, phytochemistry and pharmacology of Biophytum sensitivum DC. Pharmacogn Rev. 2012 Jan;6(11):68-73. doi: 10.4103/0973-7847.95893. PMID: 22654407; PMID: PMC3358971.

4. Antioxidant potential of Biophytum sensitivum extract in vitro and in vivo

Guruvayoorappan C, Afira AH, Kuttan G. Antioxidant potential of Biophytum sensitivum extract in vitro and in vivo. J Basic Clin Physiol Pharmacol. 2006;17(4):255-67. doi: 10.1515/jbcpp.2006.17.4.255. PMID: 17338281.

## Yoga

- *Katakakhadiradi kashayam*
- *Agnitundi vat'i*
- *Samangaadi Coornam*
- *Hriberaadi ghrtam*
- *Sunishanna charngeri ghrtam*
- *Das'apushpa Tailam*
- *Maanasamitra Vat'akam*
- *Cemparuthyadi Tailam*

## Bheshajaprakaas'a

### Tharari Choornam



*Tharari choornam* is a unique product to get rid of your dandruff problems. Dandruff is a harmless chronic condition that occurs when the scalp becomes dry or greasy and produces white flakes of dead skin that appear in the hair or on the shoulders. Dandruff can be caused by a number of things, including dry skin; sensitivity to hair products; and skin conditions such as seborrheic dermatitis or eczema. The overgrowth of a yeast-like fungus can also cause dandruff. This overgrowth can be caused by stress, hormones, too much oil on the scalp, or problems with the immune system. So cleanliness of the scalp is essential for a healthy hair.

**Ingredients:** *Amra*(seed), *Hareetaki*, *Jambeera*, *Sirisa*, *Mudgah*.

**Indications:** Dandruff , Hairfall

**Contraindications:** Scalp psoriasis, Eczema of scalp.

**Drug action:** Lekhana, Ropana

**Pharmacological Properties:**

Due to the presence of *kashaya rasa pradhana dravya*, it can act as cleansing agent. It clears the minute *srotas* and removes dirt from scalp.

*Triphala* removes the excess oil from the scalp. It contains anti-fungal properties that combat dandruff causing fungus. It has vitamin C and citric acid, tannins that fights against the dandruff. It sheds away dead skin cells. It removes the stickiness on the scalp.

The acidic property of lemon balances the scalp's pH level. Its healing property soothes irritation and reduces itching. It contains essential antioxidants and vitamins helpful to promote healthy scalp and hair. Mango seed contains vitamin A which helps in fighting dandruff and adding shine to your hair. It is often used as an ingredient in hair cleansers. Mango seed contain vitamin E which improves scalp circulation and encourages hair growth.

**USAGE:** It can use along with leaf extract of hibiscus, or aloe vera barbadensis.

**DOSAGE:** 50gm pack size. Apply to scalp with water or as directed by the physician.

## Anweshanaprakaas'a

### A Single Case Study of Management of Vaatarakta in Aayurvedic view

Hana P R  
House Surgeon  
SAMC

#### Introduction:

*Vaatarakta* is a chronic musculoskeletal disorder characterized by pain, swelling, and stiffness of multiple joints due to aggravated *Vaata* and *Rakta dosha*. It is correlated with gouty arthritis and other inflammatory joint conditions in modern medicine. This case report presents the Aayurvedic management of a 76-year-old female patient with classical features of *Vaatarakta*.

#### Methods

A 76-year-old female presented with pain and swelling over the left knee for 8 years, later involving the right elbow, wrist, ankle, and finger joints. Symptoms included morning stiffness, disturbed sleep, dizziness, polyuria, and difficulty in walking. General examination revealed pallor, pitting oedema, and anemia. Based on *Ashtasthaana* and *Das'avidha Pareeksha*, diagnosis of *Vaatarakta* was made. Treatment included internal medicines such as *Amruthaashadanga kashaaya*, *Nilavembu kudineer*, *Kais'ora guggulu*, *Indukaantham kashaaya* along with external therapies like *Dhaanyaamla pinda sweda*, *Lepana*, *Abhyanga*, *Patrapinda sweda* and *Ksheera dhaara*.

#### Results

After 15 days of treatment, the patient reported reduction in pain and swelling, improved mobility with the aid of a walker, and relief from urinary tract infection. Sleep disturbance and stiffness were also reduced.

#### Discussion

The multimodal Aayurvedic approach involving *Deepana-Pachana*, *Snehana-Swedana*, and *S'amana aushadhaas* helped in correcting the underlying *Sampraapti* of *Vaatarakta* by pacifying aggravated *Vaata* and purifying *Rakta*. The integrative protocol improved functional mobility and quality of life in this elderly patient.

