



आयुष मंत्रालय
MINISTRY OF
AYUSH

PROFESSOR AYUSHMAN

FIGHTS COVID-19

FUNDED BY





आयुष मंत्रालय
MINISTRY OF
AYUSH

PROFESSOR AYUSHMAN Fights Covid-19



FUNDED BY NATIONAL MEDICINAL PLANTS BOARD,
Ministry of Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy,
Government of India, Indian Red Cross Society (IRCS), Annexe Building,
1st Floor & 2nd Floor, 1 Red Cross Road, New Delhi – 110001

ADVISORY BOARD

Prof. (Dr.) Tanuja Manoj Nesari, CEO, NMPB, Ministry of AYUSH, GOI
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Script : Komal Narwani

Illustrations : Abhijeet Kini

Layout : Ketan Tondwalkar, Prachi Shet & Akshay Khadilkar

Editorial : Christopher Baretto & Kuriakose Saju Vaisian

Cover Design : Ketan Tondwalkar & Abhijeet Kini

Production : Dhanad Patil & Sagar Sawant

Sales Consultant: Jaswinder Gill **Business Head:** Shilpi Mathur

DISCLAIMER

The Ayurvedic/herbal medicines mentioned in the book need to be taken
under the advice/supervision of an Ayurvedic practitioner only.



वैद्य राजेश कोटेचा
Vaidya Rajesh Kotecha

सचिव
भारत सरकार
आयुष मंत्रालय
आयुष भवन, 'बी' ब्लॉक, जी.पी.ओ. कॉम्प्लेक्स,
आई.एन.ए. नई दिल्ली-110023

Secretary
Government of India
Ministry of Ayush
Ayush Bhawan, B-Block, GPO Complex,
INA, New Delhi-110023
Tel. : 011-24651950, Fax : 011-24651937
E-mail : secy-ayush@nic.in

MESSAGE

As you are aware, in the COVID -19 pandemic situation, Ministry of Ayush is performing a vital role in the public health care. Shri Narendra Modi Ji, Hon'ble Prime Minister, also endorsed traditional ways to boost the immune system, suggesting people to follow the guidelines issued by AYUSH to avoid contracting Covid-19. He also suggested people to follow the protocol of Ministry of Ayush to fight Covid-19.

The National Medicinal Plants Board(NMPB), Ministry of Ayush has been relentlessly working for the growth and development of Medicinal Plants Sector in the country since its inception in the year 2000. To promote awareness about the medicinal plants, in recent years, NMPB has taken a lot of initiatives which include 'National Campaign on Medicinal Plants i.e Amla campaign', 'Species Specific Campaign on *Tinospora cordifolia* – Amrita for Life, 20 Medicinal Plants for 2020, etc.

In July, 2019, NMPB published and launched a Comic Book 'PROFESSOR AYUSHMAN' which has become very popular among people of all age groups. It was helpful in creating awareness on medicinal plants and their uses, especially among children. Recently Hon'ble Prime Minister, in his address to the nation through *Mann Ki Baat* programme, appreciated this interesting initiative taken by Ministry of Ayush.

Now, NMPB has brought in the 2nd and 3rd series of the comic book "PROFESSOR AYUSHMAN Fights COVID -19" and "PROFESSOR AYUSHMAN Returns" to promote awareness on important and commonly used medicinal plants like *Ginger*, *Black Pepper*, *Clove*, *Dalchini*, *Adusa*, *Kalmegh*, *Mandookparni* etc. Some of these plants are main ingredients in *Ayush Kwath*, which is being promoted as immune booster by the Ministry and others are a part of the campaign of "20 Medicinal Plants for 2020". These comic books will help younger generation to be aware and disseminate knowledge about medicinal plants which would certainly help in preventing common ailments and life style disorders which are on the rise.

I appreciate the efforts of the NMPB team for bringing out the 2nd and 3rd series of comic book "PROFESSOR AYUSHMAN" for educating children on traditional health care system. I am confident that this comic magazine will play an important role in improving the health of our children and their families in COVID pandemic situation.

21 (11/2020) 12/22

(Rajesh Kotecha)

New Delhi
14th February, 2022

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



Message

It gives me immense pleasure to say that National Medicinal Plants Board's Team has brought in the next two series of the comic book "PROFESSOR AYUSHMAN Fights COVID -19" and "PROFESSOR AYUSHMAN Returns"

In today's situation, people's interest in medicinal plants and herbal products has increased across the world and India has immense potential in it. Ayurveda, Yoga, Unani, Siddha and Homoeopathy (AYUSH) systems of medicine are well known for extensive use of medicinal plants in the management of various types of diseases. Though these systems are imbibed traditionally in most of the households, still there exists a need for creating awareness on these systems of medicine, especially on medicinal plants among people of all age groups.

NMPB's continual efforts on creating awareness among masses, farmers and other stakeholders are much appreciable. As rightly addressed by Hon'ble Prime Minister Shri Narendra Modi ji, the comic book PROFESSOR AYUSHMAN launched by NMPB, Ministry of Ayush, has become popular and is being seen as an effective mode to create awareness on medicinal plants amongst younger generation especially school children. It would also help in realizing the mission of 'Ayush AapkeDwar', i.e. reaching out to every household of the nation.

Now, in the 2nd and 3rd series of the comic book PROFESSOR AYUSHMAN around 17 medicinal plant species and their simple home remedies are provided to make children aware of our traditional systems of medicine.

I appreciate the efforts of NMPB and *Amar Chitra Katha* teams in bringing out the subsequent series of comic book which would play an effective role in Ministry of Ayush's initiatives on creating awareness on Indian systems of medicine.

We also thank Shri Sarbananda Sonowal, Hon'ble Minister and Dr. Munjpara Mahendrabhai Kalubhai, Hon'ble Minister of State, Ministry of Ayush and Vaidya Rajesh Kotecha, Secretary-Ayush for extending their continuous support.

(Prof. (Dr.) Tanuja Manoj Nesari)



प्रथम तल, आई.आर.सी.एस. अनेक्सी बिल्डिंग
1st Floor, IRCS Annexe building
1, रेड क्रॉस रोड, नई दिल्ली-110001
1, Red Cross Road, New Delhi-110001

दूरभाष: 11-23721822, फैक्स: 11-23721825, Tel.: 11-23721822, Fax : 23721825
ई-मेल: ceo-nmpb@nic.in, E-mail: ceo-nmpb@nic.in

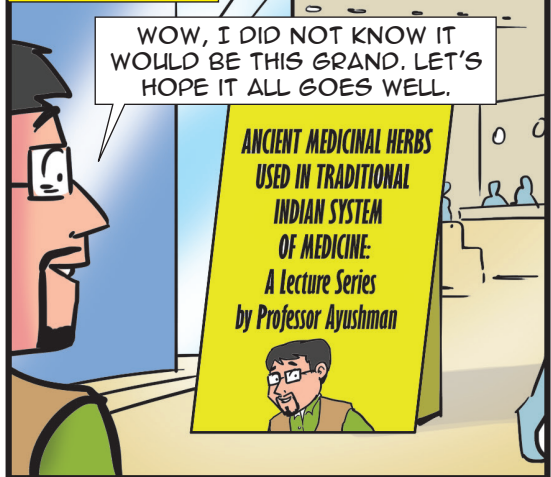
PROFESSOR AYUSHMAN IS SET TO BOARD HIS NEW YORK FLIGHT FOR A SPECIAL SERIES OF LECTURES HE'S CONDUCTING IN THE USA...



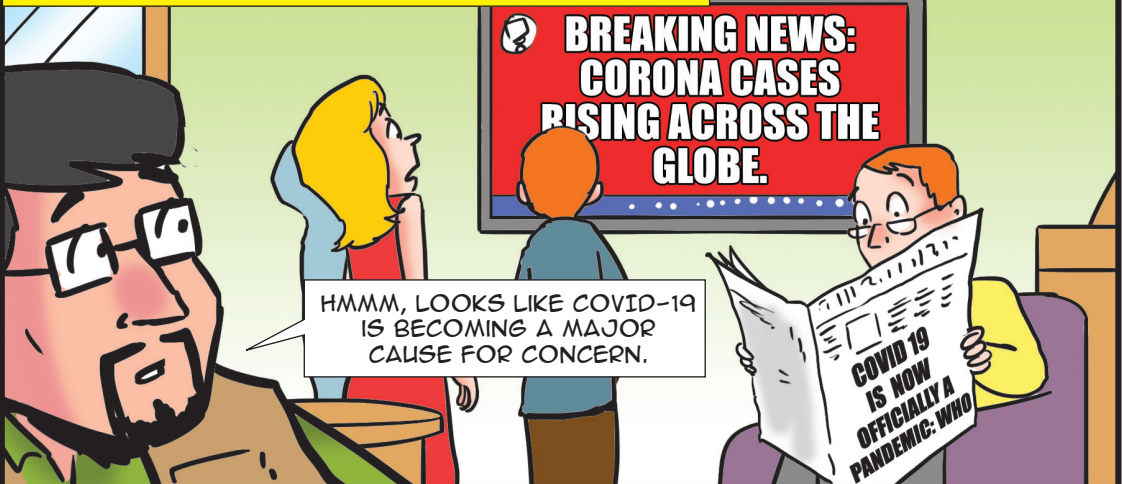
ONE INTERCONTINENTAL FLIGHT LATER...



