

Atreya Ayurveda Pratisthana®
Spoorthi Ayurveda Medical College and
Dr S.V.Savadi Ayurvedic Medical college Gangavathi
ISO 9001:2015 Recognized Institution, (Recognized By Govt. of Karnataka & N.C.I.S.M. New Delhi),
(Affiliated to Rajiv Gandhi University of Health Sciences, Bangalore)

NAAC 2.3.5 – Institution Nurtures Creativity, Analytical Skills & Innovation

Best Practice / Activity: Analytical Study of Apamarga Kshara

The Department of RSBK undertook **physico-chemical analysis and pH evaluation of Apamarga Kshara** at the Manthana Central Research Laboratory.

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(Affiliated to Rajiv Gandhi University of Health Sciences, Bangalore)
Date: 22-03-2025

Manthana Central Research Laboratory

Test Requested by: Department of RSBK

Requested On: 3-1-2025

Investigation to be performed: Physico-chemical analysis , pH

Sample Code: 02

Sample Details: Apamarga kshara

Physico-chemical analysis of Apamarga kshara

Sl.no	Test	Result
01	Moisture	4%
02	Total ash	16.96%
03	Acid insoluble ash	0.01%
04	Alcohol soluble extract	42%
05	Water soluble extract	32%
06	pH	11.5


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Analytical Chemist
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The **Apamarga Kshara** analysis develops scientific thinking through systematic physico-chemical and pH assessment. The activity integrates **traditional Ayurvedic knowledge with analytical techniques**, encouraging research-oriented and evidence-based learning.

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DEPARTMENT OF DRAVYAGUNA VIJNANA

CREATIVITY, ANALYTICAL SKILLS AND INNOVATION

1. Drug analysis

Creativity, analytical skills, and innovation are helpful in drug analysis because creativity allows the development of new approaches for identifying and testing drugs, analytical skills ensure accurate observation, measurement, and interpretation of their properties, and innovation combines both to produce advanced tools and techniques that make drug analysis more reliable, efficient, and progressive.



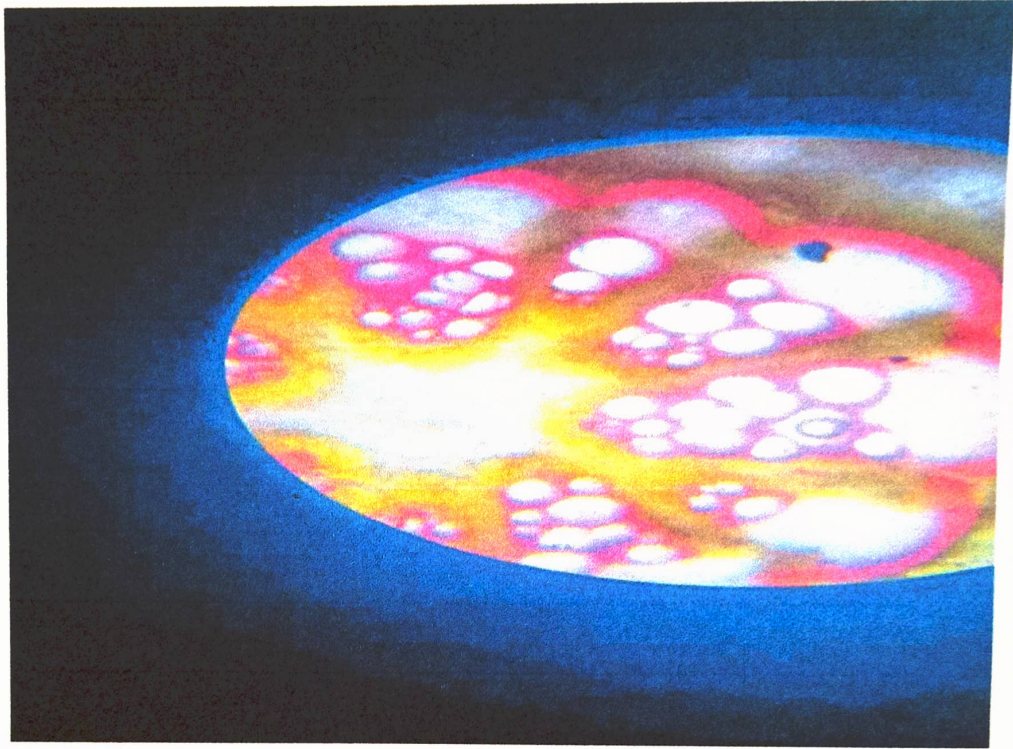
2. Demonstration

Demonstration helps by making concepts clear and practical, as creativity makes the presentation engaging, analytical skills ensure accuracy in explanation, and innovation introduces new methods that make learning effective and memorable.



