

EDUCATIONAL TOUR

India is rich in wide diversity of medicinal plants. Shri Baba Mast Nath Ayurvedic College & Hospital organized an educational trip to Manali, Himachal Pradesh from 20th May to 25th May, 2022. Our Study tour was very interesting, Students participants interacted in a very well disciplined manner, co-operated well with the Teachers and over all the tour was grand success.

It was started with “Van Vihar” near Hidimba Temple and completed with Manikaran Gurdwara near Paravti Valley.

On 21st May, we “Van Vihar” near Hidimba Temple. The garden was beautified with different species of high altitude plants which are traditionally used in medicines such as , Cannabis Sativa, berberis vulgaris, deodar varities, desmodium elgans, lepidium sativum, chir and oak trees, varities of papaver ; were seen.

On 22nd May, we visited flora near “Rohtang Pass”. We saw the different species of Alpine trees.

On 23rd May, we visited “Sisu Village” is a small town in the “Lahaul Valley” of Himachal Pradesh, on the bank of Chandra River. We saw the deciduous forest full of bamboo, chill, oaks, deodar fir etc. plant varities. Abundance of wild flowers, ferns and rich medicinal herbs we found in the forest area around the town.

On 24th May, we visited “Parvati valley” of Kasol, situated near bank of “Pravati River. Abundance of flowering plants and trees like deoder, pine spruce and shrubs like cannabis were seen in this area.

On 25th May, we visited in Manikaran, located in the parvati valley on river parvati in the Kullu district of Himachal Pradesh. We were attracted towards this small town with its hot springs and pilgrim Centers.

Last but not the least I would like to mention the quotation.

जगत्येवमनौषधम् |

न किञ्चिद्विद्यते द्रव्यं वशान्नानार्थयोगयोः ॥

Well said by Acharya Vagabhatta. So we visited the area which is full of Himalyan Medicinal plants. According to Ayurveda Himalyan Herbal Medicines are best among the Ayurvedic Medicines. So we learned a lot of about the medicinal plants and their traditional uses.

There were 20 students and two teachers guides in this educational tour. We learned a lot about local flora, their traditional uses of medicinal plants cultural rich heritage of Himalyan region. This was a great tour for educational, social purpose and know the rich heritage of India. We should organize this type of educational tour in the future also.