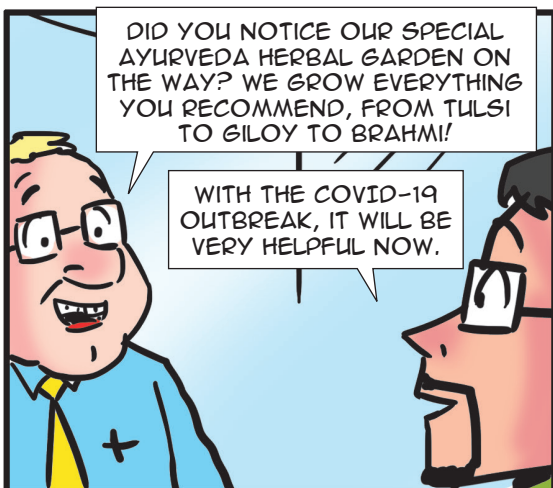
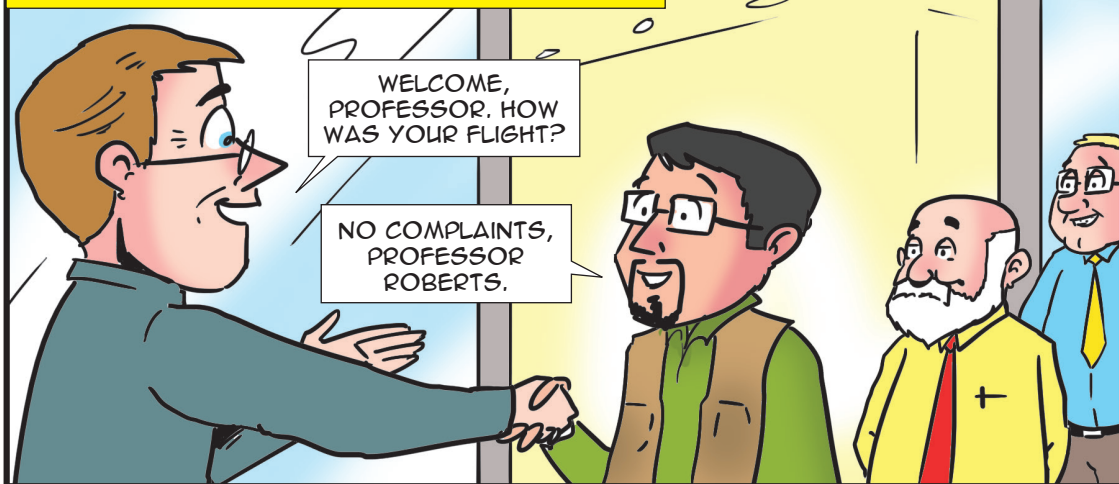
AT THE HOTEL...



AFTER A RESTFUL NIGHT, THE PROFESSOR IS READY FOR HIS FIRST DAY IN NEW YORK BUT ALL IS NOT WELL.



THE PROFESSOR REACHES THE COLLEGE CAMPUS...

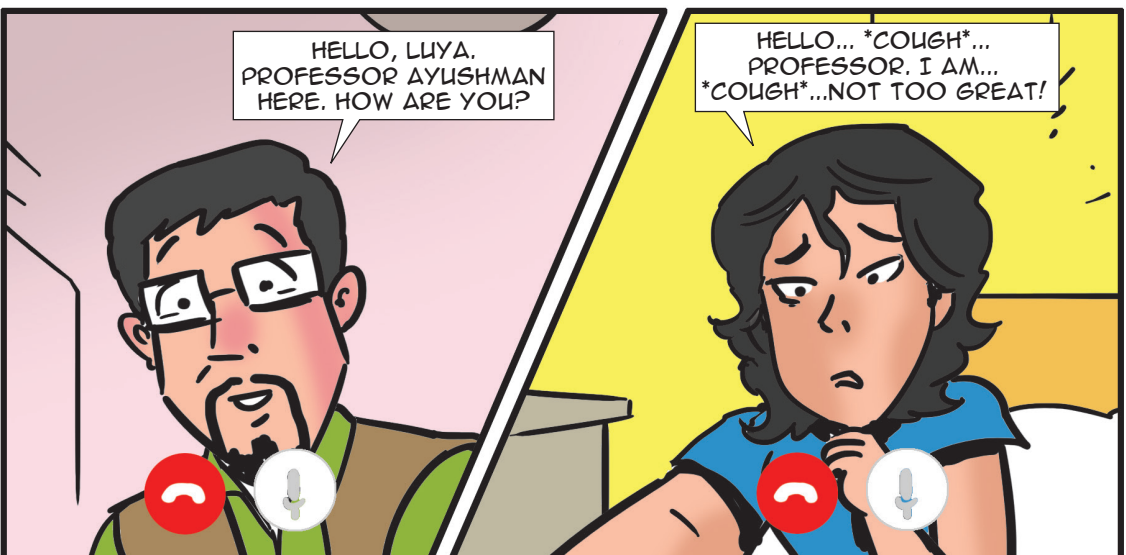
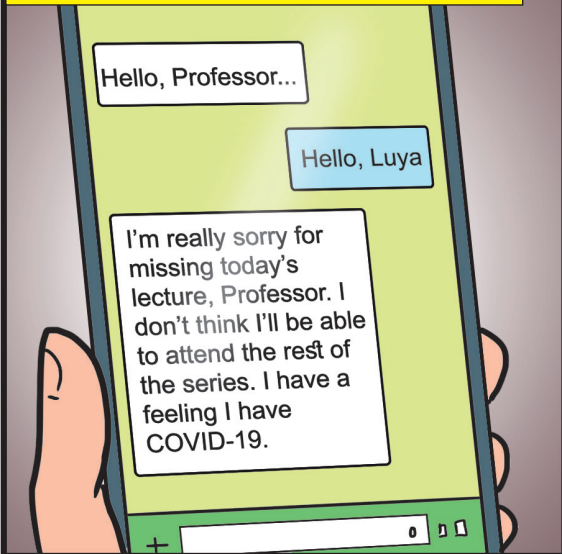


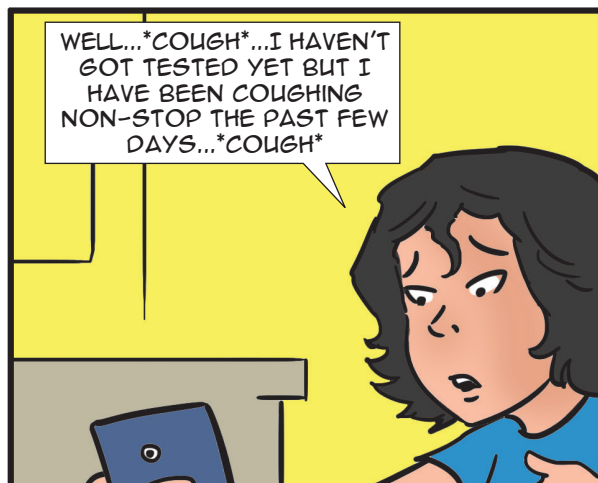
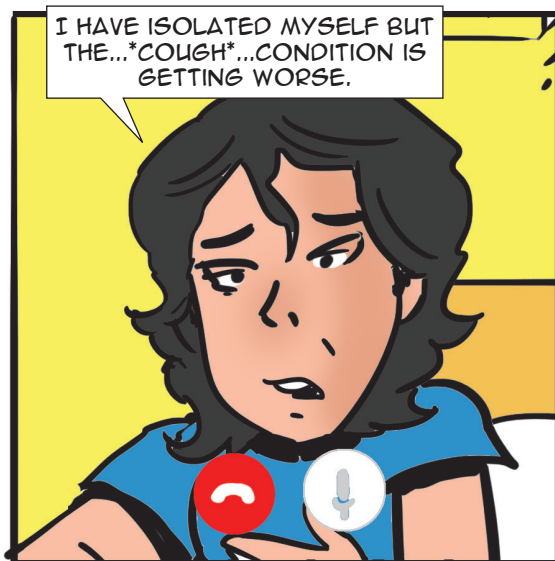
CHAPTER 1: GINGER

WITH THE UNIVERSITY LOCKDOWN IN PLACE, THE PROFESSOR HAS SWITCHED TO ONLINE LECTURES...



HOWEVER, A WEEK INTO HIS LECTURES...





MAJOR SYMPTOMS OF COVID-19

1. Shortness of breath
2. Loss of taste or smell
3. High fever
4. Aches and pains
5. Dry cough

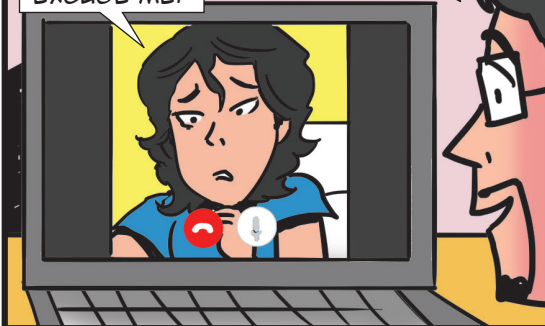
THERE ARE OTHER SYMPTOMS YOU CAN LOOK OUT FOR. DO YOU HAVE ANY OF THE OTHER SYMPTOMS LIKE TROUBLE BREATHING OR HIGH FEVER?



NO, PROFESSOR...
COUGH...IT'S
JUST THIS
PHLEGM-Y COUGH.

THAT'S WONDERFUL
NEWS, LIUYA.

EXCUSE ME?

