



E-Divine Souls®
Journey to Eternal Happiness

Integrated Therapeutic Life Balancing Research Gurukulam

AUSHADH VIGYAN

P3 ĀYURVĒDIC
MEDICINES
ACTION (KARMA)



Dr. Minal Bharatiya (Jain)

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**DR. MINAL
BHARATIYA (JAIN)**

INTEGRATED HEALTH SCIENCES CONSULTING

Cognitive Neuro-Psycho Treatments (Research) | vis medicatrix
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*Our Obeisance to
eternal **Divine** **Souls***

*Let's pray for Mother Earth and all her beings,
for showers of
Divine
Infinite bliss of
Vitality.*

*Let **Innovative** Ideas come to
Nurture
Englightened
Serenity
We bow our
Obeisance to the
Union of all the
Liberated
Souls, by total
extinction of all our flaws.*

About Us

eDivineSouls, Integrated Life Balancing Research Gurukulam, central BHARAT's 1st of its kind centre. The centre works an ICMR approved research based Integrated Therapeutic Health Sciences Model suiting current and future problems with patient centric approach. Our online Gurukulam has an amalgamation of ancient foundation, sharing wealth of knowledge Ganges, rich healthy living Life style management with lead by example and mentoring to living a life of significance. We deliver knowledge on best food for body, mind and soul as per basic constitution for each individual for fostering a balanced approach to holistic health care.

The institution's commitment to enhancing well-being extends to various programs, courses and consultation services. In essence, eDivineSouls stands as a sanctuary for comprehensive well-being by applying Sages of SIVANAS wisdom and practices with learning varied skills, tech-know-how, psychology, neuro and allied sciences, impact of social media & gadgets on future of human race – an inside out journey. This infusion creates a unique blend of science and spirituality.

Extends our services to address the intricacies of modern life, offering solutions for Work-Life and Parenting issues overcoming emotional, mental and psychological health challenges. Self Help Portfolio for Life (SHPLife) based on her learnings and experiences from world class organizations and an outcome of Dr. Jain doctorate degree. This is a framework solution for all four stages (as ashrams) of personal and professional well-being.

About Founder, CEO



Dr Minal Bhartiya (Jain)

A daughter of Bharat, she embodies cultural and ethical values, a doctorate in Work-Life Balance. Pursued her career in varied Health Sciences. Realized the integral relationship among them.

She blends best of ancient healing health systems wisdom with modern relevance. Continual research on Integrated Therapeutic Life Balancing Solutions.

Since 2011, she has been on a transformative journey shaped by unwavering faith and the metaphysics of Scientific Spirituality, which she continues to explore through a 12-year degree program. Rooted in true scriptural knowledge and ascetic practices, her path reflects a deep connection to divine wisdom and an enduring commitment to holistic well-being.

Her empathetic nature and love for Mother Earth have driven her to explore diverse healing modalities and advocate for sustainable, sattvic living. With studies in Astrology, Occult Sciences, and Vastu, she addresses life and health challenges at their roots. Her professional journey includes roles as a visiting faculty at Devi Ahilya University and World class IT corporations as TCS, IBM and Ericsson, showcasing her versatile expertise and dedication to empowering others.

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Dīpana / Appetiser

Drugs which do not help in digestion of undigested food, but only kindle the gastric fire.

Eg: Miśi (Sound)

(SUTRA 307)

पचेन्नामं वह्निं कृच्छ दीपनं तद्यथा मिशिः । (शा. पू.)4/1)

Pāchana / Digestive

Drugs which digest the undigested food but do not kindle the appetite.

E.g., Nāgakēśara (Mesua ferrea)

(SUTRA 308)

पचत्यामं न वह्निं च कुर्याद्यत्तद्धि पाचनम् । (शा. पू. 4/1)

Shamana / Pacifier

Drugs which bring down the increased Dōśha to normal without expelling them out and not interfering with Dōśhas which are normal.

