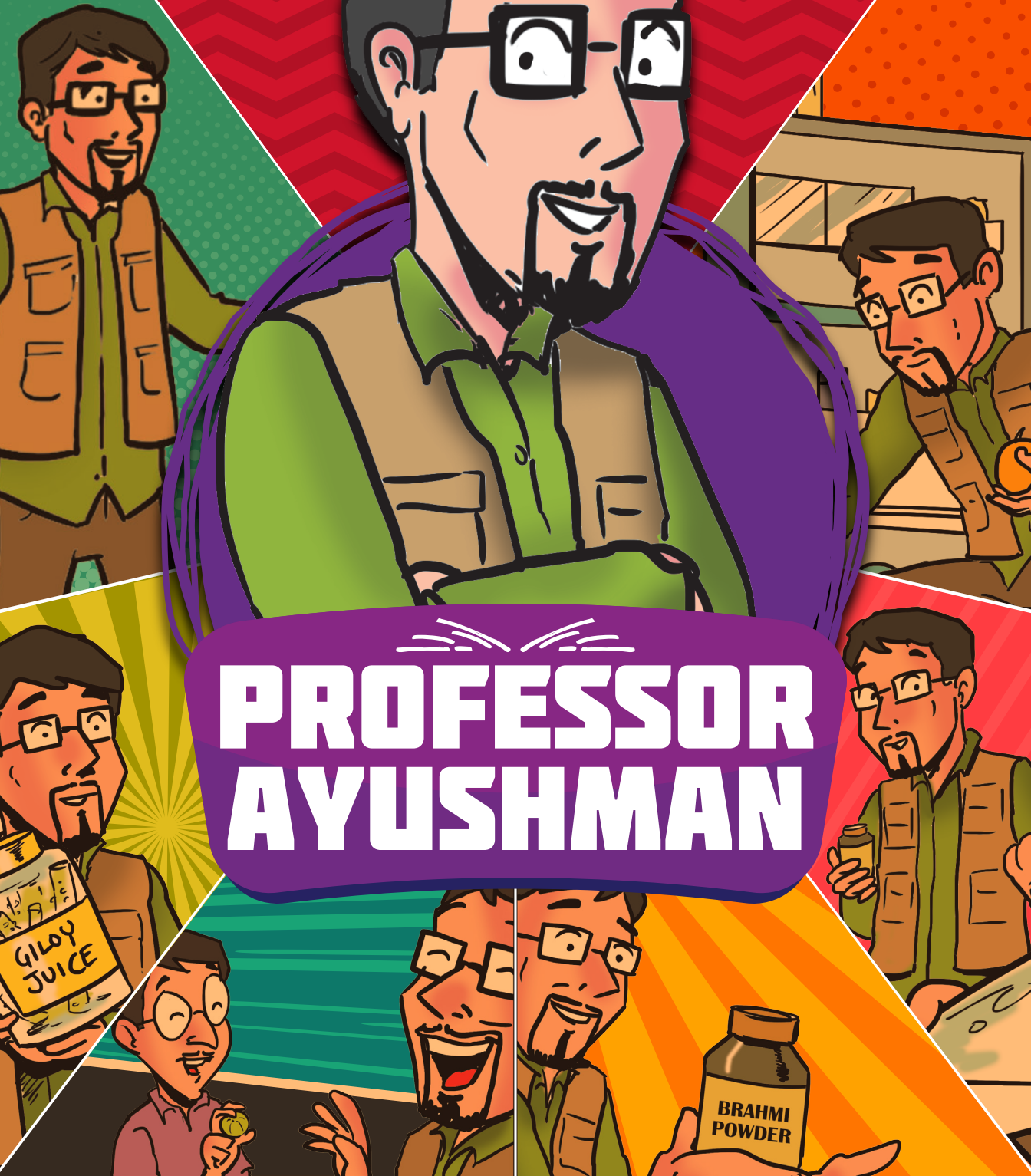




आयुष मंत्रालय
MINISTRY OF
AYUSH



PROFESSOR AYUSHMAN



प्रो. (डॉ.) तनुजा मनोज नेसरी
मुख्य कार्यकारी अधिकारी
Prof. (Dr.) Tanuja Manoj Nesari
Chief Executive Officer



भारत सरकार
Government of India
आयुष मंत्रालय
Ministry of AYUSH
राष्ट्रीय औषधीय पादप बोर्ड
National Medicinal Plants Board

Dated: 5th July, 2019

Message

It gives me immense pleasure to note that National Medicinal Plants Board's team has drafted a **TINKLE MAGAZINE** exclusively on medicinal plants to spread the knowledge among the children about common uses of Medicinal Plants in day to day life.

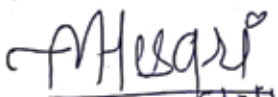
Medicinal Plants are the central core medicines of AYUSH system for promotion of health and management of disease. More than 8500 medicinal plants are described in ancient literature of the system.

Since, AYUSH system i.e. Ayurveda, Unani, Siddha and Homeopathy has promotive, preventive and curative potential healthcare management, it is felt necessary to make awareness regarding commonly used medicinal plants such as *Aloe, Tulsi, Amla, Giloe, Neem, Aswagandha and Brahmi*. Presentation of information in comic-format of story-telling style is innovative in order to disseminate knowledge amongst younger generation.

Due to the preventive and promotive aspects, AYUSH systems are finding increasing acceptance in other country's too. These systems are mainly plant based and practiced as home remedies for day to day health care. Hence it is necessary to create an awareness regarding its health benefits amongst the masses.

I appreciate the efforts of the Team, NMPB & Amar Chitra Katha pvt. ltd. for bringing out first of its kind, comic booklet for educating children on traditional health care. I am confident that this Tinkle magazine will play an important role in improving the health of our children and their families.

This will ensure us in fulfilling Hon'ble PM's dream of healthy India.


Dr. (Prof.) Tanuja Manoj Nesari
Chief Executive Officer



आयुष मंत्रालय
MINISTRY OF
AYUSH



PROFESSOR AYUSHMAN

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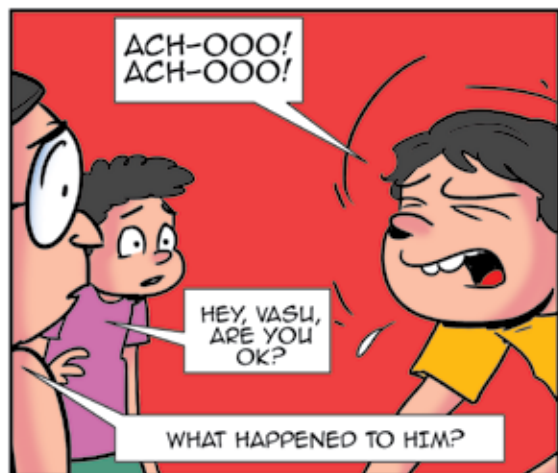
INDEX