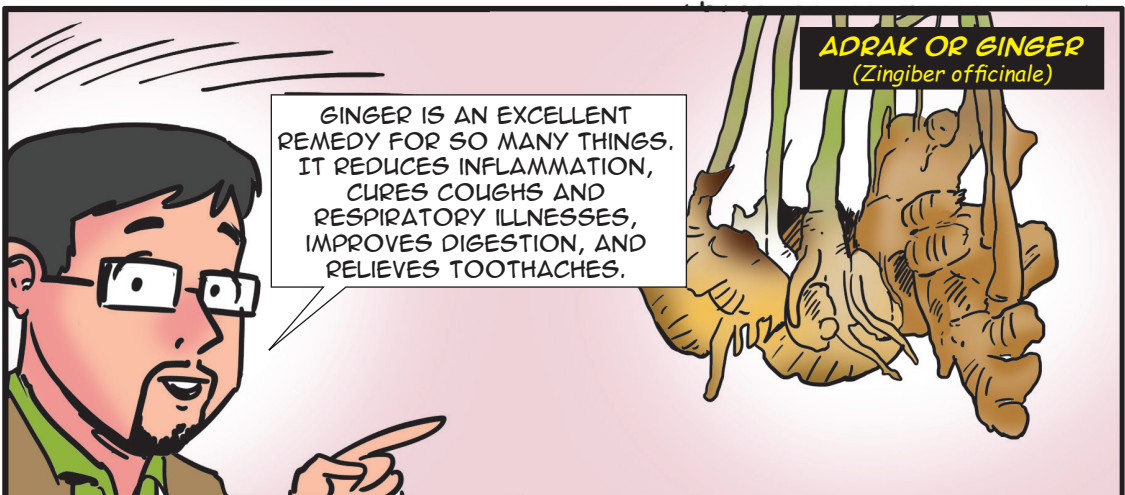


WHAT I MEAN IS... YOU DON'T
HAVE A DRY COUGH, WHICH
MEANS CHANCES ARE YOU
PROBABLY DON'T HAVE COVID!
WHAT YOU NEED IS SOME
GINGER TEA! THAT'S ALL.



GINGER IS AN EXCELLENT
REMEDY FOR SO MANY THINGS.
IT REDUCES INFLAMMATION,
CURES COUGHS AND
RESPIRATORY ILLNESSES,
IMPROVES DIGESTION, AND
RELIEVES TOOTHACHES.

ADRAK OR GINGER
(*Zingiber officinale*)



HAVE LOTS OF GINGER TEA AND YOU SHOULD BE MUCH BETTER. IN FACT, IN THESE TIMES OF COVID, HAVING SOME GINGER TEA REGULARLY IS NOT A BAD IDEA!



THANK YOU. I HOPE YOU'RE RIGHT.
COUGH COUGH



REST WELL AND TAKE CARE, LUYA.



LATER...

HELLO, PROFESSOR. YOU WERE RIGHT. THE GINGER TEA WORKED WONDERS!



HAPPY TO HEAR THAT. YOU LOOK SO MUCH BETTER.

YES! I'VE BEEN MEANING TO TELL YOU THIS. DO YOU KNOW WHAT GINGER IS CALLED IN TAGALOG?

NO, I DON'T KNOW, LUYA.



EXACTLY! LUYA!



WAIT, LUYA MEANS GINGER! HAHHAHA! TURNS OUT YOU WERE THE CURE ALL ALONG!



ONLY IN NAME. THE REAL CURE IS YOUR AYURVEDIC WONDERS, PROFESSOR!

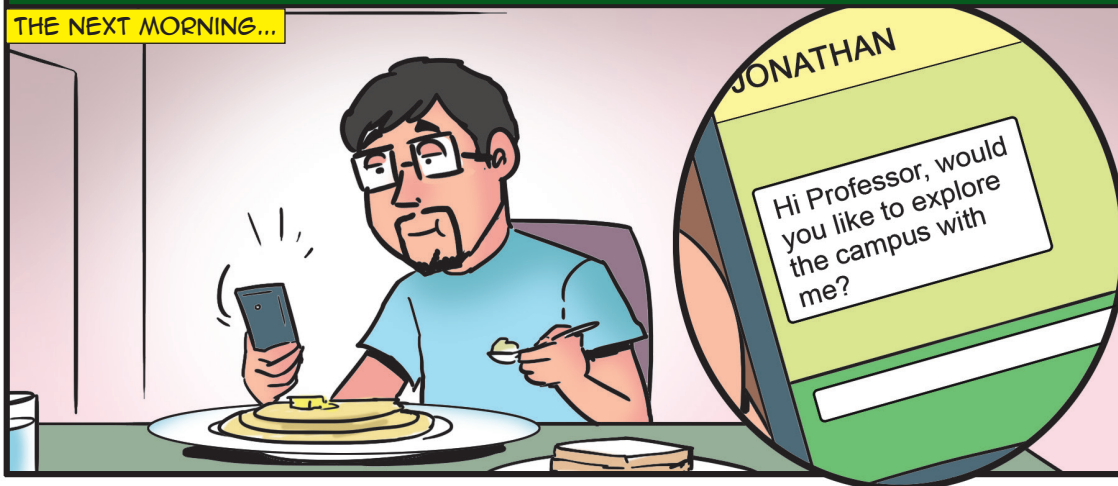


SHOW UP FOR MY LECTURES AND I'LL TEACH YOU MORE ABOUT THESE WONDERS!

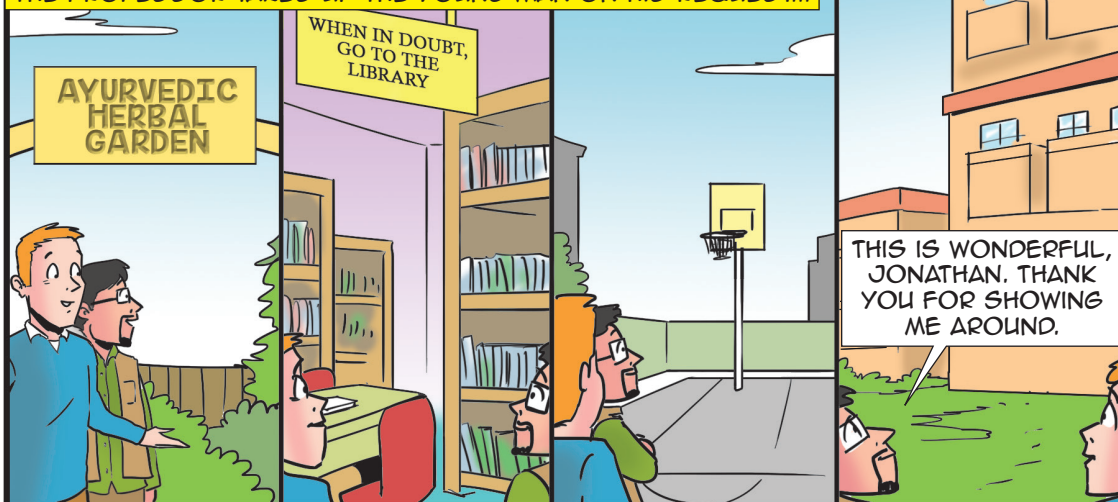


CHAPTER 2: BHUMI AMLA

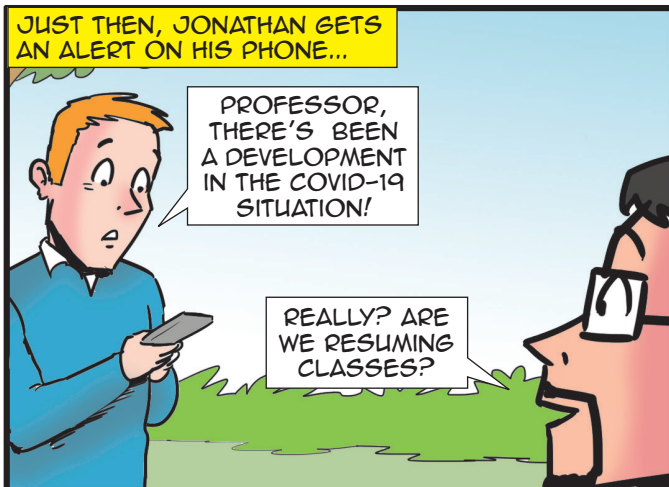
THE NEXT MORNING...

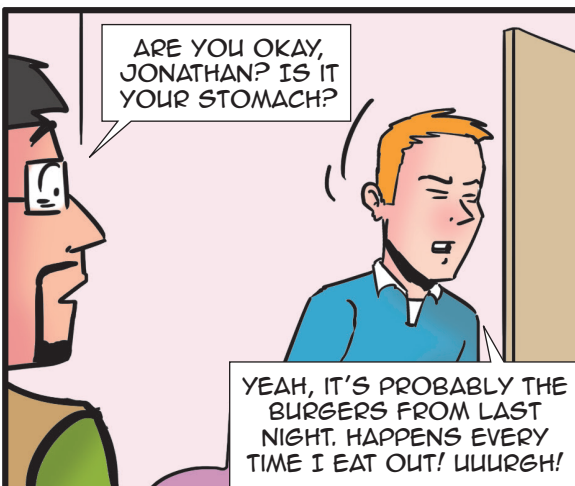
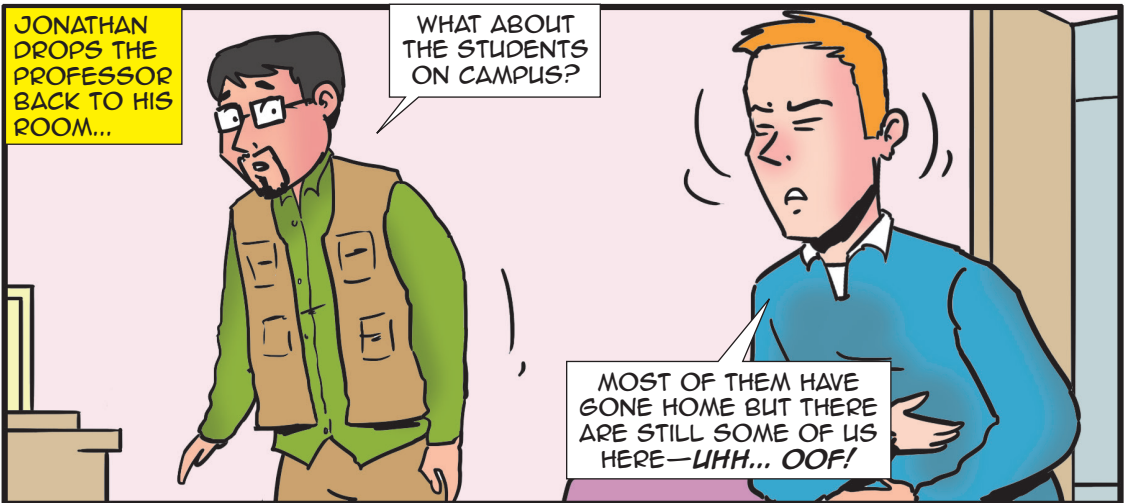
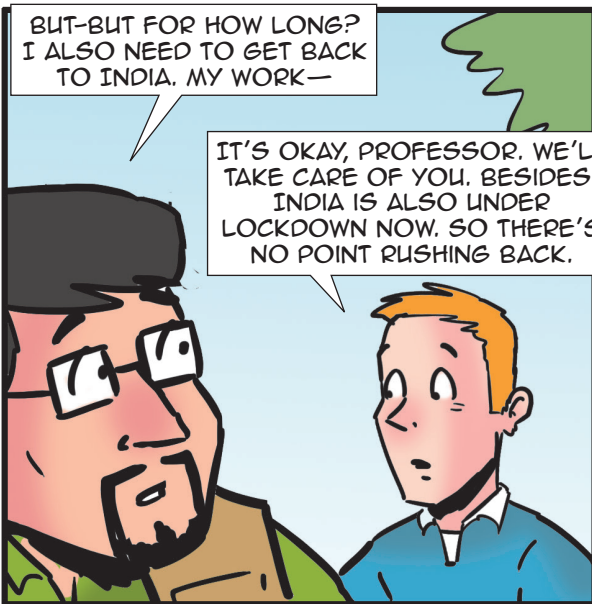