E.g., Gudūchī (Tinospora cordifolia)

(SUTRA 309)

न शोधयति न द्वेष्टि समान्दोषांस्तथोद्धतान् ।
समीकरोति विषमान् शमनं तद्यथा अमृता । (शा. पू. 4/ 2)

Anulōmana / Carminative

Drugs which expel out flatus and faeces after proper digestion and thus removing the obstruction.

E.g., Harītaki (Terminalia chebula).

(SUTRA 310)

कृत्वापाकं मलानां यदिभत्वा बन्धमधो नयेत् ॥
तच्चानुलोमनं ज्ञेयं यथा प्रोक्ता हरीतकी । (शा. पू. 4 / 3)

Sramsana / Laxative

Drugs which expel the faeces and other wastes with or without proper digestion are Sramsana (Laxatives);

Eg: Krutamāla (Cassia fistula)

(SUTRA 311)

पक्तव्यं यदपक्त्वैव श्लेष्मं कोष्ठे मलादिकम् ॥
नयत्यधः स्रंसनं तद्यथा स्यात्कृतमालकः ॥ (शा. पू. 4/4)

Bhēdana / Irritant purgative

Drugs which break up the faecal mass and expel it out forcibly are known as Bhēdana (irritant purgative);

E.g., Kaṭukī (Picrorhiza kurroa)

(SUTRA 312)

मलादिकमबद्धं च बद्धं वा पिण्डितं मलैः ।
भित्वाधः पातयति तद्भेदनं कटुकी यथा । (शा. पू. 4/5)

Rēchana / non-irritant purgative

Drugs which make the faeces watery and expel out forcibly either formed or not formed into a mass are Rēchana (non-irritant purgative);

E.g., Trivrit (*Operculina turpethum*).

(SUTRA 313)

विपक्वं यदपक्वं वा मलादि द्रवतां नयेत् ।
रेचयत्यपि तज्जेयं रेचनं त्रिवृता यथा ॥ (शा. पू. 4/6)

Vamana / Emetics

Drugs which bring out the undigested Pitta and Kapha from the stomach through the mouth by force.

E.g., Madanaphala (*Randia dumetorum*).

(SUTRA 314)

अपक्वपित्तश्लेष्माणौ बलादूर्ध्वं नयेत्तु यत् ॥
वमनं तद्धि विजेयं मदनस्य फलं यथा । (शा. पू. 4/7)

Samśōdhana (Purifiers of the body) / Eliminators

Drugs which dislodge the body wastes from their places and expel them forcibly either in upward / downward direction.

E.g., Dēvadāliphala (Luffa echinata)

(SUTRA 315)

स्थानाद्बहिर्नयेदूर्ध्वमधो वा मलसञ्चयम् ।
देहसंशोधनं तत्स्याद्देवदालीफलं यथा । (शा. पू. 4/8)

Chēdana / Scrapers

Drugs which scrape out the adherent Kapha and other wastes from their places are Chēdana (Scrapers)

E.g., Kśhāra (Alkalies), Maricha (Pepper), and Shilājatu.

(SUTRA 316)

श्लेष्ठाङ्कफादिकान्दोषान् उन्मूलयति यत्त्वलात् ।
छेदनं तद्यथा क्षारमरिचानि शिलाजतु । (शा. पू. 4/9-10)

Lēkhana / Emaciator

Drugs which expel the Dhātus (Tissues) and Malas (Wastes) out of the body after drying up their moisture are known as Lekhana (Mild dehydrants or emaciator)

E.g., honey, hot water, Vachā (Acorus calamus) and Yava (Hordeum vulgare).

(SUTRA 317)

धातून्मलान्वा देहस्य विशोष्योल्लेखयेच्च यत् ।
लेखनं तद्यथा क्षौद्रं नीरमुष्णं वचा यवाः ॥ (शा. पू. 4/10-11)

Grāhi / Dry Constipative

Drugs which possess appetizer and Digestive properties and also dry up the moisture of the tissues and wastes of the body are Grāhi (Water absorbents).

