



"Saibaba Bahuuddeshiya Sevabhavi Santha's"

Indian Institute of Medical Sciences Ayurved College

Gat No. 144, Opposite Delhi Public School, Behind MUHS, At Manori, Tal. Dindori, Nashik

Ayurveda and Adi Shakti

Organized on the Occasion of the 10th Ayurveda Day

Department of Dravyaguna, IIMS Manori College

Venue-IIMS Seminar Hall

Date-22-09-2025

The Department of Dravyaguna at IIMS Manori College successfully organized a thematic program titled "Ayurveda and Adi Shakti" on the occasion of the 10th Ayurveda Day, which coincided with the first day of Navratri. This event was conceptualized to blend the spiritual significance of Navratri with the rich Ayurvedic heritage related to medicinal plants.

The program aimed to highlight the medicinal value of nine sacred plants, each symbolically associated with one of the Navadurga forms of Goddess Durga, observed during the nine days of Navratri. The presentations and speeches given during the event reflected the integration of Ayurvedic knowledge with cultural traditions.

Theme Focus: "Ayurveda and Adi Shakti"

Each day of Navratri was represented by a specific plant linked with the corresponding form of the Goddess. Faculty and students delivered informative speeches on the botanical identity, therapeutic uses, and traditional significance of each plant. The following plants were discussed:

1. **pratham (Shailputri) – Haridra (Turmeric)**
2. **Dwitiya (Brahmcharini) – Brahmi (Bacopa monnieri)**
3. **Tritiya (Chandraghanta) – Chandrashur (Lepidium sativum)**
4. **Chaturthi (Kushmanda) – Kushmanda (Benincasa hispida)**

5. Panchami (Skandamata) – *Alasi* (*Linum usitatissimum* - Flaxseed)
6. Shashti (Katyayani) – *moiya*(*madhuka longifolia*)
7. Saptami (Kalaratri) – *Nagdaun*
8. Ashtami (Mahagauri) – *Tulsi* (*Ocimum sanctum*)
9. Navami (Siddhidatri) – *Shatavari* (*Asparagus racemosus*)
10. Dashami (Dussehra) – *Apta* (*Bauhinia racemosa*)

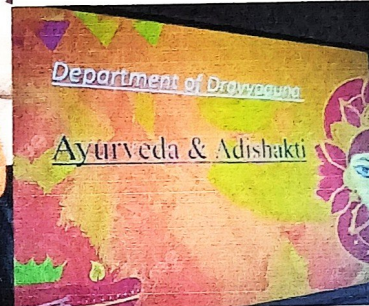
Outcomes of the Program:

- Participants gained an in-depth understanding of the Ayurvedic significance of sacred plants associated with Navratri.
- The program emphasized the role of Ayurveda in cultural festivals and daily life.
- It reinforced the vision of Ayurveda as not only a medical science but also a holistic way of living, closely connected with nature and spirituality.

Conclusion:

The “Ayurveda and Adi Shakti” program was a meaningful initiative under the 10th Ayurveda Day celebrations, combining Ayurvedic wisdom with Indian cultural heritage. It helped foster awareness about the medicinal and spiritual importance of plants associated with Navratri, encouraging both students and faculty to explore the deeper connections between Ayurveda and Indian festivals.





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