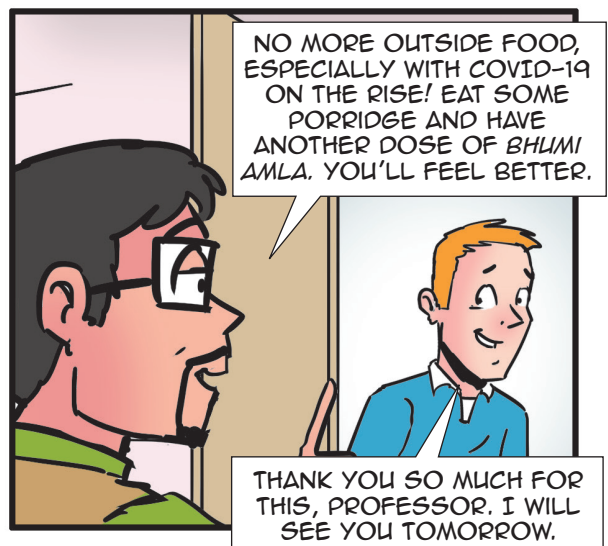
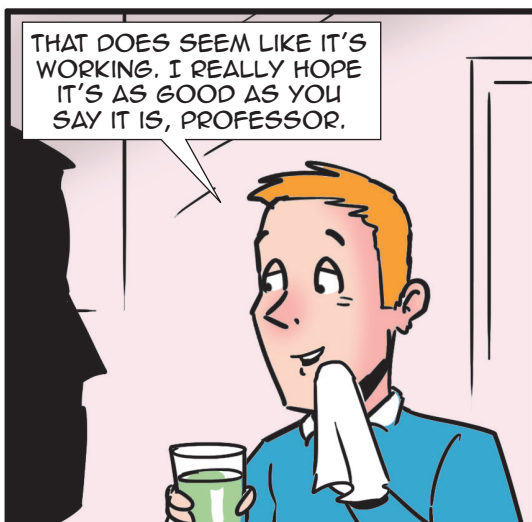
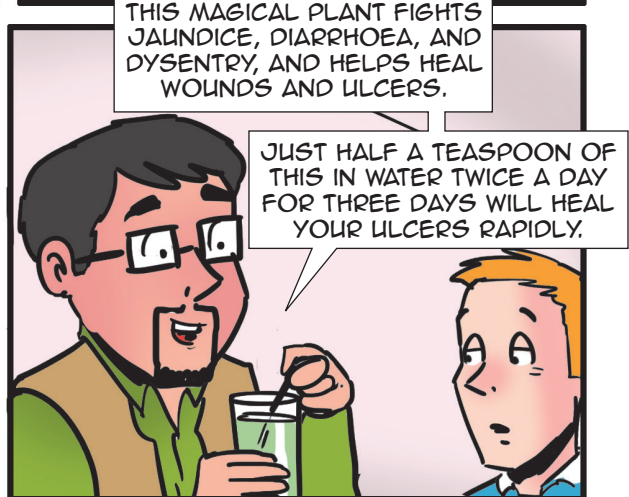
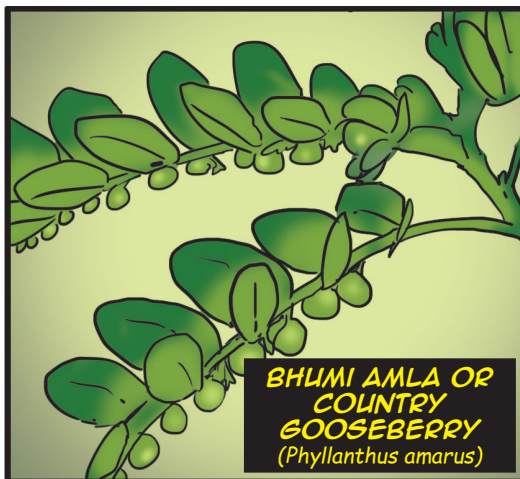
THE PROFESSOR TAKES UP THE YOUNG MAN ON HIS REQUEST...



JUST THEN, JONATHAN GETS AN ALERT ON HIS PHONE...







THE NEXT AFTERNOON...

HELLO,
PROFESSOR!

JONATHAN!
HOW ARE YOU
FEELING NOW?

YOUR CURE IS AMAZING,
PROFESSOR. I WAS
FEELING MUCH BETTER BY
THE TIME I REACHED HOME.

AND BY TODAY
MORNING, IT WAS LIKE
NOTHING HAD HAPPENED!
ALL THE PAIN GONE.

I HAVE A LITTLE
SURPRISE FOR YOU
AS A THANK YOU!

I MADE SOMETHING
FOR YOU. IT'S A
HOMEMADE VEGGIE BAKE!

THAT'S GOOD. FOR A
MINUTE, I THOUGHT
YOU GOT ME
BURGERS AS WELL!

OH PROFESSOR!
HA HA HA HA!

CHAPTER 3: LEMONGRASS

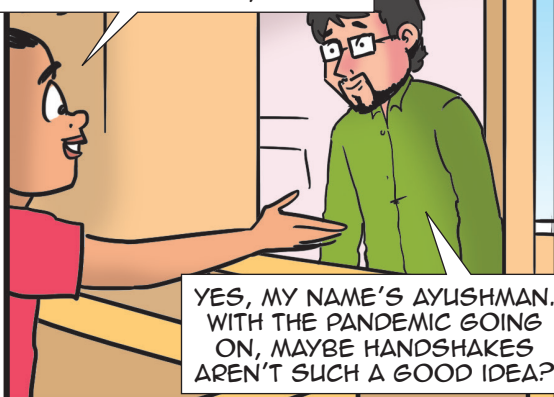
IT HAS BEEN A MONTH SINCE THE LOCKDOWN BEGAN ...



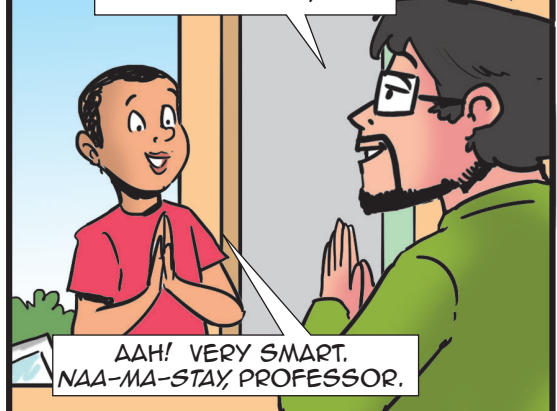
ONE MORNING, AS THE PROFESSOR WORKS ON HIS RESEARCH...

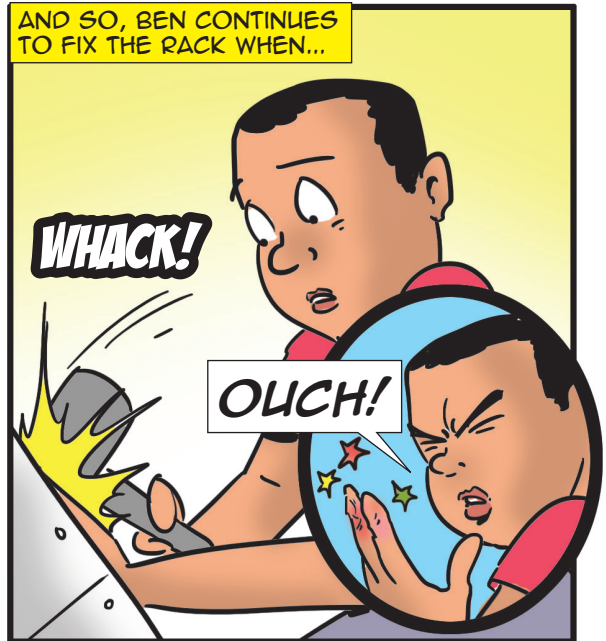


MY NAME'S BEN. YOU'RE THE INDIAN PROFESSOR WHO GOT STUCK HERE BECAUSE OF THE PANDEMIC, HUH?



THIS IS HOW WE GREET EACH OTHER IN INDIA. NAMASTE, BEN.





AFTER EXAMINING BEN'S INJURY...

