

## Celebration of National Ayurveda Day

National Ayurveda Day is celebrated every year on the occasion of Dhanwantari Jayanti (Dhanteras) since 2016. This year the Department of AYUSH, GoI has announced 23<sup>rd</sup> October to be celebrated as Ayurveda Day. On the occasion of 7<sup>th</sup> National Ayurveda Day a lecture by Dr. Ramdas Maganti, Principal of Dhanwantry Ayurvedic College and Hospital, Chandigarh was organized on 18.10.2022. During the lecture Dr. Ramdas mentioned that during COVID times the WHO had estimated around 1 crore deaths for India but there were only 7.5 lakhs deaths reported in India which is because of great role played by Ayurveda. He further stated that Ayurveda is a holistic ancient medicine system that is practiced in India since pre-historic times. It is high time we should take steps to use it on mass scale for the welfare of mankind.. He apprised the audience about the *Adharniya Vega* means the urges which should not be suppressed, *Dharniya Vega* urges which should be suppressed. He told as long as our digestive fire is good no disease can touch us. He further mentioned that we should adopt healthy life style like getting up early (4:30 to 6:30 AM), regular exercises, applying oil on body, and eating habits according to season (e.g. spices during the spring season and ghee during winter season) etc. Further he also narrated that good hunger, good sleep and good immunity are the key factors for healthy life.

On the occasion Prof. P.V. Bharatam, Prof. and Head, Dept. of Medicinal Chemistry thanked the speaker and the audience.