



**SWAMINARAYAN  
UNIVERSITY**  
THE RESERVOIR OF ALL KNOWLEDGE



**National Ayurveda Day**



आयुर्वेदोऽमृतानाम्

**राष्ट्रीय आयुर्वेद दिवस**

**AYURVEDA  
EXPO-2023**

**Shree Swaminarayan Ayurvedic College, Kalol**

Ahmedabad-Mehsana Highway, At Po. Saij, Tal: Kalol

Dist: Gandhinagar, Gujarat 382527

# AYURVEDA EXPO 2023

The Ayurveda Expo, a vital component of the National Ayurveda Day celebration, brought together enthusiastic BAMS students to showcase the profound wisdom of Ayurveda to a diverse audience. The event provided a platform for BAMS (Bachelor of Ayurvedic Medicine and Surgery) students to showcase and educate attendees about the ancient science of Ayurveda. The expo aimed to highlight the significance of Ayurveda in maintaining holistic health.

## Inauguration Ceremony



The grand inauguration ceremony of the Ayurveda Expo was graced by several distinguished individuals, adding to the prestige of the event. The ceremony was presided over by:

1. Shastri Swami Premswaroop Dasji: President of Swaminarayan University, who inaugurated the event, and emphasized the importance of Ayurveda in holistic healthcare.
2. Dr. Ajit Gangavane: Registrar of Swaminarayan University, who emphasized the role of educational institutions in promoting Ayurveda's knowledge and practice
3. Dr. Gunjan Shah: CoE of Swaminarayan University, who highlighted the university's commitment to fostering Ayurvedic education and research.
4. Dr. Rohit Gokarn: Dean of the Faculty of Ayurveda at Swaminarayan University, who discussed the significance of Ayurveda in addressing contemporary health challenges.
5. Dr. Ravikumar Patel: Deputy Registrar, who encouraged attendees to explore the diverse aspects of Ayurveda showcased at the expo.

## Expo Overview

The expo featured various stalls where enthusiastic BAMS students presented informative displays and conducted interactive sessions on different aspects of Ayurveda. The primary focus areas of the event were:

- **Ayurveda Basics:** One section of the expo was dedicated to explaining the fundamental principles of Ayurveda. Students elucidated the three doshas (Vata, Pitta, and Kapha), the concept of Prakriti (individual constitution), and the importance of maintaining balance in these doshas for optimal health. The Prakriti assessment of attendees was performed by students using Standard Prakriti Assessment questionnaire.



- **Daily Routine in Ayurveda:** Participants were educated on the importance of following a daily routine or "Dinacharya" as per Ayurvedic principles. Students emphasized the significance of activities such as waking up early, practicing yoga, and adhering to a balanced diet.



- **Ayurvedic Dietary Guidelines and Prakriti-Based Food Preparation:** One of the expo's major highlights was the emphasis on Ayurvedic dietary guidelines. The students educated attendees on the significance of consuming food that aligns with one's Prakriti, the individual constitution based on their dominant dosha. Practical demonstrations of cooking methods and recipes tailored to different Prakritis were showcased. Visitors learned how personalized diets can promote overall health and balance doshas.



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- **Dravyaguna (Herbal medicine ) Stall:**

One of the noteworthy stalls at the expo was dedicated to Dravyaguna, where experts explained herbal plants and their medicinal values. Attendees had the opportunity to learn about various herbs, their properties, and how they are used in Ayurvedic preparations. This stall highlighted the rich diversity of herbal remedies in Ayurveda.



- **Rasashastra ( Herbomineral) Stall:**

Another significant stall was dedicated to Rasashastra, where the science of alchemy and the use of minerals in Ayurveda were explained. Experts at this stall elucidated the unique preparations known as Rasaushadhis, their formulation, and therapeutic applications. Visitors gained insights into the traditional knowledge of using minerals for healing.

- **Stalls for Maternal & Child health** Two dedicated stalls focused on gynaecology and pediatrics, underscoring the versatility of Ayurveda in addressing a wide range of health concerns. Experts in these fields shared knowledge about Ayurvedic approaches to women's health, prenatal care, and pediatric ailments. These stalls offered valuable insights into the application of Ayurveda in specific medical areas.



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- Rutucharya, the Ayurvedic concept of adapting one's lifestyle according to seasonal variations, holds a paramount importance in maintaining holistic health. Ayurveda recognizes the profound impact of changing seasons on our physical and mental well-being. Each season is associated with distinct qualities or doshas, and aligning one's routine with these natural rhythms helps prevent imbalances and ensures optimal health.



- **Surgical Procedures in Ayurveda:** A significant highlight was the explanation of various surgical & parasurgical procedures mentioned in Ayurvedic texts. The students showcased the traditional techniques used in procedures like Shalya (surgery) and Shalakyas (ophthalmology and ENT), illustrating the depth of Ayurvedic knowledge in these domains.

- **Agadatantra:** This stall focused on Agadatantra, Ayurveda's branch that deals with toxicology and management of poison cases. Visitors were educated on the ancient wisdom of Ayurveda in treating poisoning and venomous bites



- **Panchakarma:** Panchakarma, a well-known Ayurvedic detoxification and rejuvenation therapy, was explained in detail. Students described the various procedures involved, including Vamana (emesis), Virechana (purgation), Nasya (nasal therapy), Basti (enema), and Raktamokshana (bloodletting), and how they contribute to overall wellness.



- **Importance of Ayurveda in Healthcare:** Throughout the expo, the students emphasized the vital role that Ayurveda plays in healthcare. They highlighted Ayurveda's natural and holistic approach to treating various ailments and its potential in preventing diseases. Attendees were educated about Ayurvedic dietary practices and the integration of Ayurveda with modern medicine.
- **Continuous Video Display of Ayurveda Procedures:** A continuously running video display was set up to provide attendees with an immersive experience of Ayurvedic procedures. Visitors had the opportunity to observe the various steps involved in therapies like Panchakarma, surgical interventions, and specialized treatments. The videos demonstrated the precision and expertise required for these procedures.

## Visitor Turnout

- An astounding number of more than 800 people visited the Ayurveda Expo, indicating a growing interest in Ayurveda and its holistic approach to health. Attendees comprised a diverse group, including students, healthcare professionals, and individuals seeking alternative healthcare solutions. The high turnout underscored the relevance and importance of Ayurveda in today's health-conscious society.

## Conclusion

- The Ayurveda Expo, inaugurated by esteemed personalities, was a resounding success, attracting over 800 visitors who came to explore and learn about the depth and diversity of Ayurveda. The event emphasized the importance of Ayurvedic dietary guidelines, showcased Prakriti-based food preparation, provided insights into specialized fields like surgery, gynaecology and pediatrics, and offered an immersive experience of Ayurvedic procedures through continuous video displays. It is evident that Ayurveda continues to gain recognition and significance in contemporary healthcare, as evidenced by the enthusiastic response from the attendees. This expo serves as a testament to the enduring relevance and growing interest in Ayurveda in the modern world.