#### Conclusion

This case demonstrates that classical Aayurvedic management can provide significant relief in *Vaatarakta*. Proper *Pathya-Apathya* along with continued treatment may help in preventing recurrence and progression of the disease.

#### References

1. Agnivesha. Charaka Samhita, Chikitsa Sthana. Reprint edition. Varanasi: Chaukhambha Bharati Academy; 2018.
2. Sushruta. Sushruta Samhita, Nidana Sthana. Reprint edition. Varanasi: Chaukhambha Orientalia; 2017.
3. Vagbhata. Ashtanga Hridaya. Reprint edition. Varanasi: Chaukhambha Krishnadas Academy; 2019.
4. Sharma RK, Dash B. Charaka Samhita: Text with English Translation & Critical Exposition. Vol. II. Varanasi: Chaukhambha Sanskrit Series; 2015.

## Utility of MRI in Spinal Disorders

**Niya Roy**  
**House Surgeon**  
**SAMC**

### Introduction:

Magnetic Resonance Imaging (MRI) is a non-invasive imaging technique that uses magnetic fields and radio waves to produce detailed images of soft tissues. It plays a vital role in diagnosing spinal disorders, especially where neurological involvement is suspected, offering superior contrast and multiplanar imaging capabilities compared to CT and X-rays.

### Methods

This presentation explores the different types of MRI, imaging planes, and sequences (T1, T2, contrast-enhanced), and examines the application of MRI in various spinal conditions such as:

- Degenerative disorders (e.g., disc herniation, spinal stenosis)
- Inflammatory and autoimmune conditions (e.g., ankylosing spondylitis)
- Infectious and traumatic spinal pathologies
- Relevant MRI images and sagittal/axial views were studied to evaluate their diagnostic effectiveness in spinal disorders.

### Discussion

MRI offers excellent diagnostic accuracy in spinal pathologies, especially for soft tissues, nerve roots, and intervertebral discs. However, its use is limited in emergency settings due to longer scan times, cost, and inaccessibility in rural areas. Patient cooperation and absence of contraindications are necessary for optimal imaging.

## Research

- Numerous studies have demonstrated the diagnostic and prognostic value of MRI in spinal disorders. Key research findings include: MRI is highly sensitive in detecting disc herniation, spinal cord compression, and degenerative disc disease, often before clinical symptoms become severe. In infectious conditions such as spinal tuberculosis or spondylodiscitis, MRI detects early marrow edema, soft tissue involvement, and epidural abscesses with high accuracy.
- MRI is considered the gold standard for evaluating spinal tumors, providing clear delineation of tumor extent, spinal cord involvement, and post-treatment changes.
- Advanced MRI techniques like diffusion tensor imaging (DTI) and functional MRI are increasingly used in research to evaluate spinal cord integrity in traumatic or neurodegenerative disorders.
- Longitudinal MRI studies aid in monitoring disease progression and evaluating the effectiveness of medical or surgical treatments.
- MRI proved to be highly effective in identifying Degenerative disc changes
- Nerve compression and spinal canal narrowing Inflammatory changes in autoimmune disorders Infectious pathologies like discitis. It demonstrated clear advantages in soft tissue visualization without radiation exposure, with limitations noted in acute trauma, lung imaging, and in patients with metallic implants.

## Conclusion

MRI is an invaluable diagnostic tool in spinal disorders, particularly in chronic and degenerative conditions. Despite its limitations in certain scenarios, its ability to provide detailed anatomical and pathological information makes it the modality of choice for evaluating complex spinal issues.

## References

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2. Jarvik JG, Deyo RA. Diagnostic evaluation of low back pain with emphasis on imaging. *Ann Intern Med*. 2002;137(7):586–597.
3. Brinjikji W, Diehn FE, Jarvik JG, Carr CM, Kallmes DF, Murad MH, et al. MRI findings of disc degeneration are more prevalent in adults with low back pain than in asymptomatic controls: a systematic review and meta-analysis. *AJNR Am J Neuroradiol*. 2015;36(12):2394–2399.
4. Boos N, Rieder R, Schade V, Spratt KF, Semmer N, Aebi M. The diagnostic accuracy of magnetic resonance imaging, work perception, and psychosocial factors in identifying symptomatic disc herniations. *Spine (Phila Pa 1976)*. 1995;20(24):2613–25.

