

## **Report on “Impact of Ayurveda Ahaar in Liver Dysfunction”**

**Organized by Department of B.Pharm (Ayu)**

**Date: 31 Oct 2025**

**Venue: Board room, Delhi Pharmaceutical Sciences and Research University**

As part of on-going lecture series for “Strengthening B.Pharm program”, Prof. Mita Kotecha, Head, Department of Dravyaguna Vigyan, National Institute of Ayurveda (NIA), Jaipur interacted with the students of B.Pharm (Ayu), Delhi Pharmaceutical Sciences and Research University on 31<sup>st</sup> Oct 2025.

The event was organized under the guidance and support of Hon’ble Vice Chancellor, Prof. Ravichandiran V., Officiating Registrar Dr. Ramachander Khatri, and Dr. Amrita Mishra, B.Pharm (Ayu) Course Coordinator. The program commenced with the blessings of Goddess Saraswati, followed by the DPSRU Kulgeet and opening remarks by Dr. Mukesh Nandave (Associate Dean, Research & Innovation).

The welcome address was delivered by Prof. Ravichandiran V., who emphasized the importance of maintaining a well-balanced diet for healthy living. He also highlighted the significance of adopting Ayurvedic practices and principles to promote holistic health and well-being.

The guest speaker, Prof. Mita Kotecha, then addressed the audience and spoke on the theme of “Ayush Ahaar.” She elaborated that, according to Ayurvedic literature, nearly 1,700 recipes exist for various health and disease conditions—many of which remain unfamiliar to the general public. To bridge this gap, Prof. Kotecha has undertaken the initiative of developing easy-to-understand Ayush Ahaar recipe books, which are currently in progress and will soon be available in multiple volumes on the FSSAI website.

She also shared specific dietary recommendations for patients with liver disorders, emphasizing how appropriate nutrition and Ayurvedic principles can help prevent fat accumulation in the liver, a key factor in many hepatic conditions. Prof. Kotecha further encouraged students to actively contribute to the development of Ayush Ahaar recipes—an area she noted as largely underexplored and underappreciated.

The session concluded with an interactive Q&A, during which faculty and students exchanged ideas and sought Prof. Kotecha’s guidance on pursuing research in this field. The event ended with a vote of thanks delivered by Dr. Amrita Mishra, followed by the National Anthem.