LUCKILY, THERE DON'T SEEM TO BE ANY FRACTURES. YOU JUST HAVE SOME SWELLING AND INFLAMMATION.

PHEW! GLAD TO HEAR THAT.

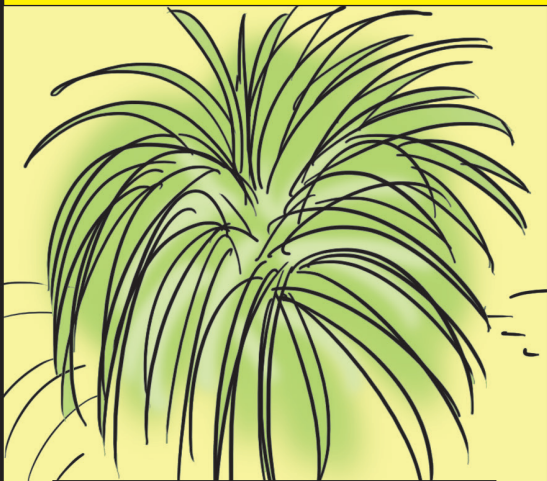
I THINK I HAVE JUST THE THING YOU NEED.

THESE SHOULD WORK. CAN I GET A BOWL?

LEMONGRASS OIL

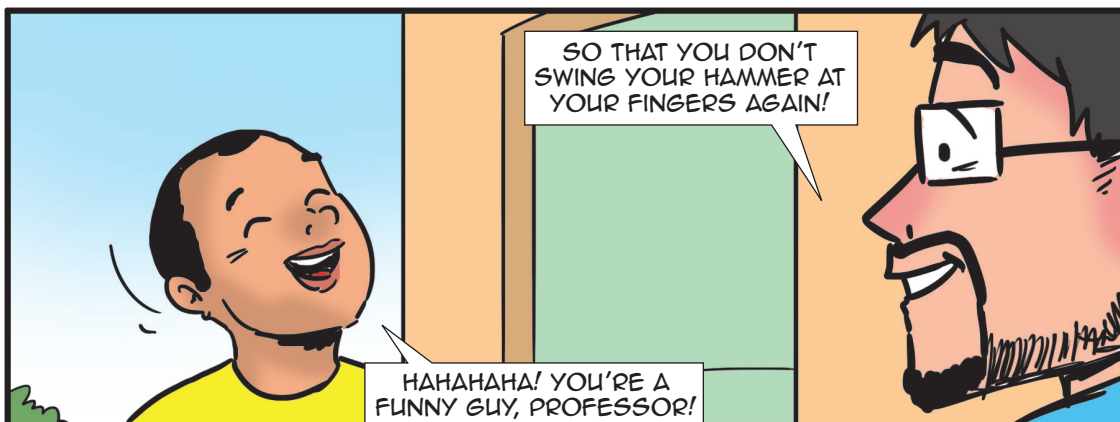
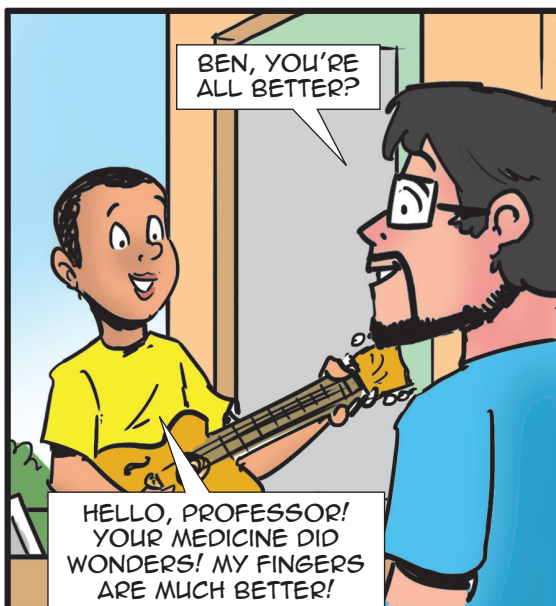
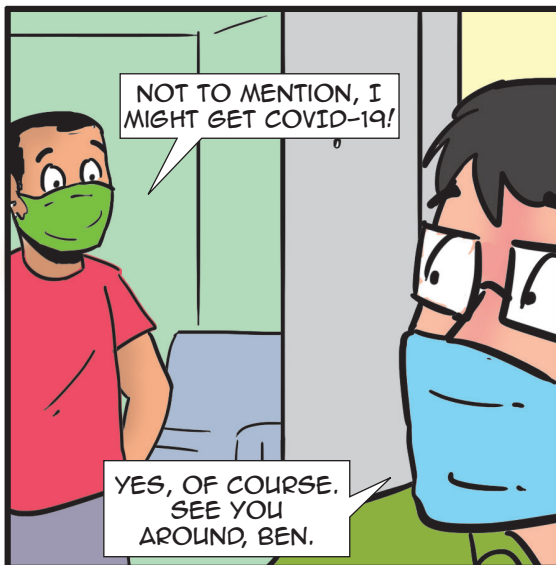
COCONUT OIL

"A MIX OF LEMONGRASS OIL AND COCONUT OIL WORKS AS A PAIN RELIEVER AND WILL REDUCE THE SWELLING ALSO!"



BHURTRINA OR LEMONGRASS
(*Cymbopogon citratus*)

SPREAD A LITTLE OF THIS MIXTURE ON YOUR FINGER AND MAKE SURE YOU DON'T TOUCH ANY CONTAMINATED SURFACES. IT WILL LEAD TO MORE INFLAMMATION.



CHAPTER 4: KARIPATTA



...WE ARE A MONTH AND A HALF INTO THIS PANDEMIC AND MANY NATIONS ARE UNDER COMPLETE LOCKDOWN, INCLUDING THE USA...

LOOK AT THE TIME. I HAD PROMISED TO TALK TO MALTI NOW!

MALTI IS ONE OF THE RESIDENTS OF SWAGAT SOCIETY...

HOW HAVE YOU BEEN, PROFESSOR?

IT'S THE NEWS, PROFESSOR. I AM EXTREMELY WORRIED ABOUT MY FAMILY'S HEALTH.

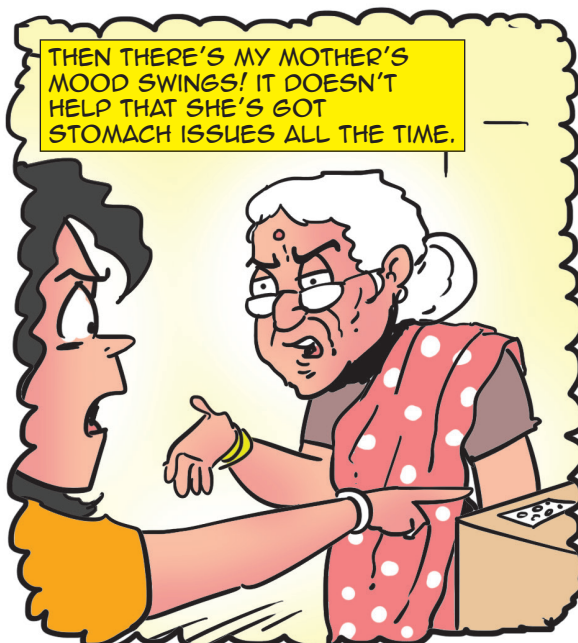
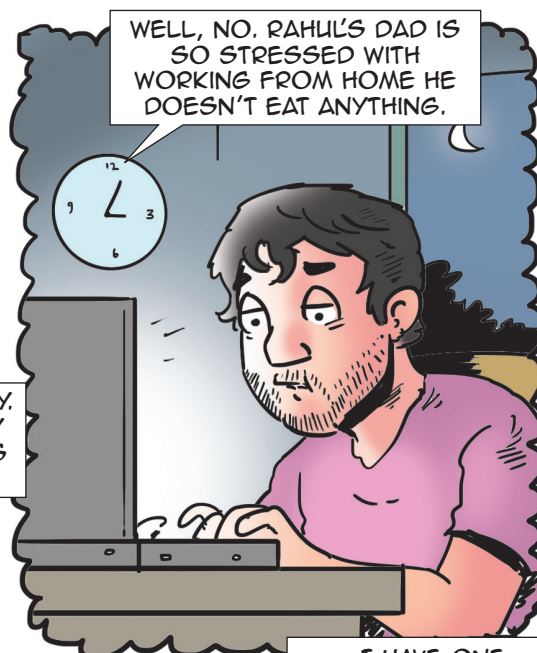
I AM DOING FINE, MALTI, BUT YOU DON'T LOOK FINE. WHAT HAPPENED?

DON'T WORRY, MALTI. ANYTHING SPECIFIC AILING THEM?



OKAY, SO DO YOU REMEMBER HOW YOU RECOMMENDED GILOY JUICE TO BUILD RAHUL'S IMMUNITY?





"KARIPATTA LEAVES ARE GREAT FOR FIGHTING FEVER, BUILDING APPETITE, AND FOR DIGESTIVE ISSUES, BE IT PILES, DIARRHEA, DYSENTERY OR WORMS! IT IS ALSO A GOOD LIVER TONIC."



SERIOUSLY? I HAD NO IDEA THESE TINY LEAVES WERE SO POWERFUL.



AND BONUS, IT IS ALSO BENEFICIAL FOR YOUR EYES AND YOUR SKIN!