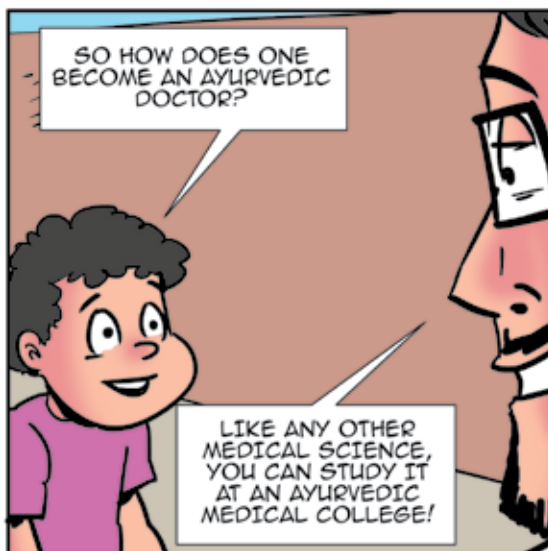
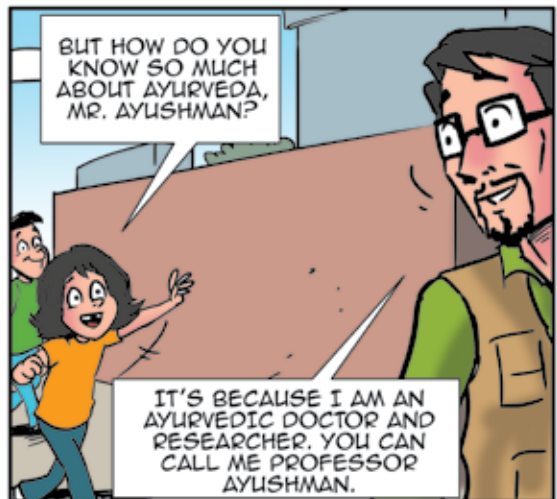
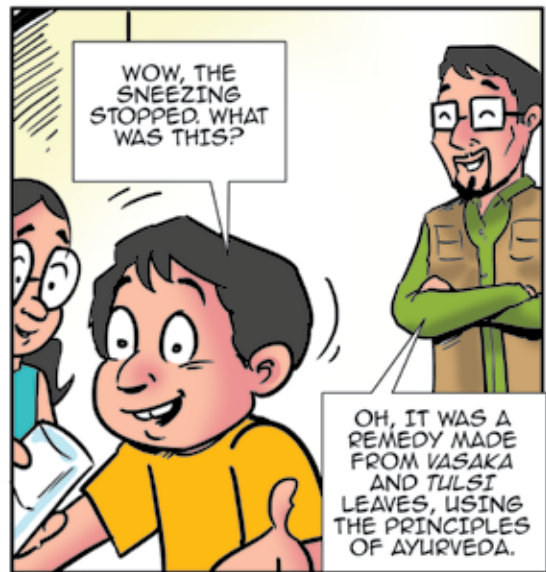
SR. NO.	TITLE	PG. NO.
1	A NEW NEIGHBOUR	3
2	ALOE VERA – THE COOL HERB	5
3	TULSI – THE ULTIMATE REMEDY	9
4	AMLA – THE GREAT RELIEVER	13
5	GILOY – THE IMMUNITY BOOSTER	17
6	NEEM – THE DETOXIFICATION SPECIALIST	21
7	ASHVAGANDHA – THE POWER BOOSTER	25
8	BRAHMI – THE BRAIN TONIC	29

1

A NEW NEIGHBOUR

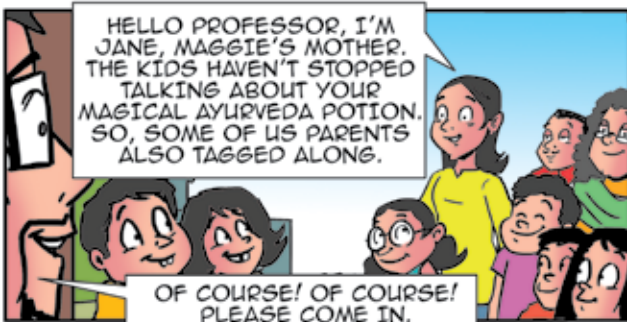
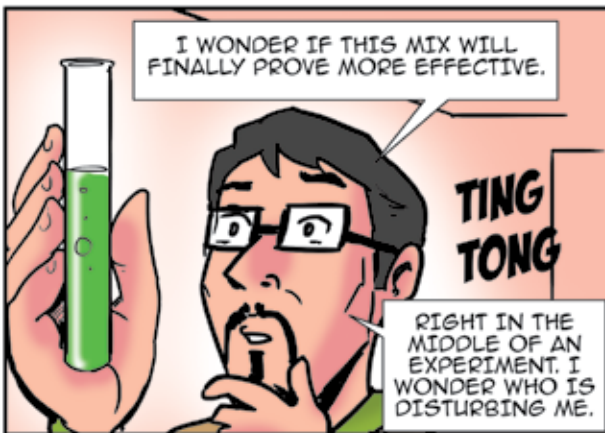
SWAGAT SOCIETY HAS JUST GOT A NEW TENANT...



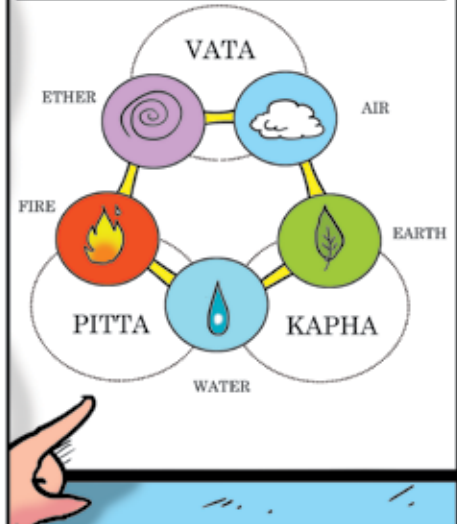


2

ALOE VERA: THE COOL HERB



"ACCORDING TO AYURVEDA, EACH HUMAN HAS THREE DOSHAS* - VATA, PITTA, AND KAPHA. THEY REGULATE THE MIND AND BODY OF EACH INDIVIDUAL.



* DOSHAS IN AYURVEDA REFER TO BIOLOGICAL ENERGIES FOUND IN THE HUMAN BODY.

IN HEALTHY PEOPLE, THESE *DOSHAS* ARE WELL BALANCED, ALLOWING THEM TO LEAD A PRODUCTIVE AND HEALTHY LIFE.



IN UNHEALTHY PEOPLE, SOME *DOSHAS* START DOMINATING THE OTHERS, AND CREATE AN IMBALANCE."



THE SCIENCE OF AYURVEDA VIEWS EACH ILLNESS THROUGH THESE *DOSHAS*, AND BELIEVES THAT THE CURE LIES IN BALANCING A PERSON'S *DOSHAS*. FURTHERMORE...



WAIT...WHERE IS NISHA?



OWWWW!



NISHA, ARE YOU OK?





I'M SORRY!



OH NISHA! WHY MUST YOU ALWAYS BE SO NAUGHTY? SHOW US YOUR ARM.



I'M SORRY. I SAW ALL THIS EQUIPMENT AND WAS JUST CURIOUS. I DIDN'T REALISE THE TEST TUBE WAS HOT. THE LIQUID HAS BURNT MY SKIN.



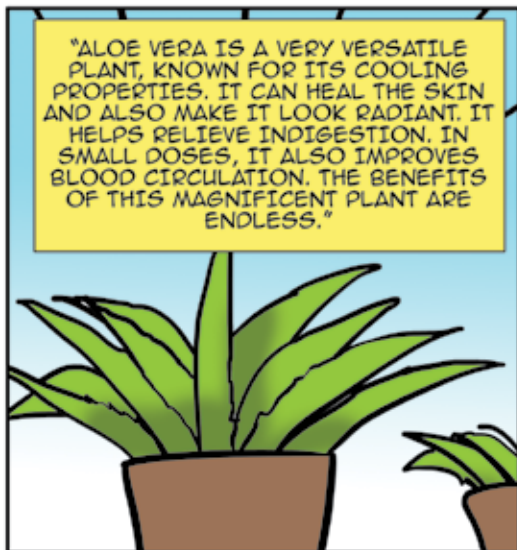
DON'T WORRY, WE'LL TAKE CARE OF THIS IN A MINUTE.



