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INDEX

Index And Editorial's

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

1. "BEYOND HRT -MANAGEMENT OF RAJONIVRUTTIJANYA LAKSHANAS (POSTMENOPAUSAL SYNDROME) BY RASAYANA THERAPY"

Dr. Pranita Vijaykumar Galande ¹, Dr. Hemalata Kongi ², *(Page No-3-10)*

2. "RESTORATION OF HEALTH OF WOMEN INSUTIKA AWASTHA PUERPERAL PERIOD WITH SPECIAL REFERENCE TO KASHYAPOKTA SUTIKA PARICHARYA" – A CONCEPTUAL STUDY"

Dr. Ujwala Suresh Tharkar ¹, Dr. Sachin Patil², Dr. Hemalata Kongi ³, *(Page No-11-18)*

3. "ROLE OF STHANIK CHIKITSA IN PRASRAMSINI YONIVYAPADWITH SPECIALREFERENCE TO POP PEVLIC ORGAN PROLAPSE (1ST AND 2ND DEGREE UTERINE PROLAPSE) – A CONCEPTUAL STUDY"

Dr. Gauri Shivaji Thokal¹ Dr.Sachin Patil² Dr.Hemalata Kongi³ *(Page No-19-26)*

4. "TO SEE THE EFFICACY OF KARPURA GHRITA IN THE TREATMENT OF VRANA ROPANA"

Dr. Pallavi Patil¹ Dr.Amit Shedgae² *(Page No-27-31)*

5. "EFFICACY OF TRIPHALA GHRIT TARPAN IN THE MANAGMET OF SHUSHKASHIPAKA(DRY EYE SYNDROME) – A SINGLE CASE STUDY"

Dr. Vrushali Tandale¹, Dr. Sunil Walvekar² *(Page No-32-37)*

6. "ROLL OF NASYAKARMA INTHE MANAGEMENT OF DUSHTA PRATISHYAY (CHRONIC SINUSITIS)"- SINGLE CASE STUDY"

Dr. Vrushali Tandale¹, Dr. Sunil Walvekar² *(Page No-38-42)*

7. "PRAMEHA IN AYURVEDA: INSIGHTS INTO CAUSES, SYMPTOMS AND MANAGEMENT"

Dr. Abhinandan Patil¹, Dr. Sonal Shah², Dr. Amruta Rajmane³. *(Page No-43-48)*

8. "MANAGEMENT OF STHAULYA (OBESITY) THROUGH AYURVEDA AND YOGA"

Dr.Pragati Markad¹, Dr.Sandip Patil², Dr.Gouri Mulik³ *(Page No-49-59)*

INDEX**9. "A LITERARY REVIEW ON TAMAKASHWASA"**

Dr. Namrata jayprakash shinde¹ , Dr Sandip patil² , Dr Gouri Mulik³ (*Page No-60-73*)

Editorials:**AYURVEDA & SUMMER SEASON**

Ayurveda recognizes winter as a kapha season with strong vata undertones. It is characterized by cold weather, a sense of heaviness, increased moisture (usually in the form of rain or snow), cloud-covered days, and the grounded, slow feeling that sends many animals into hibernation. Hemanta Ritu is winter season that occurs during Margashirsa and Pushya (Mid-November to Mid-January).

It's important to balance kapha dosha during this time to maintain overall well-being. Warm foods are recommended, along with staying hydrated and avoiding excessive cold exposure during peak hours. Additionally, practicing warm activities such as meditation and gentle yoga can help keep kapha in check during the winter months.

By following these Ayurvedic principles, you can support your body's natural ability to stay warm, balanced, and healthy during the winter season.

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