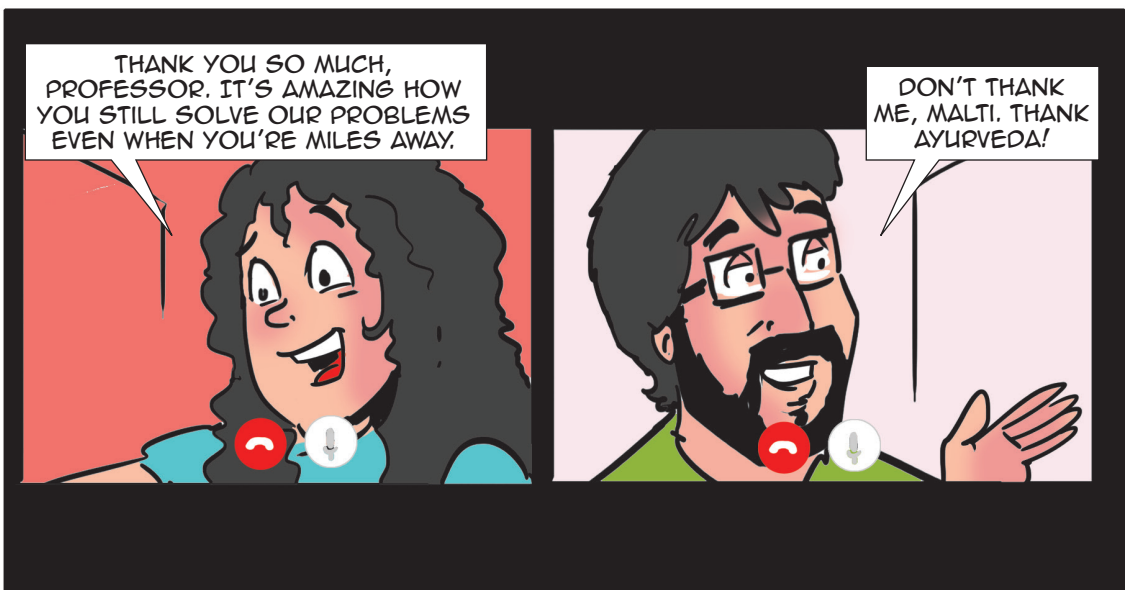


MAKE SURE YOU GIVE EIGHT TO TEN LEAVES EACH TO YOUR FAMILY. IT COULD BE RAW, FRIED OR MIXED IN WITH YOUR MEALS.

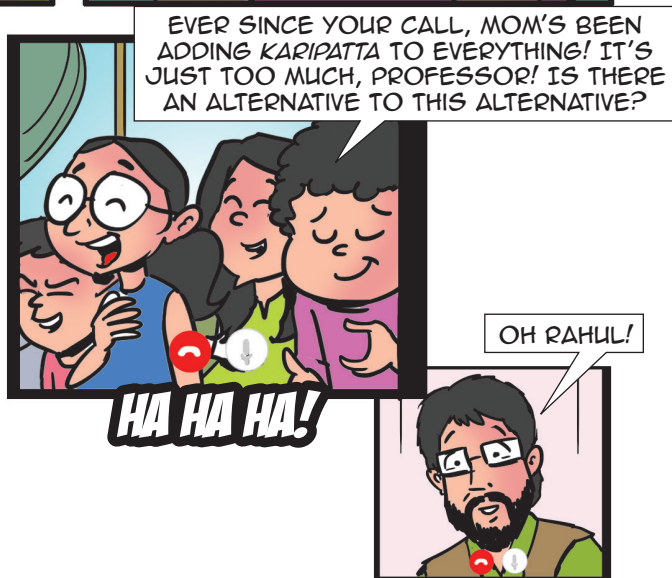
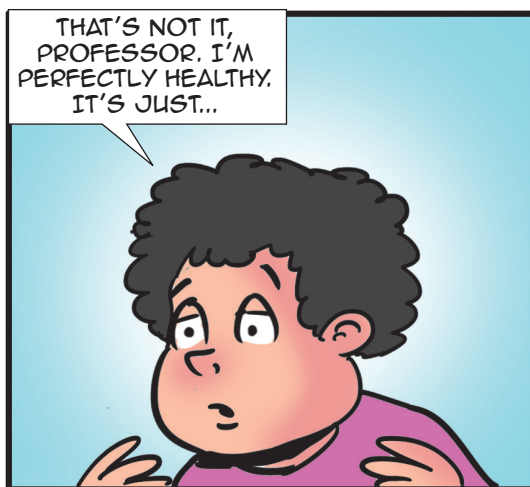
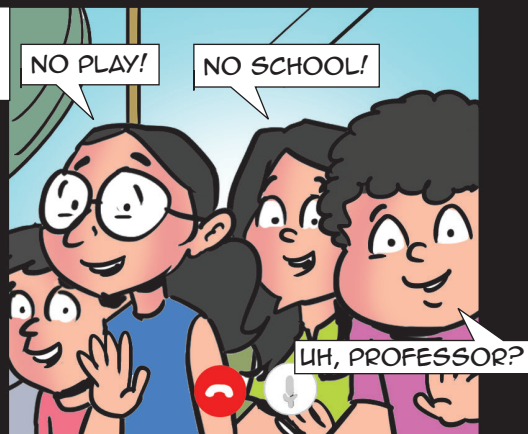


THANK YOU SO MUCH, PROFESSOR. IT'S AMAZING HOW YOU STILL SOLVE OUR PROBLEMS EVEN WHEN YOU'RE MILES AWAY.

DON'T THANK ME, MALTI. THANK AYURVEDA!

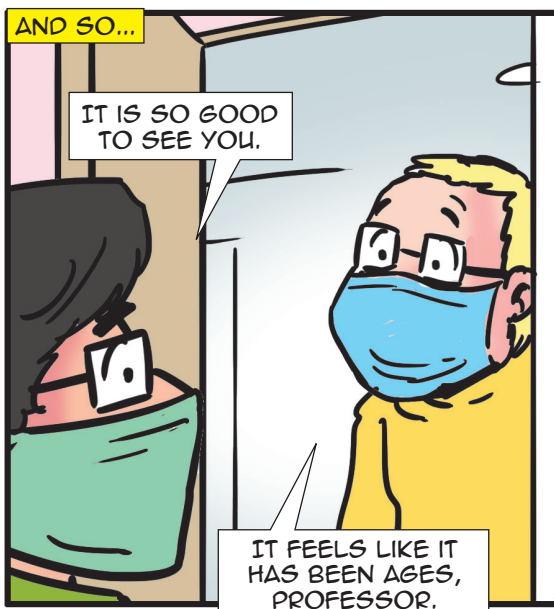
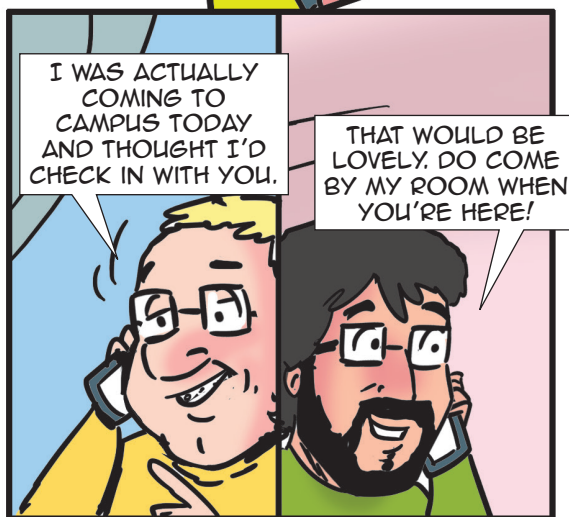
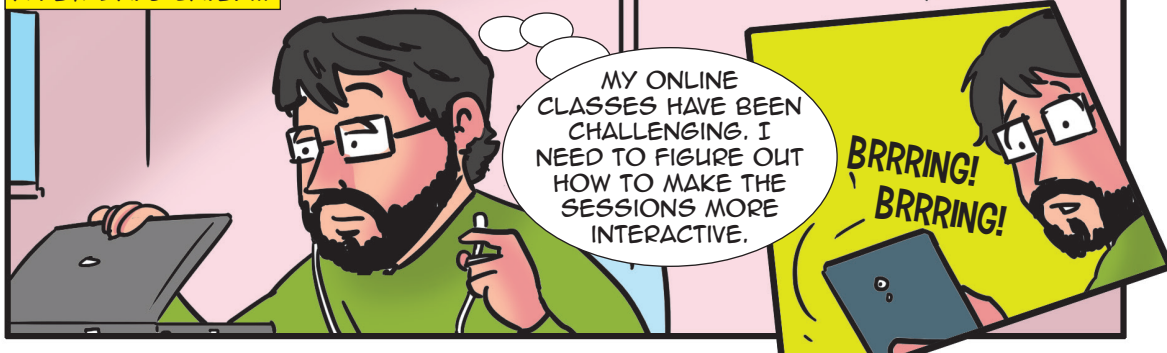


A FEW DAYS LATER, THE PROFESSOR IS ON A CALL WITH THE KIDS FROM SWAGAT SOCIETY...



CHAPTER 5: HUDJOD

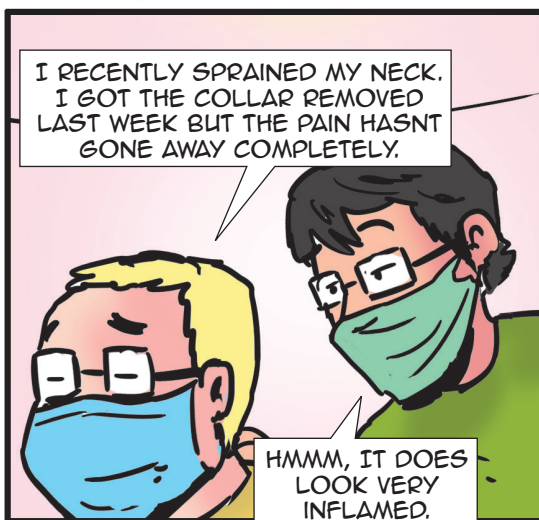
A FEW DAYS LATER...