ALL YOU NEED IS A BIT OF AYURVEDA MAGIC.

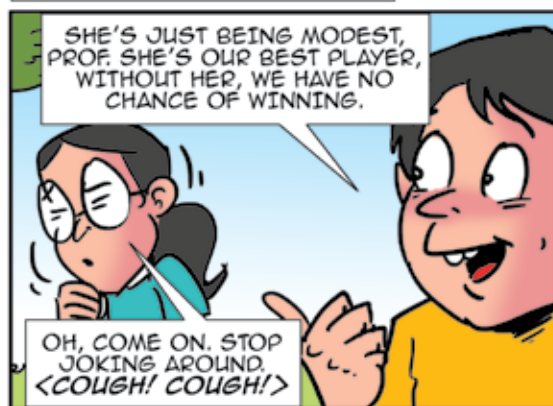
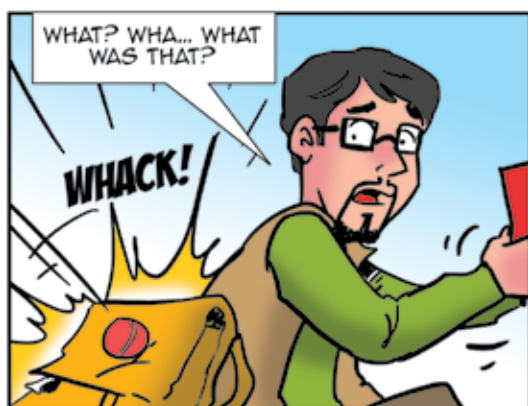


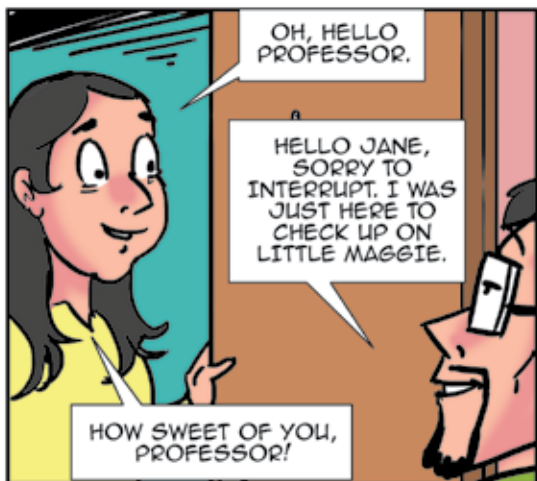
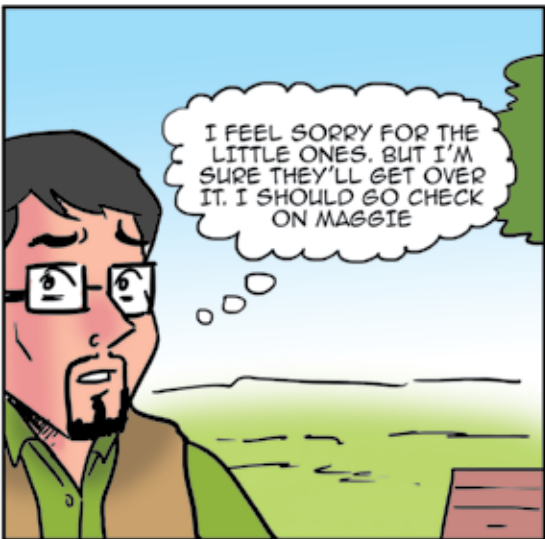
THIS WILL START SOOTHING AND HEALING YOUR SKIN INSTANTLY.

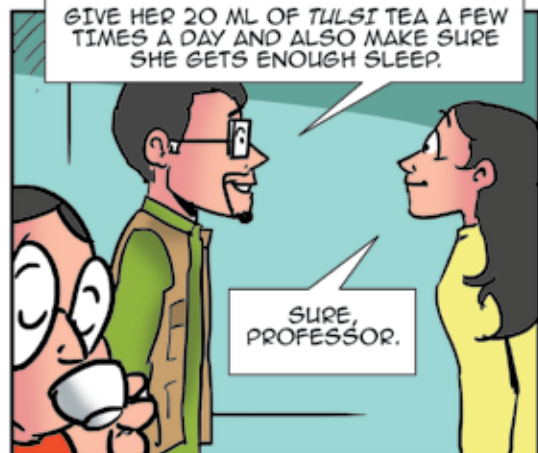
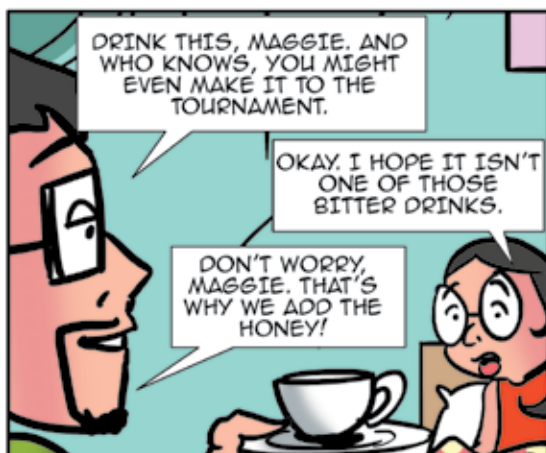


