



INTERNATIONAL JOURNAL OF MULTIDISCIPLINARY HEALTH SCIENCES

ISSN: 2394 9406

INDEX

Index And Editorial's

Dr. Houserao A Patil Jadhav Editor In Chief (Pages 1 To 2)

**1. "BAHIRPARIMARJAN CHIKITSA A MAGICAL REMEDY FOR
INDRALUPTA: A REVIEW"**

*Dr. Sneha Gangadhar Sonone¹, Dr. Satwashil Desai², Dr. Shital Anil Raskar³ (Page
No-3-14)*

**2. "DISEASE REVIEW AND MANAGEMENT OF GRIDHRASI THROUGH
AYURVEDIC LITERATURE"**

*Vd. Avinash Kisan Gaikwad¹, Vd. Sanjay S. Patil², Vd. Sonal A. Shah³ (Page No 15-
24)*

**3. "EFFECT OF KUSHMAND KHAND ON AMLAPITTA -A CLINICAL CASE
STUDY"**

Dr. Swati Patil,¹ Dr. Vinay Chavan,² Dr.D.K.Parida³ (Page No 25-28)

**4. "REVIEW ON DIET AND NUTRITION FOR POSITIVE PREGNANCY
EXPERIENCE"**

Dr. Kavita Dyandev Shewale¹, Dr. Hemlata Kongi²(Page No 29- 35)

Editorials:**AYURVEDA & COVID-19**

In this panic situation of COVID 19 pandemic, it seems very difficult for people to maintain their minds stress and fear free. There is always an internal fear of suffering of the disease. It affects the routine as well as daily performance of the people. It also gives rise to short temperedness, anger and depressive behavior. Ayurveda, a holistic approach of the ancient medicine, deals with the concept of mind and used the term “Satva”, describing it as Pravara satva, Madhyama satva and Avara satva, as three types of Satva. The mental stress in Ayurveda gets considered as Manas Vyadhi and Satva should be kept high towards Pravara satva, to prevent the stress and to overcome depressing tendencies. Ayurveda suggests the treatment modalities to alleviate Manas Roga, but to prevent them is of prime importance as far as aim of Ayurveda is concerned.

In this pandemic condition we hereby appeal to all to keep up the minds stress free, don't make stress to overcome as depression.

Editor in Chief

Dr.Houserao A. Patil Jadhav

MD Agadtantra

Associate Professor Department Of Agadtantra.

LRPAMCHPGI&RC Islampur