E.g., Śunṭhi (Ginger), Jīraka (Cumin), Gajapippalī (Chaba)

(SUTRA 318)

दीपनं पाचनं यत्स्यात् उष्णत्वात् द्रवशोषकम् ।
ग्राही तच्च यथा शुण्ठी जीरकं गजपिप्पली । (शा. पू. 4/11-12)

Stambhaka / Cold Constipative

Drugs which increase Vāta by their dry, cold, astringent properties and undergoing quick digestion are Stambhaka (Constipating)

E.g., Vatsaka (Kurchi), Ṭunṭuka (Śyōnāka).

(SUTRA 319)

रौक्ष्यात् शैत्यात् कषायत्वालेलघुपाकाच्च यद्भवेत् ॥
वातकृत् स्तम्भनं तत्स्याद्यथा वत्सकटुण्डुकी । (शा. पू. 4/12-13)

Sūkśhma / Subtle

Drugs which enter into even the minutest pores of the body.

E.g., Saindhavalavaṇa, Kśhaudra, Nimba Taila, and Ēranda Taila.

(SUTRA 320)

देहस्य सूक्ष्मछिद्रेषु विशेषत्सूक्ष्ममुच्यते ॥
तद्यथा सैन्धवं क्षौद्रं निम्बतैलं रुबूद्भवम् ॥ (शा. पू. 4/18)

Vyavayi / readily absorbable

Drugs which get absorbed very quickly and spread all over the body and then undergo transformation.

E.g., Bhangā, Ahiphēna.

(SUTRA 321)

पूर्व व्याप्याखिलं कायं ततः पाकं च गच्छति ।
व्यवायी तद्यथा भङ्गा फेनं चाहिसमुद्भवम् ॥ (शा. पू. 4/19)

Vikāsi

Drugs which weaken the joints by dislodging the Ōjas from the tissues.

Eg: Kramuka (Arecanut), Kōdrava (Millet).

(SUTRA 322)

सन्धिबन्धांस्तु शिथिलान् यत्करोति विकाशि तत् ।
विश्लिष्योजश्च धातुभ्यो यथा क्रमुककोद्रवाः । (शा. पू. 4/20)

Madakāri / Intoxicant

Drugs possessing Tamō Guṇa predominantly and cause derangement of the balance of mind.

E.g., Surā and other alcoholic beverages.

(SUTRA 323)

बुद्धिं लुम्पति यद्द्रव्यं मदकारि तदुच्यते ।
तमोगुणप्रधानं च यथा मद्यं सुरादिकम् ॥ (शा. पू. 4/21)

Viśha

Drugs which possess Vyavāyī, Vikāṣī, Sūkṣhma, Chēdana and Madakāri properties and which are Agnēya and Yōgavāhi in nature and bring about death.

E.g., Visha (Poison).

(SUTRA 324)

व्यवायी च विकाशि स्यात् सूक्ष्मं छेदि मदावहम् ।
आग्नेयं जीवितहरं योगवाहि स्मृतं विषम् ॥ (शा. पू. 4/22)

Pramāthi

Drugs which remove the accumulated Dōśhas from the cell pores by their own specific action.

E.g., Maricha (Pepper), Vachā (Sweet flag).

(SUTRA 325)

निजवीर्येण यदद्रव्यं स्रोतोभ्यो दोषसंचयम्। निरस्यति प्रमाथि
स्यात्तद्यथा मरिचं वचा । (शा. पू. 4/23)

Abhiśhyandi / (Obstructants)

Drugs which by their unctuousness, heavy properties block the passages of Rasavaha Srōtas (Tissue pores) thereby causing heaviness of the body or organ.

E.g., Dadhi (Curd).

(SUTRA 326)

पैच्छिल्याद् गौरवाद् द्रव्यं रुद्ध्वा रसवहाः शिराः । धत्ते यत्गौरवं तत्
स्यादभिष्यन्दि यथा दधि ॥ (शा. पू. 4/24)

The drugs which induce secretions are called Abhiśhyandi.