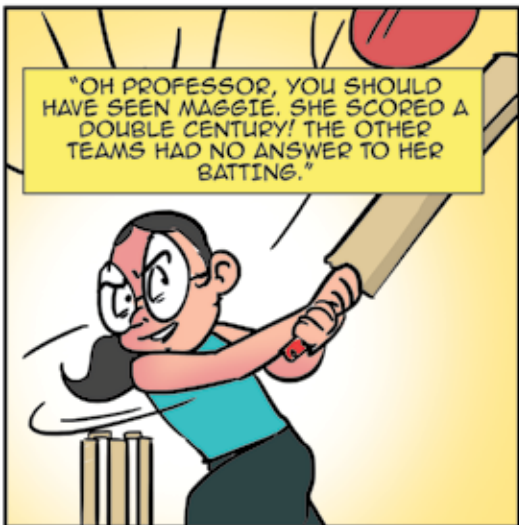
3

TULSI: THE ULTIMATE REMEDY





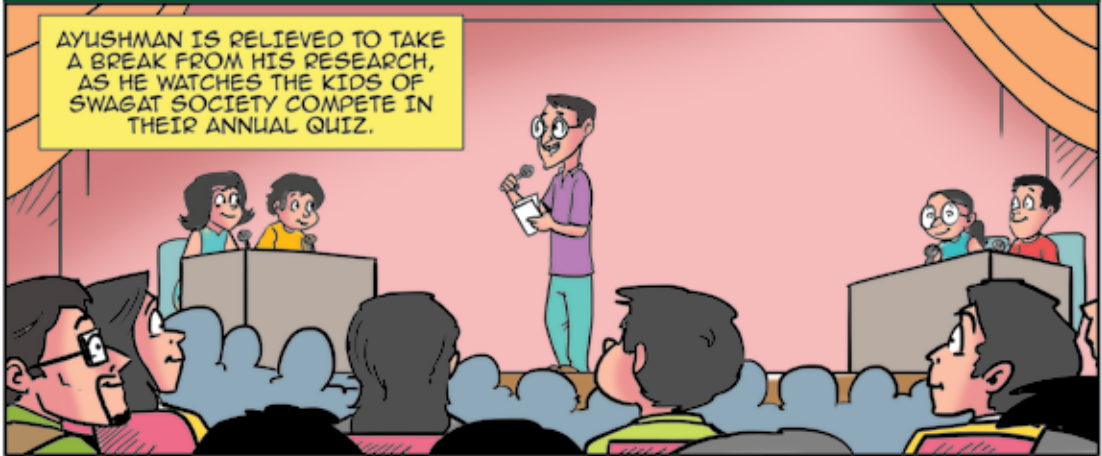




4

AMLA: THE GREAT RELIEVER

AYUSHMAN IS RELIEVED TO TAKE A BREAK FROM HIS RESEARCH, AS HE WATCHES THE KIDS OF SWAGAT SOCIETY COMPETE IN THEIR ANNUAL QUIZ.



HERE'S THE NEXT QUESTION: WHAT IS THE CAPITAL OF AUSTRALIA?



WHO WAS THE FIRST MAN TO GO INTO SPACE?



NAME THE INDIAN TECHIE WHO CO-CREATED HOTMAIL.

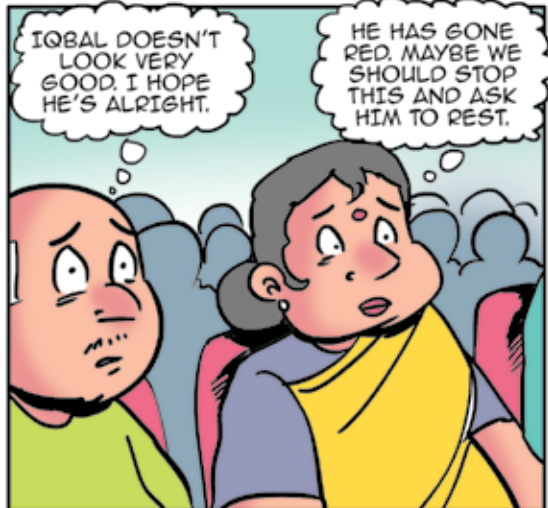


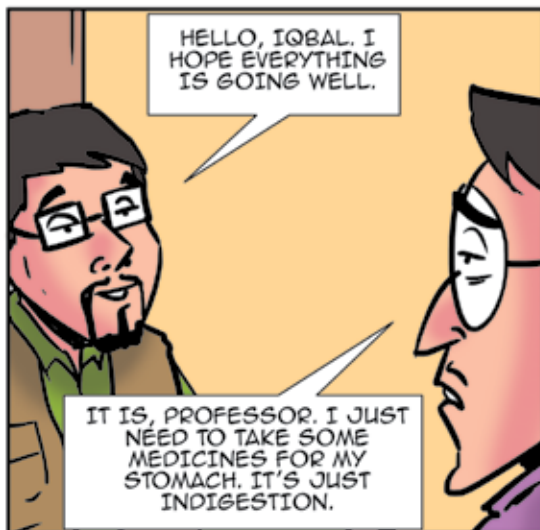
WHO WRO- <CUFF!> ER, WHO WROTE THE NATIONAL ANTHEM OF INDIA?



IQBAL DOESN'T LOOK VERY GOOD. I HOPE HE'S ALRIGHT.

HE HAS GONE RED. MAYBE WE SHOULD STOP THIS AND ASK HIM TO REST.







SINCE YOU'RE A IN A HURRY, WE'LL JUST MAKE SOME AMLA JUICE, BUT YOU CAN ALSO BOIL AMLA, CUT IT INTO SMALL PIECES, ADD SOME SALT TO IT AND DRY IT IN THE SUN.

HAVE THE DRIED AMLA WHENEVER YOU FEEL SICK. IT WILL GIVE YOU INSTANT RELIEF!



THAT SOUNDS SIMPLE. I REALLY HOPE IT WORKS.



TRUST ME, IT WILL. JUST MAKE SURE YOU HAVE IT REGULARLY.

I DEFINITELY WILL.

AND STOP EATING ALL THAT JUNK FOOD.



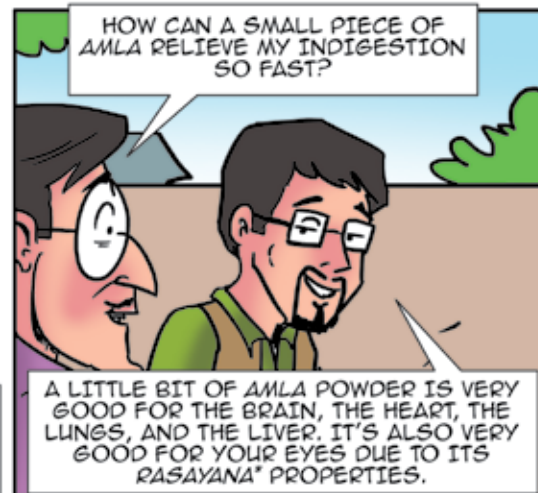
OH MY GOD, IT'S SO SOUR.



FIVE MINUTES LATER...

WOW. I ALREADY FEEL BETTER IN JUST FIVE MINUTES.

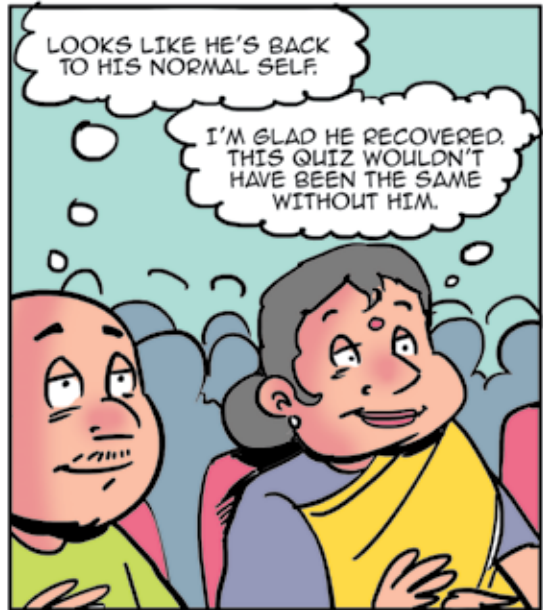
AMLA ALWAYS DOES THE TRICK. NOW LET'S GET BACK TO THE QUIZ. PEOPLE WILL BE ARRIVING SOON.



HOW CAN A SMALL PIECE OF AMLA RELIEVE MY INDIGESTION SO FAST?

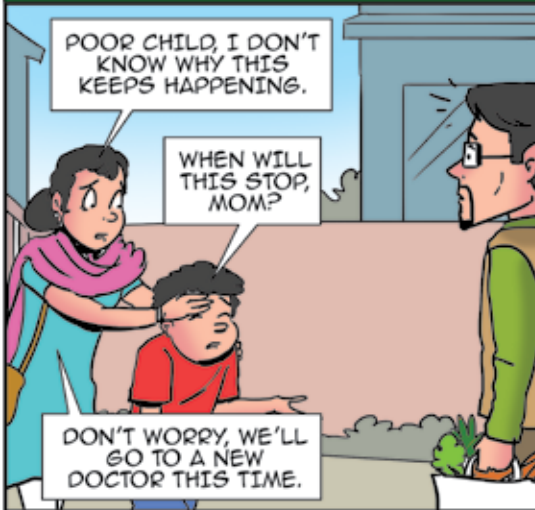
A LITTLE BIT OF AMLA POWDER IS VERY GOOD FOR THE BRAIN, THE HEART, THE LUNGS, AND THE LIVER. IT'S ALSO VERY GOOD FOR YOUR EYES DUE TO ITS RASAYANA* PROPERTIES.