## Arka Kalpana : A Critical Review

**Sreerag T**

**House Surgeon**

**SAMC**

### Introduction:

*Arka Kalpana* is a specialized Aayurvedic pharmaceutical process of extracting volatile oils and active compounds from medicinal plants through distillation. The term *Arka* signifies the extract obtained by this process. The earliest and most systematic description is found in *Arka Prakasha* authored by *Ravana*, with later mentions in *S'arangadhara Samhita* and other classical texts. According to Aayurveda, *Arka* formulations are considered superior to other preparations such as *Swarasa* and *Kwaatha* owing to their longer shelf life, enhanced potency, palatability, and rapid assimilation. Despite their historical importance, *Arka* preparations remain less explored compared to other dosage forms, necessitating renewed attention in contemporary research and clinical practice.

### Methods

The general preparation of *Arka* involves macerating the raw drug (fresh or powdered) in water for 2–4 hours, followed by distillation using a specialized apparatus (*Arka Yantra*). Typically, one part of the drug is distilled with ten parts of water until 60% of distillate is collected. The final product is filtered and stored in airtight containers.

*Arka* is classified in different ways:

- Based on content: *Gandha Arka* (volatile oils), *Sthira Arka* (non-volatile drugs), *Drava Arka* (liquid substances).
- Based on duration: *Shreshta* (9 hours), *Madhyama* (6 hours), *Nyoona* (3 hours).
- Based on source: *Visha Varga Arka*, *Sugandha Gana Arka*, *Pushpa Arka*, etc.

Physicochemical and quality assessment parameters include organoleptic properties (clarity, odor, taste), pH (4.5–5.5), specific gravity (~1.01), volatile matter, total solids, and absence of heavy metals, microbial contaminants, and pesticide residues. Analytical methods such as TLC, HPTLC, and Gas Chromatography ensure standardization.

## Results

*Arka Kalpana* yields preparations with distinct therapeutic advantages. *Arkas* are generally clear, aromatic, and retain the pharmacological activity of the source herb. They are effective in a wide range of disorders: *Agnimaandya* (low digestive fire), *Aamavaata* (Rheumatic disorders), *S'waasa - Kaasa* (respiratory diseases), *Jwara* (fevers), *Kushta* (skin diseases), *Vrana* (wounds), and *Mootrakrichra* (urinary complaints). Certain *Arkas* like *Nimba Arka* and *Dhatoora Arka* are useful in controlled doses as anti-toxic agents.

The typical dosage is 15–30 mL once or twice daily. Shelf life extends up to one year, longer than most *Swarasa* or *Kwaatha* preparations. Clinical administration is versatile, including oral use, *Nasya*, *Anjana*, *Swedana*, and *Gandoosha*.

## Discussion

*Arka Kalpana* offers unique strengths such as reduced dosage, rapid assimilation, enhanced potency, and improved patient compliance. However, it faces limitations: dependence on specialized equipment (*Arka Yantra*), risk of volatile component loss, and difficulties in standardization. Despite limited mentions in classical literature compared to other dosage forms, modern advancements in analytical techniques can bridge this gap.

Importantly, *Arka Kalpana* represents a convergence of traditional Aayurvedic wisdom and contemporary pharmaceutical science. The distillation principles of *Arka Yantra* parallel modern laboratory distillation. Opportunities lie in integrating *Arka* formulations with pharmacological studies, developing novel herbal extracts, and exploring their role in chronic and lifestyle diseases.

## Conclusion

*Arka Kalpana* stands as a refined Aayurvedic dosage form, offering significant therapeutic potential with scientific relevance. Its preservation of volatile and active constituents, rapid bioavailability, and wide clinical applications make it a valuable pharmaceutical preparation. With systematic standardization, research, and modern validation, *Arka Kalpana* can emerge as a bridge between traditional knowledge and modern therapeutics.

## References

1. Ravana. *Arka Prakasha with Hindi Commentary*, Mishra S.
2. Angadi R. *A Textbook of Bhaishajya Kalpana Vigyana*.
3. *The Ayurvedic Formulary of India*.
4. *Journals of Ayurvedic and Herbal Medicine*.
5. Ayushdhara, IJAPR, ResearchGate, Ayurmed Info.

# Aayurprakaas'a

## Vishayaprakaas'a

### Medical Camp Report -July 2025 - Sept 2025



The Department of Shalyatantra, Santhigiri Ayurveda Medical College, Kodumbu Palakkad, conducted a medical camp on the occasion of the 10th National Ayurveda Day on 28th September 2025 at Kozhinjampara Saraswathi Vidhyalaya. The camp was organised as a beneficial initiative for patients, with primary focus on varicose vein, ano rectal disease and non healing ulcers.



Health awareness camp at Olassery

A medical camp was organized at Chirappadam, Olassery on 14 / 08 / 25 by Prasuthi Thanthra Streeroga and Rasa Bhaishajya Departments of Santhigiri Ayurveda Medical College for Kudumbasree workers. The camp included health checkups, awareness on breast and cervical cancer, and Karkidakakanji distribution.