3. Practical

Practical microscopic examination supports by making drug identification clear and reliable, as it allows direct observation of diagnostic features, ensures accuracy through analytical skills, and enhances understanding through hands-on demonstration, making concepts easier to grasp and remember.



4. Demonstration Garden

Garden demonstration supports learning by providing direct observation of medicinal plants, where creativity makes the layout engaging, analytical skills ensure accurate identification and classification, and innovation introduces modern methods like tagging or digital mapping—together making plant study clear, practical, and memorable.



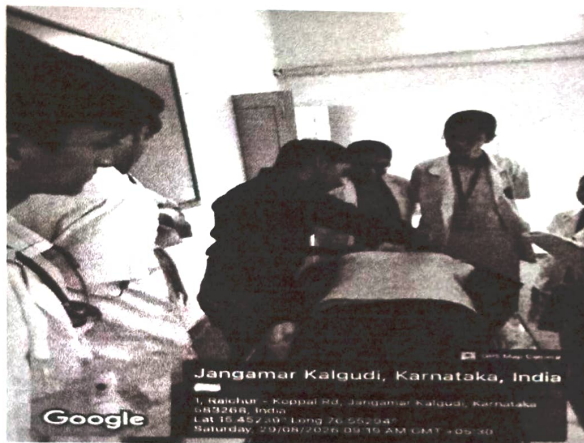
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DEPARTMENT OF KRIYA SHAREERA

CREATIVITY, ANALYTICAL SKILLS AND INNOVATION

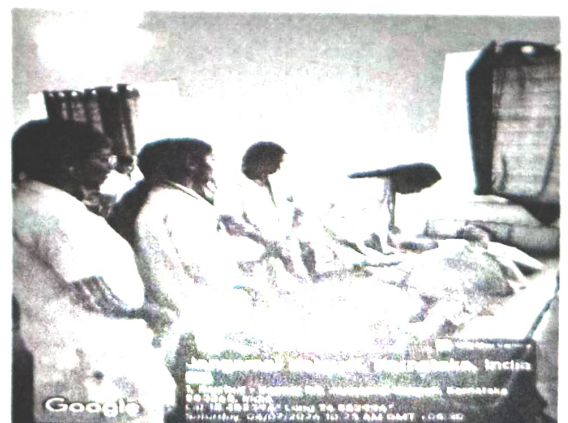
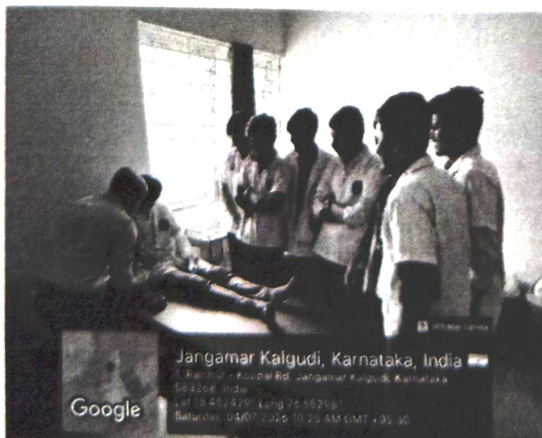
1.Demonstration

Demonstration of auscultation of heart sounds by identifying the surface areas to auscultate, helps students by making concepts clear and practical, as creativity makes the presentation engaging, analytical skills ensure accuracy in explanation, and innovation introduces new methods that make learning effective and memorable.



2.Demonstration

Demonstration helps students learn the correct technique for measuring blood pressure using different methods. It improves their ability to compare and interpret BP readings obtained through different techniques, while developing practical skills, accuracy, and confidence in clinical examination. It also enables students to understand the factors affecting blood pressure measurement and apply this knowledge effectively in clinical practice.