*RASAYANA REFERS TO PRACTISES AND MIXTURES INTENDED TO LENGTHEN ONE'S LIFESPAN.



5

GILOY: THE IMMUNITY BOOSTER



POOR CHILD, I DON'T KNOW WHY THIS KEEPS HAPPENING.

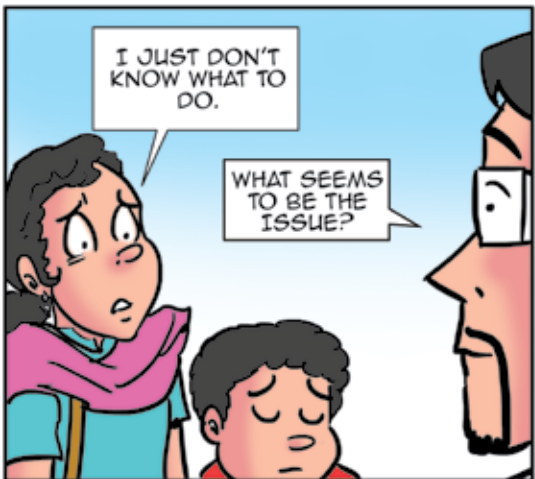
WHEN WILL THIS STOP, MOM?

DON'T WORRY, WE'LL GO TO A NEW DOCTOR THIS TIME.



HELLO, PROFESSOR! SORRY, I WAS A LITTLE PREOCCUPIED. RAHUL HAS BEEN FALLING SICK VERY OFTEN.

DON'T WORRY, MALTI. SUCH THINGS HAPPEN TO CHILDREN ALL THE TIME.



I JUST DON'T KNOW WHAT TO DO.

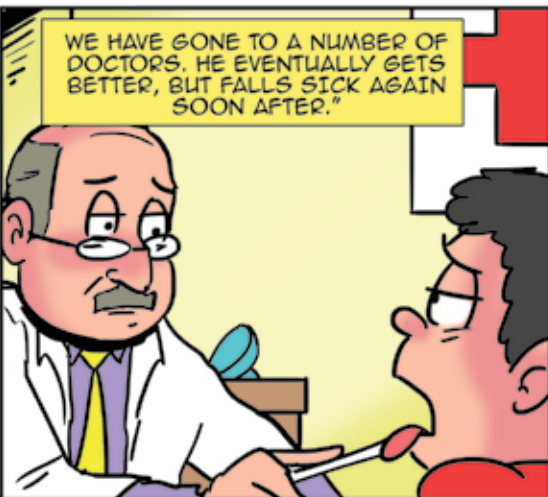
WHAT SEEMS TO BE THE ISSUE?



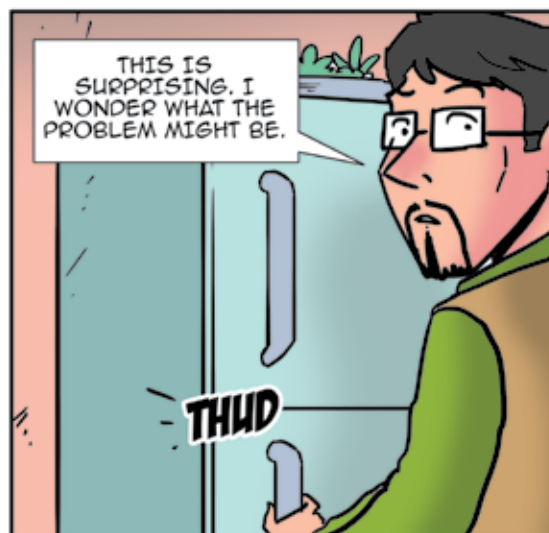
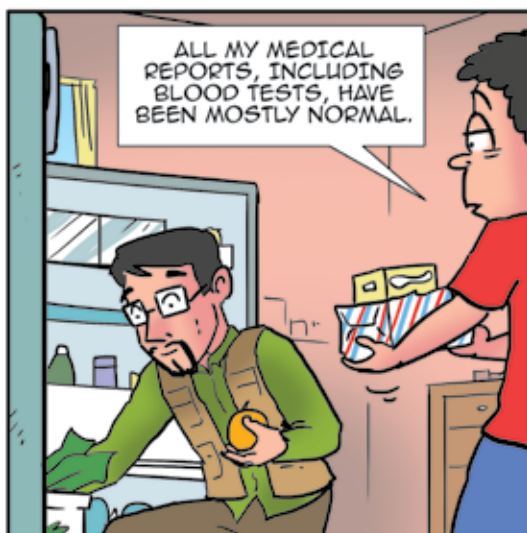
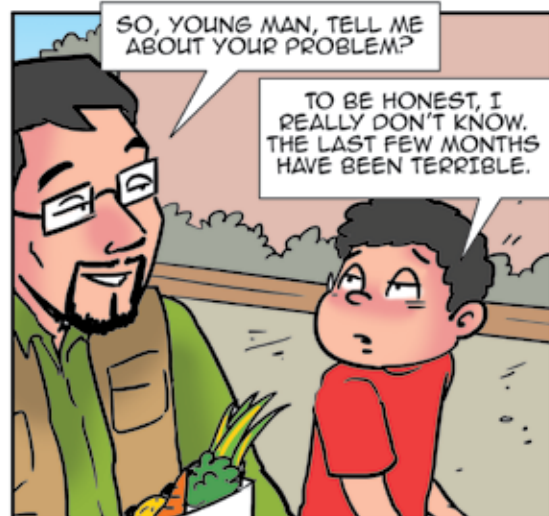
"HE HAS BEEN FALLING SICK EVERY OTHER WEEK, I HAVE HAD TO PICK HIM UP EARLY FROM SCHOOL AT LEAST FOUR OR FIVE TIMES.



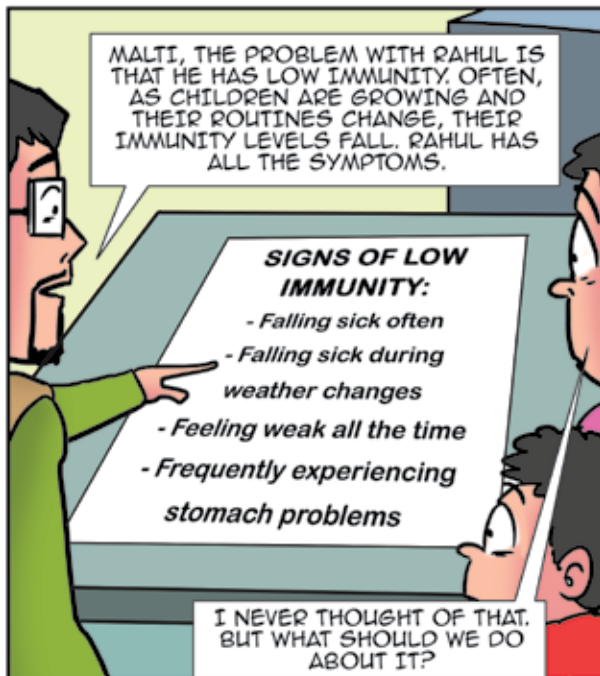
DESPITE RESTING AND EATING GOOD FOOD, HE TAKES A LOT OF TIME TO RECOVER.



