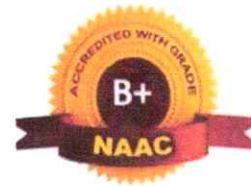




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## **PATHYA KALPANA PROGRAMME**

The program was sponsored by the Department of Swasthavritta & Bhaishajya kalpana of our college. The venue was chosen was Dhanwantari Ayurvedic Rugnalaya. Bhaishajya Kalpana is the science of pharmaceuticals that focuses on preparation of Ayurvedic compound medicines. Pathya Kalpana is basic but most important concept in Ayurveda which seems to be practical and must be practiced clinically in today's era. The preparations made by Samskara various methods of processing make the diet – more fruitful in terms of health.

Objectives of “Pathya Kalpana Programme” can be seen from the following points:

These preparations are made up from minimum & easily available ingredients. These are simple methods of preparations. These are very cost effective methods. Concept of Pathya changes at every moment and with every individual.

What is pathya to one person may not be pathya to another person. Even it changes in the same person depending upon various components like Age, Psychological condition, condition of provoked Dosha, condition of Dhatus condition of raw material, area of the patient, habits of the patient etc. So considering and elaborating the plan need a lot of attention from the physician.

The training program intended to familiarize practitioners with the latest development in the field. Such re-orientation is the need of hour.

Topic covered in five days scheduled as:

1. General introduction of pathya Kalpana, & preparation from monocotyledons'
2. Preparation & General Principle of Pathya Kalpana & Preparation from Dicotyledons'
3. Review of Mansaras & its preparation.
4. Review of Krushara, Ushnodaka & preparation.
5. Practical approach of Pathya kalpana.






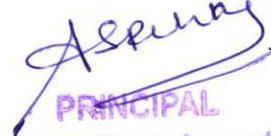
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Practically Pathya Kalpana is advised as a diet plan 'in healthy individuals' to let them stay fit, 'to the patients' to keep their channels in a healthy stage and in 'patients getting treated with Panchakarma' to help their Mahastortas coming back to normal. So "Pathya Kalpana" makes our food healthy and pleasurable. It is helpful in both the condition viz Healthy and Diseased. It stresses Ayurveda's approach that the digestive capability of the patients is equally important to that of the properties of the drugs. It covers all the nutritive values as it provides food having all the six tastes thus acting over both body and mind. So Pathya Kalpana should be incorporated in our daily diet regime to achieve the basic objectives of Ayurveda.

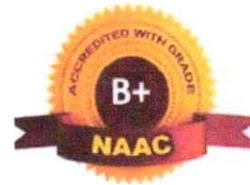
  
**HOD**  
**Swasthritta Dept.**  
**Hon. Shri. Annasaheb Dange**  
**Ayurved Medical College Ashta**



  
**PRINCIPAL**  
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## SCHEDULE OF PATHYA KALPANA TRAINING PROGRAMME

### DAY 1: 05/12/2023

#### Morning :

General introduction of Pathya Kalpana was discussed with staff. Review of preparation from monocotyledons' like, MANDA, PEYA, VILEPI, YAVAGU.

#### Afternoon :

from Actual Preparation monocotyledons' like, MANDA, PEYA, VILEPI, YAVAGU & its application.

### DAY 2: 06/12/2023

#### Morning:

Discussion about Preparation & preparation from Dicotyledons like, YUSHA

#### Afternoon:

From Actual Preparation Dicotyledons, YUSHA & its application.

### DAY 3: 07/12/2023

#### Morning:

Review of MANSARAS & its preparation,

#### Afternoon:

Preparation of MANSARAS & its application.

### DAY 4 : 08 /12/2023

#### Morning:

Review of KRUSHARA, USHNODAKA, KSHEERAPAKA & preparation.

#### Afternoon:

Demonstration of KRUSHARA, USHNODAKA, KSHEERAPAKA & preparation& its application.

### DAY 5: 09/12/2023

#### Morning:

Practical approach of Pathya kalpana was done on patients.

#### Afternoon:

Practically Pathya Kalpana is advised as a diet plan 'in healthy individuals' to let them stay fit, 'to the patients' to keep their channels in a healthy stage and in 'patients getting treated with Panchakarma' to help their Mahasrotas coming back to normal.







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