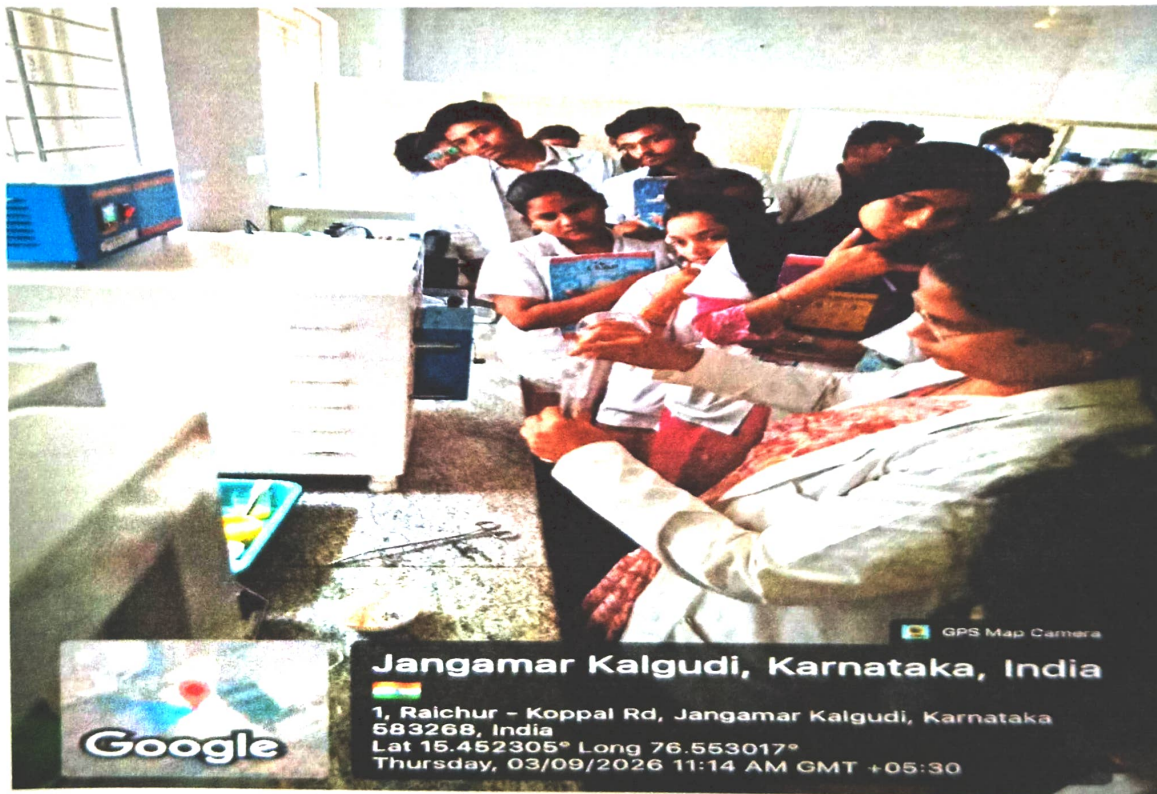
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DEPARTMENT OF SWASTHVRITTHA AND YOGA