WE HAVE GONE TO A NUMBER OF DOCTORS. HE EVENTUALLY GETS BETTER, BUT FALLS SICK AGAIN SOON AFTER."







6

NEEM: THE DETOX SPECIALIST

ALL THE KIDS ARE ENJOYING THEIR WINTER VACATION. HOWEVER, SOME ARE LOST IN THOUGHT.



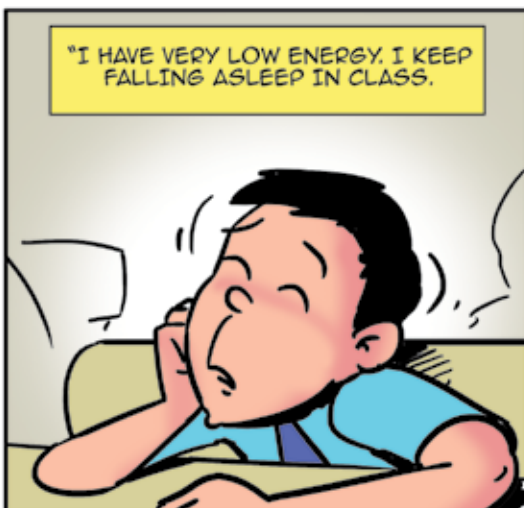
HELLO, SHAHID! WHY SO GLUM? WHY AREN'T YOU PLAYING WITH YOUR FRIENDS?



IT'S NOT A BIG DEAL, PROFESSOR. I'VE JUST NOT BEEN FEELING VERY ENERGETIC OVER THE LAST FEW WEEKS, AND MY SKIN HAS ALL THESE PIMPLES. I DON'T KNOW WHAT HAS HAPPENED.



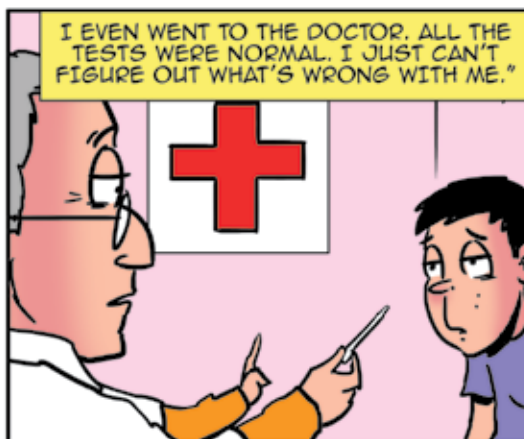
"I HAVE VERY LOW ENERGY. I KEEP FALLING ASLEEP IN CLASS.

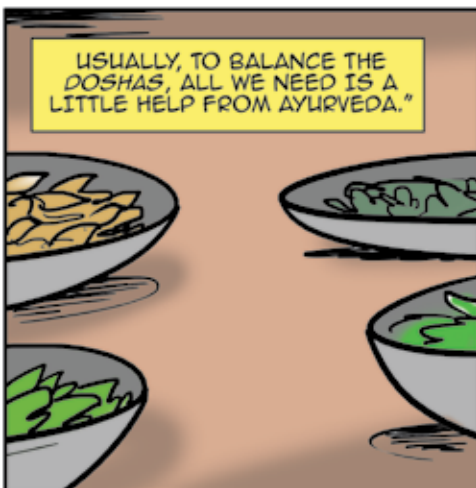
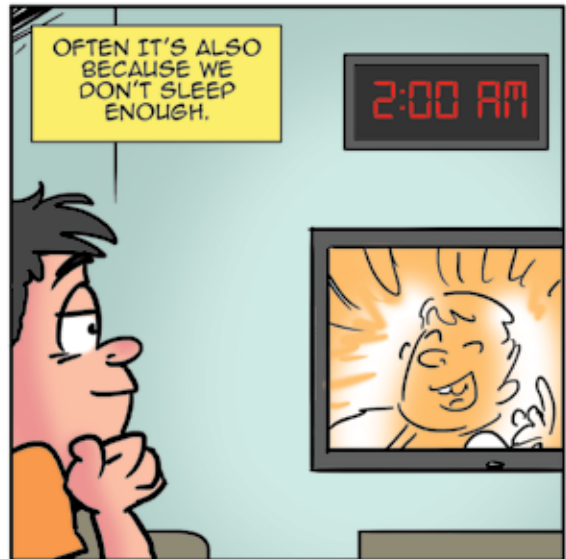


I TIRE VERY EASILY.



I EVEN WENT TO THE DOCTOR. ALL THE TESTS WERE NORMAL. I JUST CAN'T FIGURE OUT WHAT'S WRONG WITH ME."







I HAVE THE PERFECT REMEDY FOR YOUR PROBLEM. AND THE PRIZED INGREDIENT OF THAT REMEDY IS NEM.



"NEM IS ONE OF THE MOST VERSATILE INGREDIENTS OF AYURVEDA. IT PURIFIES BLOOD, HELPS CLEAR THE LUNGS, AIDS DIGESTION, IMPROVES THE QUALITY OF SKIN, AND IS GREAT FOR FIGHTING MANY DISEASES."



TODAY, I'LL MAKE NEM TEA FOR YOU . IT WILL START PURIFYING YOUR BODY AND HELP GET RID OF ALL YOUR SYMPTOMS.

BUT ISN'T NEM VERY BITTER?

DON'T WORRY! I WILL ALSO ADD SOME HONEY, LEMON JUICE, AND CARDAMOM TO IT.



IN A FEW MINUTES, IT WILL BE READY.



EWV! EVEN WITH THE HONEY AND LEMON JUICE, IT TASTES SO BITTER.

OH, COME NOW, SHAHID, IT'S NOT SO BAD. JUST KEEP DRINKING IT.



HALF AN HOUR LATER ...

NOW I GET HOW NEM WORKS. ANYONE WHO HAS HAD IT STARTS LIVING HEALTHY TO AVOID DRINKING IT AGAIN.

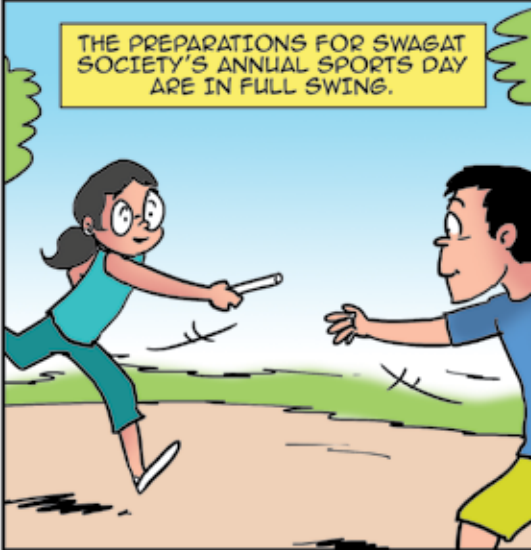
HAHAHA... SEE IT'S ALREADY WORKING. YOUR SENSE OF HUMOUR IS BACK, SHAHID.



