

Reviving Traditional Healing

A Journey Through Herbal Wisdom

Event Overview

Organized by **Sandip University's Centre for Indian Knowledge System (CIKS)**, this event explored the profound wisdom of traditional herbal healing practices. The session, led by **Mrs. Amruta G. Mahajan**, offered participants a unique opportunity to delve into the world of herbal formulations and their applications in contemporary wellness.

Herbal Formulation Workshop Highlights

On **28 October, 2023**, participants engaged in a hands-on workshop focusing on the following key areas:

- **Identification:** Learning to recognize various herbs and plants with medicinal properties. The workshop provided practical skills in preparing herbal solutions rooted in traditional Indian practices. Mrs. Amruta G. Mahajan expertly guided attendees through the intricacies of herbal formulation, emphasizing the importance of precise blending techniques and the understanding of each herb's unique characteristics.
- **Blending:** Understanding the art of combining herbs to enhance their therapeutic effects. Participants learned how to create remedies tailored to specific health needs, embracing a holistic approach to wellness that honors the body's natural healing abilities.
- **Formulation:** Gaining practical experience in creating natural remedies using traditional methods.

Relevance of Indian Knowledge Systems

The workshop underscored the continued relevance of Indian Knowledge Systems (IKS) in modern wellness practices. By emphasizing the use of locally sourced herbs and plants, the event promoted a sustainable and culturally sensitive approach to healthcare.

Furthermore, it fostered a deeper appreciation for India's rich natural and medicinal biodiversity, encouraging participants to become stewards of this invaluable heritage.

Conclusion

The 'Reviving Traditional Healing' event successfully imparted valuable knowledge and practical skills in herbal formulation. Participants left with a renewed sense of connection to India's ancient healing traditions and a commitment to integrating these practices into their daily lives.