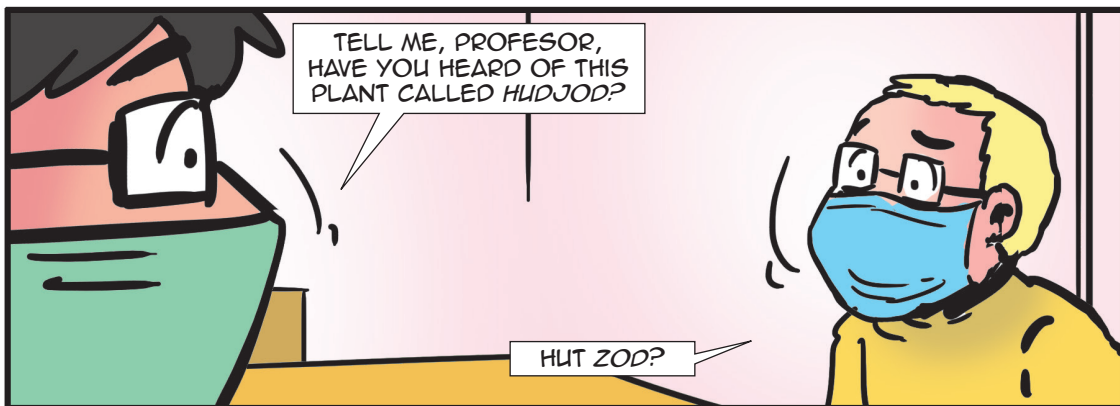


SOON...

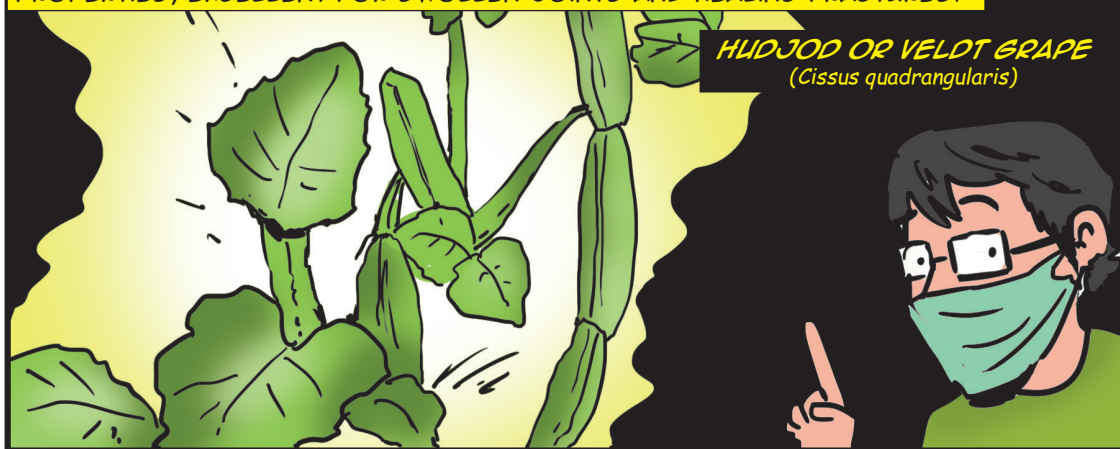
I MUST SAY ADDING MORE POLLS TO MY ONLINE SESSIONS ARE A GREAT IDEA.

IT'S A GREAT WAY TO SEE HOW MANY STUDENTS ARE LISTENING.





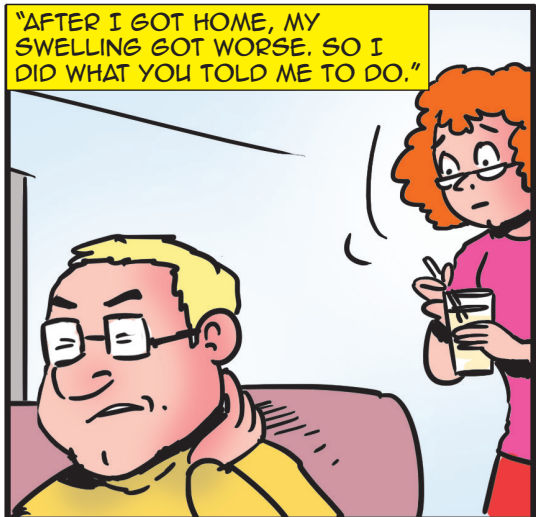
"HUDJOD. ALSO CALLED ADAMANT CREEPER. IT'S GOT ANTI-INFLAMMATORY PROPERTIES, EXCELLENT FOR SWOLLEN JOINTS AND HEALING FRACTURES."



A FEW DAYS LATER...



"AFTER I GOT HOME, MY SWELLING GOT WORSE. SO I DID WHAT YOU TOLD ME TO DO."



WITHIN A FEW HOURS, MY NECK FELT SO MUCH BETTER, LIKE IT WAS NEVER SPRAINED! THANK YOU, PROFESSOR.



THAT'S THE POWER OF AYURVEDA, MY FRIEND!



AND THE POWER OF THE GREATEST AYURVEDA PROFESSOR I KNOW!

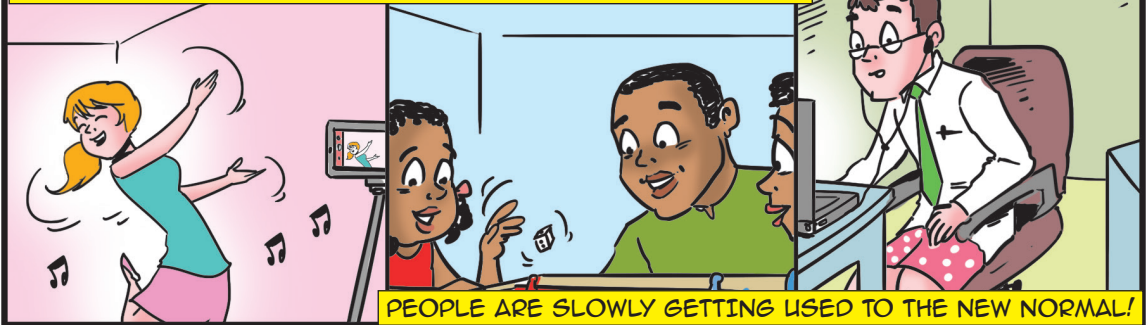


YOU'RE TOO KIND, PROFESSOR!



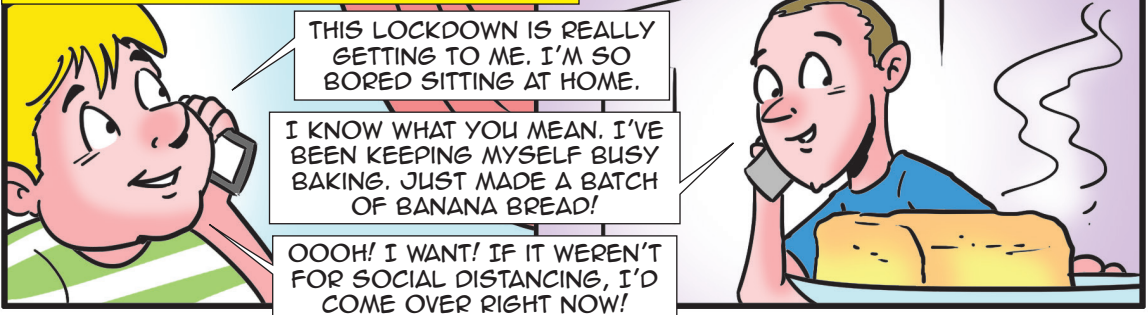
CHAPTER 6: MEHENDI

IT'S BEEN THREE MONTHS SINCE THE WORLD LOCKED DOWN...



PEOPLE ARE SLOWLY GETTING USED TO THE NEW NORMAL!

ONE AFTERNOON, AT THE CAMPUS HOSTEL...



THIS LOCKDOWN IS REALLY GETTING TO ME. I'M SO BORED SITTING AT HOME.

I KNOW WHAT YOU MEAN. I'VE BEEN KEEPING MYSELF BUSY BAKING. JUST MADE A BATCH OF BANANA BREAD!

OOOH! I WANT! IF IT WEREN'T FOR SOCIAL DISTANCING, I'D COME OVER RIGHT NOW!

MAYBE I CAN COACH YOU VIA VIDEO CHAT. YOU HAVE AN OVEN, RIGHT?

YES, I DO! SOUNDS FUN! LET'S DO IT TOMORROW.

AND SO...

ALL RIGHT, LET'S DO THIS. YOU HAVE ALL YOUR INGREDIENTS LIKE I TOLD YOU?

SO FIRST YOU MASH THE BANANAS...