7

ASHVAGANDHA: THE POWER BOOSTER

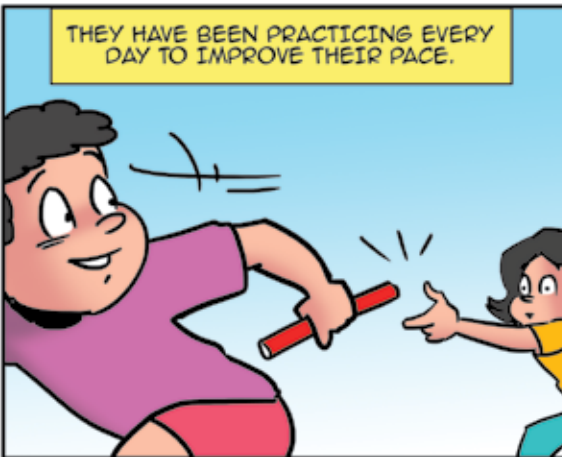
THE PREPARATIONS FOR SWAGAT SOCIETY'S ANNUAL SPORTS DAY ARE IN FULL SWING.



AND OUR LITTLE CHAMPIONS ARE HOPING TO FINALLY WIN THE RELAY RACE THIS YEAR.



THEY HAVE BEEN PRACTICING EVERY DAY TO IMPROVE THEIR PACE.



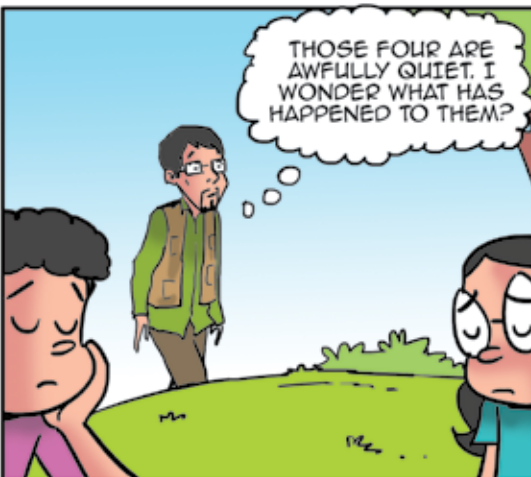
DAMMIT. WE ARE STILL FIVE SECONDS BEHIND LAST YEAR'S CHAMPIONS.

BUT WE HAVE BEEN TRAINING REGULARLY. WHAT ELSE ARE WE SUPPOSED TO DO?



I DON'T KNOW. WE JUST CAN'T SEEM TO GO FASTER.

THOSE FOUR ARE AWFULLY QUIET. I WONDER WHAT HAS HAPPENED TO THEM?



WHAT'S THE MATTER, KIDS?

OH...WE DON'T WANT TO BOTHER YOU, PROFESSOR. WE ARE JUST A LITTLE DISAPPOINTED.





EXCITED ABOUT THE POTENTIAL OF ASHVASANDHA, THE KIDS START TRAINING AGAIN.



THE DAY OF THE RACE FINALLY ARRIVES.



ON YOUR MARKS,
GET SET...GO!



MAGGIE STARTS OFF STRONG.

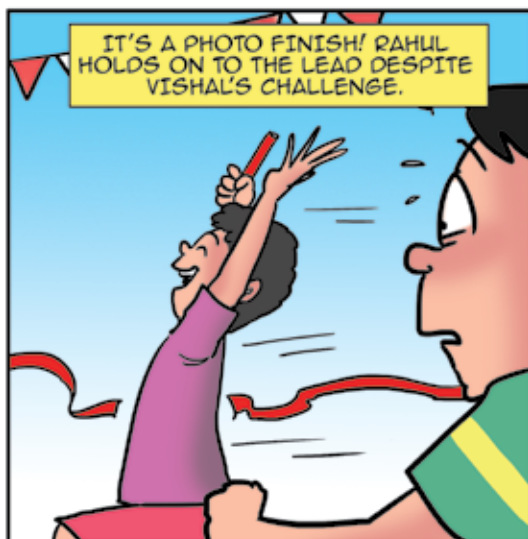


THE TEAM SOON TAKES THE LEAD.



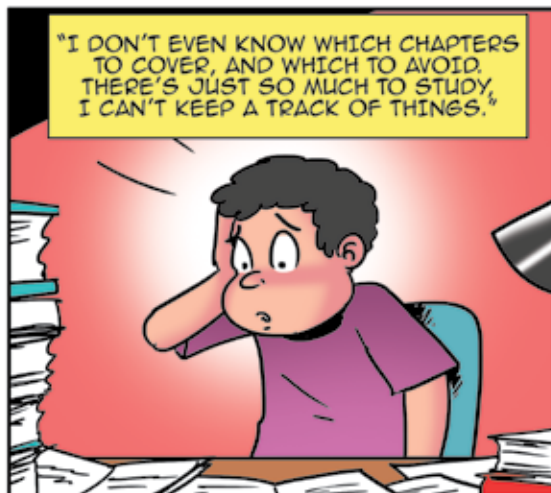
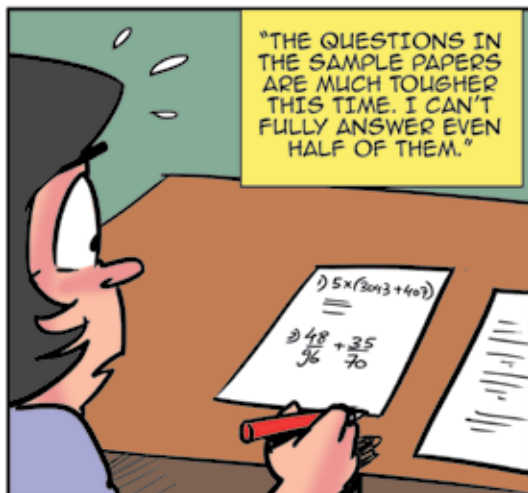
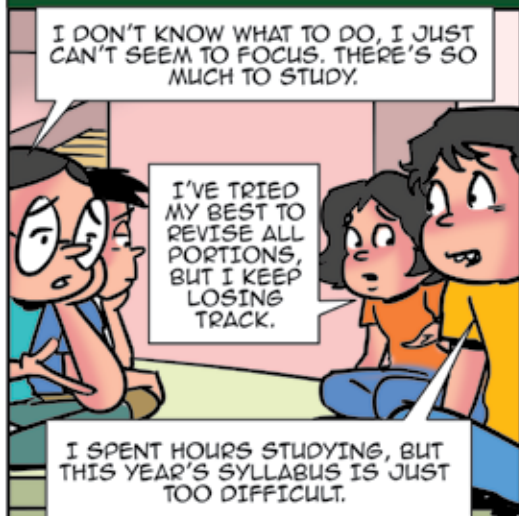
THE SECOND LEG SEE THE TEAM INCREASE THE GAP.





8

BRAHMI: THE BRAIN TONIC





THAT SEEMS TERRIBLE, BUT YOU'RE ALL VERY BRIGHT, I'M SURE YOU'LL GET THE HANG OF IT.



BUT WE'VE TRIED EVERYTHING. WE JUST CAN'T SEEM TO CRACK IT.

I FEEL LIKE WE ARE ALL GOING TO GET VERY POOR MARKS THIS YEAR.

I'M SO AFRAID OF WHAT OUR PARENTS WILL SAY WHEN THEY SEE OUR REPORT CARDS.



OH, COME NOW, I'M SURE WE CAN FIND A SOLUTION TO THIS.