CREATIVITY, ANALYTICAL SKILLS AND INNOVATION

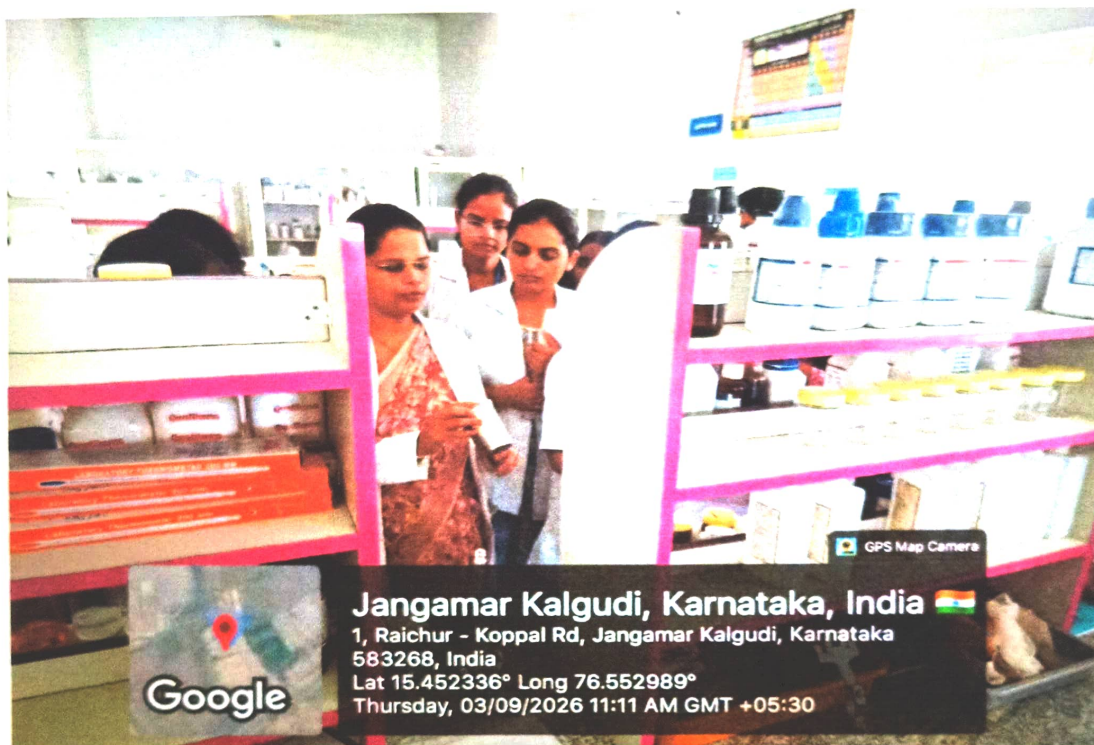
1.Nutritional analysis

The nutritional analysis of **Manda, Peya, Vilepi, and Yavagu**, Yusha highlights their varying consistency and nutrient density, reflecting their suitability for different health conditions and digestive capacities. These traditional Ayurvedic preparations are rich in carbohydrates, moderate in proteins, and provide essential minerals that support hydration and nourishment. Manda and Peya serve as light, easily digestible options, while Vilepi and Yavagu offer more substantial energy and satiety. Overall, their analysis emphasizes balanced nutrition and therapeutic value in promoting recovery and maintaining wellness.



2.Demonstration

Demonstration helps by making concepts clear and practical, as creativity makes the presentation engaging, analytical skills ensure accuracy in explanation, and innovation introduces new methods that make learning effective and memorable.



3.Practical

Practical microscopic examination supports by making drug identification clear and reliable, as it allows direct observation of diagnostic features, ensures accuracy through analytical skills, and enhances understanding through hands-on demonstration, making concepts easier to grasp and remember.





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DEPARTMENT OF ROGANIDANA

CREATIVITY, ANALYTICAL SKILLS AND INNOVATION

Demonstration - Demonstration bedside



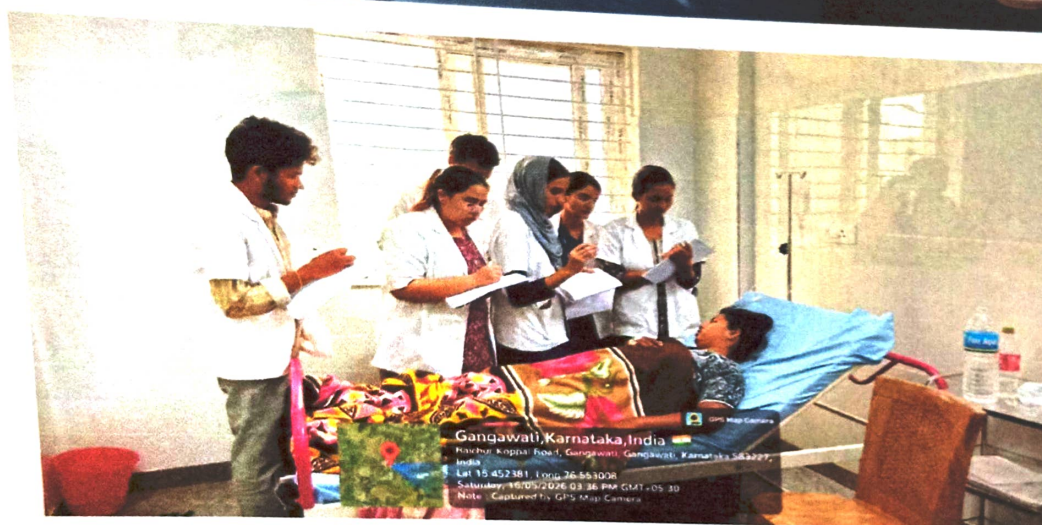
students clarify doubts, deepen their understanding, and learn through interaction rather than just listening. It made the class more engaging and collaborative.

Brainstorming- CASE SCENARIO



Brainstorming- CASE SCENARIO, were conducted using the case scenarios related to system examinations. Students were divided into small groups and given clinical case scenarios, based on which they worked together to build up the cases and identify the appropriate system examination findings. The students discussed and presented the cases, focusing on relevant clinical examination and interpretation of findings. The activity promoted active participation, clinical reasoning, communication skills, and collaborative learning. Photographic evidence of the peer-learning activities is attached above

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Bedside demonstrations were conducted for History taking system-wise clinical examination of the Cardiovascular System (CVS), Respiratory System (RS), Musculoskeletal System (MSS), Integumentary System, and Gastrointestinal System (GIT). Students were guided through the examination procedures and clinical findings to improve their practical and clinical examination skills.

Roleplay and simulation-



Clinical case scenarios were provided to students for role play and simulation activities. Students were divided into groups, with one student enacting the role of the patient while others performed case presentation and system-wise clinical examinations. CBL and PBL-based assessments were also conducted using these case scenarios to assess students' clinical reasoning, problem-solving, examination, and presentation skills.

Discussions



The Discussions method was used for about 1 hour after each system examination. In this approach, the teacher and students exchanged ideas freely on the topic. It encouraged active participation, critical thinking, and sharing of different viewpoints. This method helped