



AYUR SURABHI

A bi-monthly magazine on Ayurveda



Issue - 8

Volume VIII

April - May 2014



Sri Jayendra Saraswathi Ayurveda College and Hospital

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EDITORIAL DESK

There was a time when Ayurveda was the only medical system and it also instructed do's and do not's for daily and seasonal regimen, suitable for that period.

Our Acharyas enumerated the ill effects of the unwholesome diet and deeds and described their impact on both body and mind. They studied the social engineering systems and stigmas of the period and assessed their effect. Some of these factors which may have been superstitions were collated and a model regimen was prescribed. Deviation from this model was considered the main cause of several diseases.

We are actually witnessing the globalization of Ayurveda. As there are many changes which have occurred in the last century in form of weather, life style, job profile etc., contemporarily in the changing scenario applied aspect of Ayurvedic principles must also change. New combinations of medicine should be introduced to meet the global demand and more research should be conducted to make the scientific validity of Ayurveda to meet the global standard.

We look forward to receive your valuable feedback and innovative articles to make the Ayursurabhi a successful Ayurveda magazine of global standard.

We look forward to your response, suggestions and criticisms because these are the precious treasure for further standardization and development of "AYUR SURABHI".

We at "AYUR SURABHI" feel highly encouraged and enthusiastic to put before you with a new Ayurveda magazine to update and refresh the knowledge for the fraternity of Ayurveda.



Dr. Pradeep Kumar Moharana
Chief Editor