Rasāyana / (Tonics, Rejuvenators, Elixirs)

Drugs which ward off old age and diseases and develop immunity.

E.g., Amrutā, Guggulu, Harītaki (Chebulic myrobalan).

(SUTRA 327)

रसायनं च तज्ज्ञेयं यज्जराव्याधिनाशनम् ॥ यथामृतारुदन्ती स्याद्
गुग्गुलुश्च हरीतकी ॥ (शा. पू. 4/ 13-14)

Vajīkaraṇa (Aphrodisiacs)

Drugs which increase sexual desire.

E.g., Nāgabala (Snake mallow), Kapikacchu Bīja (Velvet bean).

(SUTRA 328)

यस्मात् व्यादभवेत्स्त्रीषु हर्षो वाजीकरं च तत् ॥ यथा नागबलाद्याः
स्युर्बीजं च कपिकच्छुजम् ॥ (शा. पू. 4/14-15)

Shukrala / (Semenagogue)

Drugs which increase the quantity of semen.

E.g., Ashwagandha (Winter cherry), Musalī (White Musli), Sharkara (Sugar) and Shatāvarī (Climbing asparagus).

(SUTRA 329)

" यस्माच्छुक्रस्य वृद्धिः स्याच्छुक्रलं च तदुच्यते ॥ यथाश्वगन्धा मुसली
शर्करा च शतावरी । दुग्धं माषश्च भल्लातफलमज्जा मलानि च ॥
प्रवर्तकानि कथ्यन्ते जनकानि च रेतसः । प्रवर्तनी स्त्री शुक्रस्य रचनं
बृहतीफलम् ॥ जातीफलं स्तम्भकं च शोषणी च हरीतकी । (शा. पू.
4/15-18)

- Shukra Janaka (Increases the Semen and sperm),
- Pravartaka (Increases Libido),
- Rēchaka (Helps in Ejaculation of Semen),
- Stambhaka (Delays the ejaculation) and
- Śōśhaka (Dries Up).
- Bhallataka (Marking nut) fruit pulp and
- Āmalaki (Indian Gooseberry) not only increase semen but also help in ejaculating it out.

Women are the stimulator of the semen.

- Fruits of Brihati (Black nightshade plant) expel it.
- Jatīphala (Nutmeg) withholds it longer.
- Harītaki (Chebulic myrobalan) dries up the Semen.

Brimhana

Increases the bulk in the body.

(SUTRA 330)

बृहत्त्वं यच्छरीरस्य जनयेत्तच्च बृंहणम् । (च. सं. सू. 22 /10)

Balya

Increases strength of the body.

(SUTRA 331)

' बलाय हितं बल्यम् । (गङ्गाधर च. सं. सू. 4/8)

Varṇya

Normalizes & improves complexion of skin.

(SUTRA 332)

वर्णाय हितं वर्ण्यम् । (गङ्गाधर च. सं. सू. 4/8)

Hridya

Pleases the mind and beneficial for heart.

(SUTRA 333)

हृदयाय मनसे हितं हृद्यम् । (गङ्गाधर च. सं. सू. 4 / 8)

Prajāsthāpana

Mitigates the destructive factor of foetus and thus retains Garbha (foetus).

(SUTRA 334)

प्रजोपघातकं दोषं हत्वा प्रजांस्थापयतीति प्रजास्थापनम् ।
(चक्रपाणि, च.. सू. 4 / 8)

Vayasthāpana

Establishes youth.

(SUTRA 335)

वयः तरुणं स्थापयतीति वयःस्थापनम् ।
(चक्रपाणि, च.. सू. 4 / 8)

Medhya

Enhances Media or memory.

(SUTRA 336)

मेधायै हितं मेध्यम्। (द्र. गु. वि.)

RaktaPrasadana

Relieves all the diseases pertaining to Rakta by purifying vitiated blood.

(SUTRA 337)

रक्तं प्रसादयति इति रक्तप्रसादनम् ।



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**Affiliated By
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Our Accreditations



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