## College Events



Model making competition

Department of Kriya Sharīra, SAMC Palakkad organized " PRAKRIYA " - A model making competition for First Prof BAMS students on 15th September 2024 as a part of the National Ayurveda Day celebrations.



Sanskrit Week Celebration

The Vāgmita Sanskrit Club, with help from the Departments of Samhita, Dravyaguna, Agadathantra and Roga Nidana, celebrated Sanskrit Week from 6th - 12th August 2025 with daily e - poster making and cultural programs. The concluding Samskrita Dinotsavam, chaired by Dr. Prasanna V N, featured chief guests Panditaratnam Dr. P K Madhavan and Dr. A Swaminathan.



Model making competition

The Department of Panchakarma, Santhigiri Ayurveda Medical College, Palakkad, organized a Model Making Competition on the occasion of the 10th National Ayurveda Day on 19th September 2025 in the final year classroom.



Yoga demonstration for students

As a part of the 10th National Ayurveda Day, the Department of Swasthavritta organized a yoga demonstration for students. The session included *Asana* and *Pranayama* practices and concluded with the students taking a pledge. Eighty students participated in the session.

Distribution of Medicinal Drink for OP Patients



In connection with the 10th National Ayurveda Day, the Department of Swasthavritta, along with the RSBK Department, organized the distribution of a medicinal drink ( *Panakam* ) to the outpatients of Santhigiri Ayurveda Medical College, Palakkad. Around 50 beneficiaries were present during the occasion.

Awareness programme at Prime College of Pharmacy



The department of Swasthavritta, Santhigiri Ayurveda Medical College, Palakkad, organized a health awareness session on the occasion of the 10th National Ayurveda Day at Prime College of Pharmacy on 29 2025, saturday at 11 am to 12 pm.

The Department of Rachana Sharira, Santhigiri Ayurveda Medical College, Palakkad, organized a Model Making Competition – Anatomica Creativa on 12th September 2025 as part of the World Heart Day and National Ayurveda Day celebration.



The Department of Rachana Sharira, Santhigiri Ayurveda Medical College, Palakkad, organized Silentium Magestri a cadaveric oath taking ceremony, on 5th August 2025 at the Anatomy Dissection Hall.



# Ayurprakaas'a

## Simulation of Injuries

The Department of Agada Tantra conducted a Simulation of Injuries in the Body for the Second Professional BAMS students on 22nd September 2025



Softskill training session conducted at Bharatheeya Vidhyanikethan College of Teaching Education by Department of Agadatantra in association with 10th ayurveda day celebration



## Ayurjeevanam

An awareness program on Karkidaka Masavacharanam and Distribution of Karkidaka Kanji to Kudumbashree members

An awareness program was successfully organized by the Dept of RSBK of SAMC Palakkad on 14/8/25 at Chirappadam Kudumbashree Unit.



National Ayurveda Day Celebration at Chittur Higher Secondary school

As part of National Ayurveda Day, the Department of Prasuthitantra and Striroga, Santhigiri Ayurveda Medical College, conducted an awareness class on "Hormonal Harmony – Women's Health and Ayurveda" at Government College, Chittur, on 24th September 2025. Led by Dr. Athira Raj, the session engaged 101 students, highlighting Ayurveda's role in managing lifestyle disorders like PCOS.



Department of Dravyaguna Vijnana has conducted a guest lecture by Dr. Madhu K P (Associate Professor, Dravyaguna Vijnana, VPSV College, Kottackal) on August 19 (Tuesday) at 2 pm for 2nd Prof students. Topic of the lecture was " Towards understanding the complex pharmacokinetics in Ayurveda : Preparing the ground ".





### Attappadi visit.

Department of Shalakyatantra has arranged a visit to Attappadi for understanding the community outreach program conducting for the upliftment of the tribes “Irula, Muduga, and Kurumba” in the area. The visit facilitated the students to know about the activities and working of Vanavasi Kalyan Kendra, Swami Vivekanda Medical Mission Hospital, Malleshwaram tribal school and the students interacted with Dr Mael Vogel an emergency medicine expert and ayurveda researcher and about healthcare challenges like malnutrition and anaemia were discussed by Dr Narayanan V, a renowned paediatrician, who works with Swami Vivekananda Medical Mission Hospital.



### Guest Lecture

Department of Shalakyatantra has conducted a guest lecture on practical knowledge on Netra Kriyakalpas in Ophthalmology practices on 26.09.25 (10:30am to 12:30pm) on behalf of National Ayurveda day. The class provided an insight for Kerala practices of Kriyakalpa to enhance the eye health and cure ophthalmic ailments