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ON

SHASHWAT

AYURVEDA-2024

Ayurveda for Holistic Health



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SHASHWAT AYURVEDA - 2024

Ayurveda for Holistic Health



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SHASHWAT AYURVEDA - 2024

Ayurveda for Holistic Health

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FOREWORD

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Dr. Vedprakash Mishra

Pro-Chancellor,
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(Deemed to be University)

It is heartening to note that the initiative and the effort diligently articulated by the Dr. Punam Sawarkar, Associate Professor, Department of Panchkarma, Mahatma Gandhi Ayurved College, Hospital & Research Centre, a constituent unit of Datta Meghe Institute of Higher Education & Research (Deemed to be University), Sawangi (Meghe) Wardha in editing an E-Book comprising of full papers received from several authors for the upcoming International Conference ‘Shashwat Ayurveda 2024’ accredited by MCIM, Mumbai scheduled on 18th and 19th January, 2024 organized by the Department of Panchakarma, Mahatma Gandhi Ayurved College, Hospital and Research Centre, Salod (H), Wardha is exemplary at one end and genuinely praiseworthy at the other.

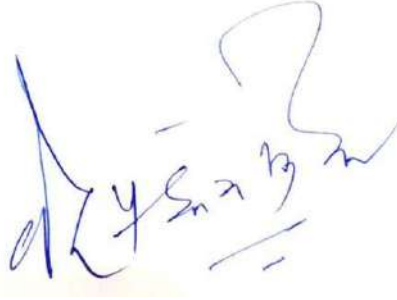
It is indeed an effort to compile all the relevant intellectual inputs on a significantly vital area and render them in such a free flowing manner, so that it is handy and usable for required decipherence.

This has been singularly achieved due to her prompt initiative and working out a required compilation which is appropriately lineated, so as to render the desired grasp and sought after understanding of the inclusions in a free flowing and immaculate manner, which would turn out to be the unique feature of this compilation. This by itself would end up in rendering a handy reading material on the given theme of the conference in a cogent manner.

I am sure that this elegant piece of creativity embodied in the E-book format by the authors will make every user feel that he/she could avail all that he/she desired, needed and expected out of it. I have no hesitation in putting on record my appreciation for the effort undertaken by the authors in terms of a loud statement that they have generated a 'satiety centre' for quenching the 'inquisitional thirst' in the domain of the thematic speciality under the rubric of Ayurvedic Sciences.

I am not only sure but quite confident that this E-book would prove itself to be a 'benchmark' in respect of its use and utility to all concerned and also go a long way in shaping and guiding their inquisition in a tangible manner.

I record my greatest sense of admiration and appreciation for Dr. Punam Sawarkar, Associate Professor, Department of Panchkarma, Mahatma Gandhi Ayurved College, Hospital & Research Centre, for her painstaking effort in bringing out this epitome of creativity in all its faces, facets, contours, connotations, niceties including nuances as well.



Dr. Vedprakash Mishra

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Preface



Dr. Vaishali Kuchewar

Principal MGAC (Mahatma Gandhi Ayurved College)

Namaste

Welcome to "**Shashwat Ayurveda 2024**," a comprehensive exploration of the timeless wisdom and holistic healing principles of Ayurveda. This book takes us on an exploration of the vast Ayurvedic knowledge, revealing its historical foundations and acknowledging its applicability in the modern era.

Ayurveda, the "**Science of Life**," is not merely a system of medicine but a profound philosophy that harmonizes the mind, body, and spirit. As we traverse the pages of this book, we will encounter the profound wisdom of Ayurveda and witness its evolution, adaptability, and continued relevance in our modern lives.

These chapters' recurring themes bear witness to Ayurveda's lasting influence. A holistic approach to health and well-being incorporates all of these ideas, from the basic concepts of doshas, dhatus, and malas to the complex understanding of the mind-body link. We explore the role that nutrition, lifestyle, and rejuvenation therapies play in preserving health and averting disease.

Moreover, "**Shashwat Ayurveda 2024**" pays tribute to the tireless efforts of practitioners, researchers, and enthusiasts who are contributing to the continued evolution of Ayurveda. Their dedication and passion play a crucial role in bridging the ancient wisdom of Ayurveda with the advancements of the modern world.

As we embark on this exploration of Shashwat Ayurveda, may this book serve as a guide for those seeking a deeper understanding of Ayurvedic principles and their application in today's world. May it inspire a harmonious and balanced approach to health, fostering a connection between the ancient wisdom of Ayurveda and the ever-evolving landscape of contemporary wellness.

About the Editors

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PIGMENTO

Ointment / Tablets

Effective Repigmentation In Vitiligo

URTIPLEX

Lotion / Capsule

Quick Relief In Urticaria And Skin Rashes

IMUPSORA

Ointment / Tablet / Oil

Assured Results In Psoriasis

Tab. **STOP-IBS**

For Irritable Bowel Syndrome

Tab. **ALSAREX**

For Acid Peptic Disorders & as Co-Rx With NSAIDs

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Cap. Syp. **CYTOZEN / FORTE**

For Viral Hepatitis, Jaundice, NAFLD, Drug Or Alcohol Induced Hepatitis

Tab. **SUMENTA**

For Anxiety, Stress And Depression

Oint. Tab. **PILIEF**

For Piles And Fissures

Tab. **VIGOMAX FORTE**

For Loss Of Desire And Male Sexual Dysfunction

Tab. Oint. **ARTHRELLA**

For The Management Of Arthritis

Syp. **SPASMA**

For Asthma, COPD & Chronic Bronchitis

Syp. **APTIZOOM**

For Loss Of Appetite

Tab. **PALLYRYWYN FORTE**

For Loss Of Libido And Sexual Dysfunction for Men & Women

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