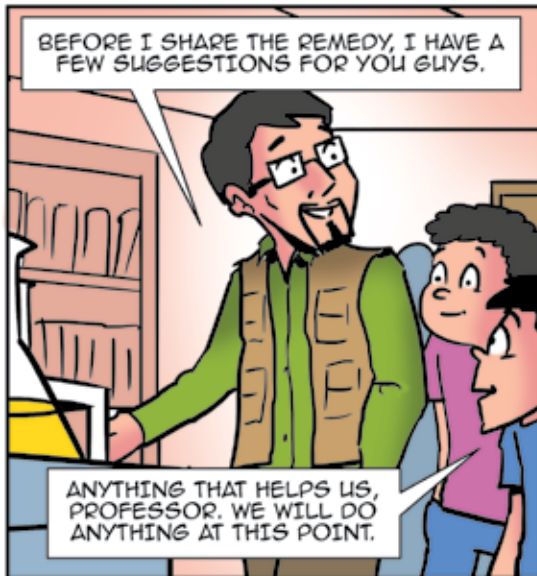
BUT HOW, PROFESSOR? EVEN YOUR AYURVEDA MAGIC CAN'T HELP US THIS TIME.



MAYBE IT CAN. I MIGHT HAVE AN ANSWER TO YOUR PROBLEMS.

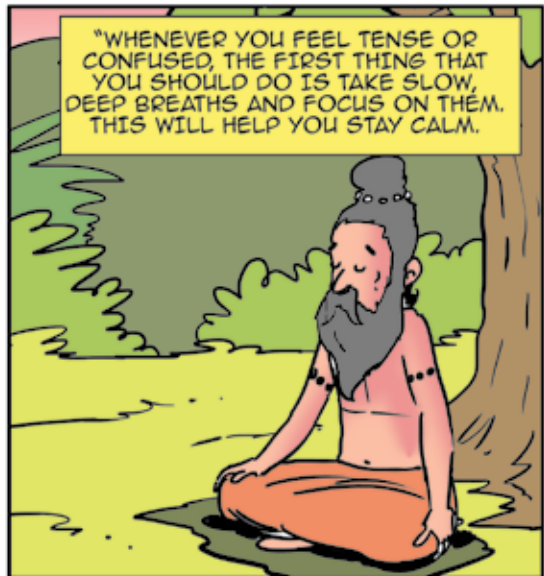


TELL US!



BEFORE I SHARE THE REMEDY, I HAVE A FEW SUGGESTIONS FOR YOU GUYS.

ANYTHING THAT HELPS US, PROFESSOR. WE WILL DO ANYTHING AT THIS POINT.



"WHENEVER YOU FEEL TENSE OR CONFUSED, THE FIRST THING THAT YOU SHOULD DO IS TAKE SLOW, DEEP BREATHS AND FOCUS ON THEM. THIS WILL HELP YOU STAY CALM.



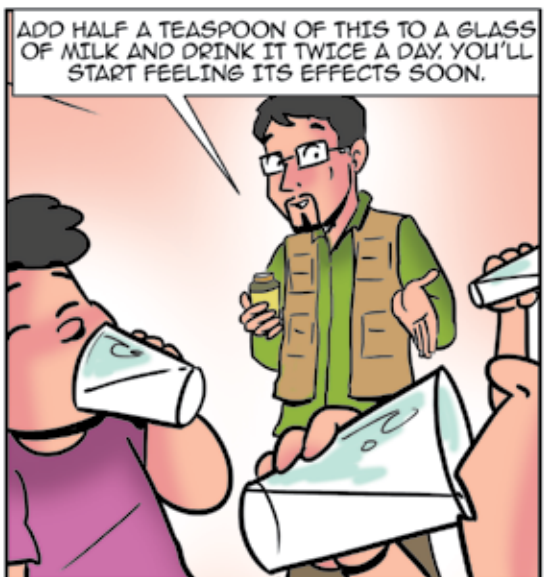
NO MATTER HOW MUCH YOU HAVE TO STUDY, ALWAYS MAKE SURE THAT YOU GET ENOUGH SLEEP.



WHENEVER YOUR SUBJECTS SEEM TOUGH OR CONFUSING, DON'T PANIC. REVISIT THE CHAPTER MORE CAREFULLY AND TAKE YOUR TIME WITH IT."



AND FINALLY, THE SECRET INGREDIENT. BEHOLD BRAHMI, NATURE'S TONIC FOR THE BRAIN. IT WILL RELIEVE ANY TENSION, IMPROVE YOUR MEMORY, HELP KEEP YOUR BRAIN FRESH, AND SHARPEN YOUR FOCUS. IT WILL HELP YOU GET PAST THE FINISHING LINE.



ADD HALF A TEASPOON OF THIS TO A GLASS OF MILK AND DRINK IT TWICE A DAY. YOU'LL START FEELING ITS EFFECTS SOON.

AS THE EXAMS NEAR, THE KIDS ARE FINALLY FEELING THE POSITIVE EFFECTS OF BRAHMI.



THE PROFESSOR'S ADVICE SEEMS TO BE WORKING.



PROFESSOR, WE'VE BEEN LOOKING ALL OVER FOR YOU.

I'VE BEEN HERE ALL ALONG. WHAT'S THE MATTER?



THE KIDS TOLD US ABOUT HOW YOU HELPED THEM WITH THEIR EXAMS.

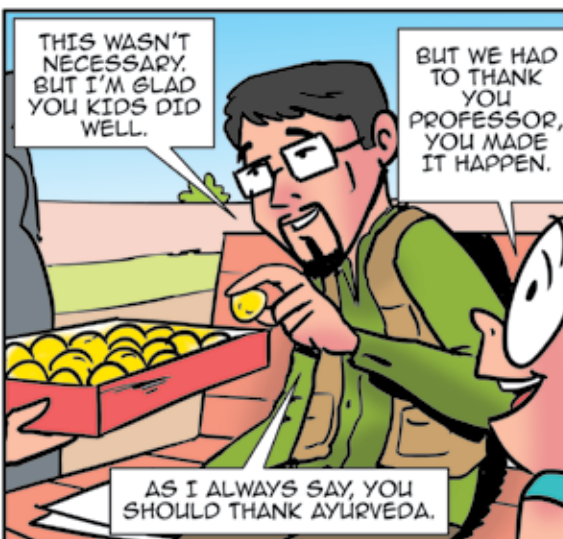
YOUR ADVICE WORKED WONDERS! THEY'VE DONE REALLY WELL. WE JUST WANTED TO BRING YOU THESE SWEETS TO THANK YOU.



THIS WASN'T NECESSARY, BUT I'M GLAD YOU KIDS DID WELL.

BUT WE HAD TO THANK YOU PROFESSOR, YOU MADE IT HAPPEN.

AS I ALWAYS SAY, YOU SHOULD THANK AYURVEDA.



WE WON'T FORGET TO THANK AYURVEDA. AFTER ALL, BRAHMI MAKES SURE THAT WE DON'T FORGET ANYTHING.



HA HA-HA-HA



आयुष मंत्रालय
MINISTRY OF
AYUSH

TINKLE



PROFESSOR AYUSHMAN

The kids of Swagat society are eager to meet their new neighbour who is moving in with plants and jars instead of furniture. Upon further investigation, they meet their new neighbour, Professor Ayush, who introduces them to the wonderful world of Ayurveda.

In this engaging comic powered by the Ministry of Ayush, learn about the essentials of Ayurveda and how with just some basic plants, one can adopt a healthier lifestyle!

NOT FOR SALE