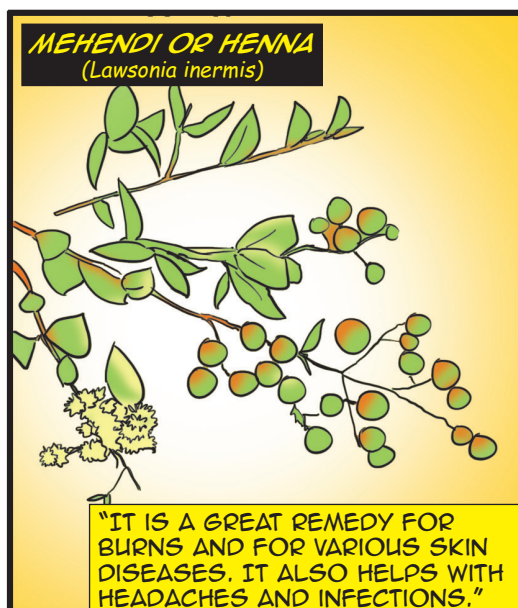
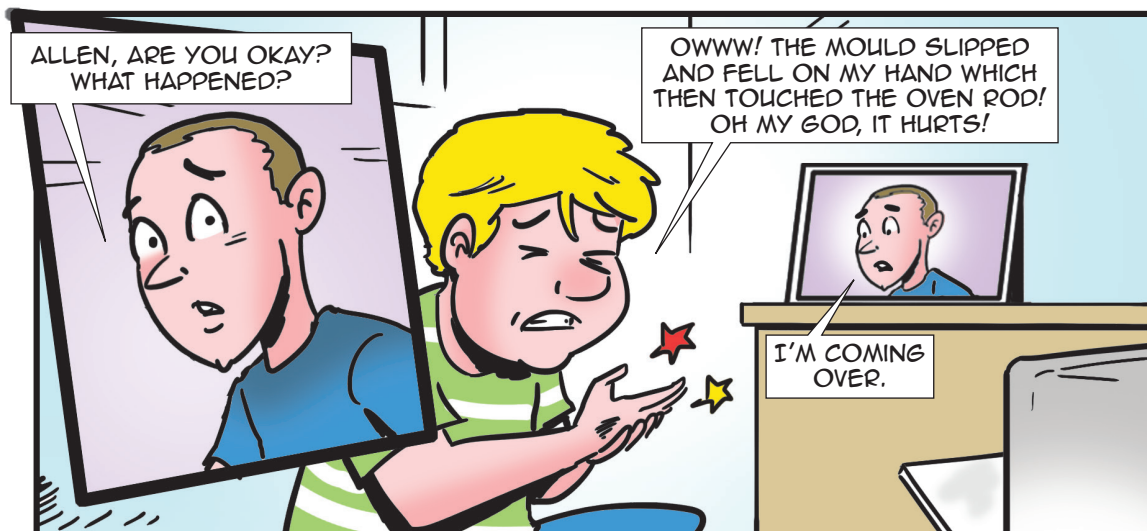
OKAY, TIME TO POP IT IN THE OVEN.

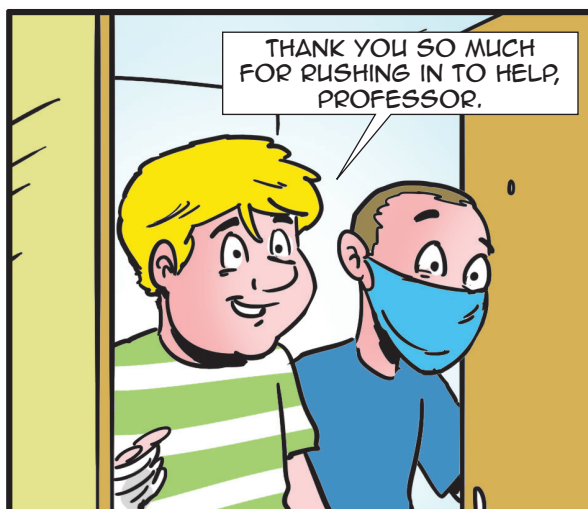
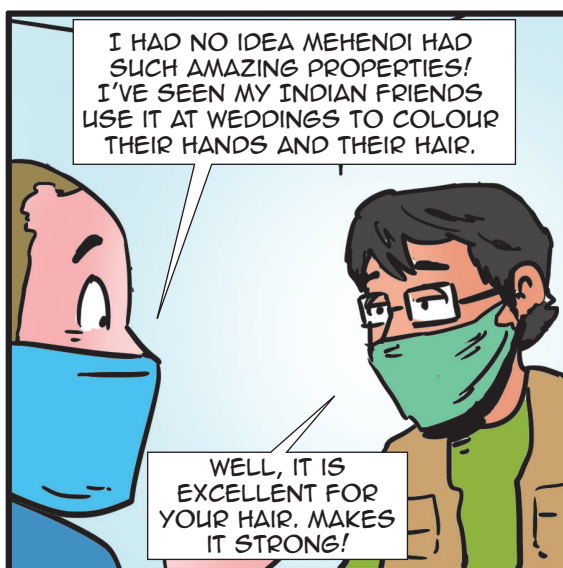
HERE WE GO!

WHISK! WHISK!

CAREFUL—WHOOPS! AAAH!

YUP! I CAN'T WAIT. LET'S BEGIN!





THE NEXT MORNING...

KNOCK!
KNOCK!
KNOCK!

HMMM, I
WONDER WHO
THAT COULD BE.

HMMM, I
WONDER WHO
LEFT THIS HERE.
LET'S SEE NOW.

GOOD MORNING,
PROFESSOR.
WHAT HAVE YOU
GOT THERE?

IT'S A THANK YOU GIFT
FROM ALLEN. FRESHLY
BAKED BANANA BREAD!

HIS HAND WAS FEELING
MUCH BETTER BY THE
MORNING, SO HE
DECIDED TO GIVE BAKING
ANOTHER SHOT.

WOW! IT LOOKS REALLY
GOOD. BUT I MUST ADMIT
I'M A LITTLE BIT IRRITATED.

BUT WHY,
ROBIN?

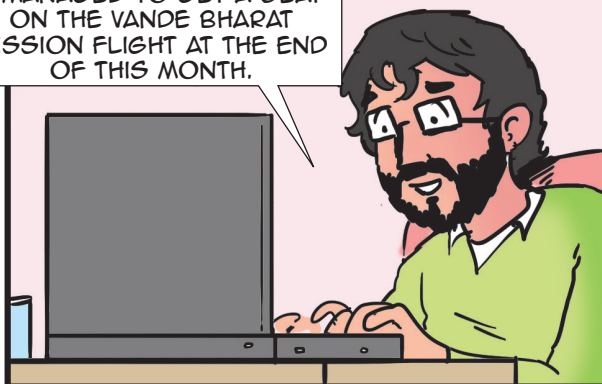
BECAUSE IF IT WEREN'T
FOR ME, HE WOULD HAVE
NEVER MET YOU OR BEEN
INTRODUCED TO THE POWERS
OF MEHENDI. WHERE'S MY
BANANA BREAD?!

HA HA HA! OH ROBIN,
YOU'RE WELCOME TO SPLIT
THIS WITH ME!

CHAPTER 7: BLACK PEPPER, CLOVE, DALCHINI AND ADUSA

AFTER THREE AND HALF MONTHS OF THE LOCKDOWN...

AH! FINALLY! LOOKS LIKE I MANAGED TO GET A SEAT ON THE VANDE BHARAT MISSION FLIGHT AT THE END OF THIS MONTH.



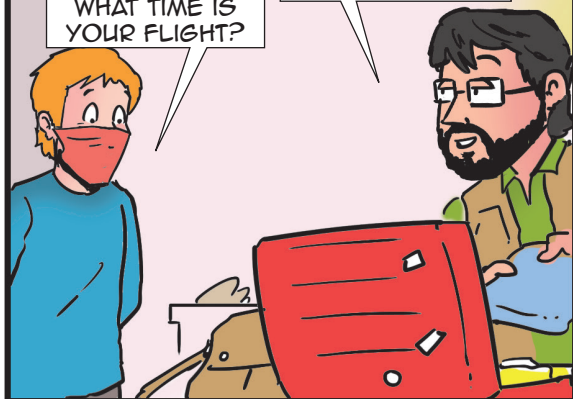
LOOKS LIKE MY EXTENDED AMERICAN STAY IS COMING TO A CLOSE FINALLY. I'M GOING TO MISS THIS PLACE.



SOON...

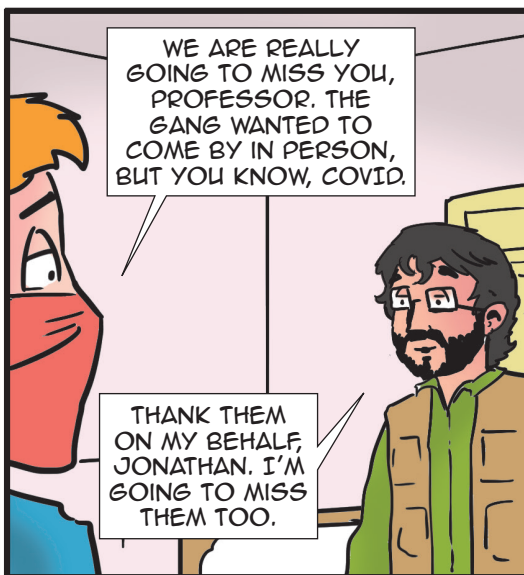
SO YOU'RE REALLY GOING, HUH, PROFESSOR? WHAT TIME IS YOUR FLIGHT?

IT IS AT NOON, JONATHAN. I'LL HAVE TO LEAVE FOR THE AIRPORT ASAP.



WE ARE REALLY GOING TO MISS YOU, PROFESSOR. THE GANG WANTED TO COME BY IN PERSON, BUT YOU KNOW, COVID.

THANK THEM ON MY BEHALF, JONATHAN. I'M GOING TO MISS THEM TOO.



IT'S JUST THAT WITH YOU GONE, WHO'S GOING TO TAKE CARE OF US NOW?



WITH THIS COVID SITUATION, ALL OF US WERE SO GLAD TO HAVE YOU AROUND. YOU ALWAYS CAME TO OUR AID WITH YOUR WONDERFUL HERBS AND SIMPLE SOLUTIONS.

HA HA HA! OH JONATHAN, I'M JUST A VIDEO CALL AWAY.

THAT'S NOT IT, PROFESSOR. I DON'T MEAN TO MAKE IT SOUND LIKE WE ONLY SAW YOU AS A NURSE. WE LOVED HANGING OUT WITH YOU.

BUT THIS CORONA THING IS GETTING SCARIER EVERY DAY! YOU BEING AROUND WAS A HUGE RELIEF.

YOU DON'T NEED TO BE SCARED OF COVID, JONATHAN. THERE ARE SOME VERY SIMPLE THINGS YOU CAN DO TO MAKE SURE YOU'RE PROTECTED.

"NUMBER ONE, MAKE SURE YOU WEAR A FACE MASK WHENEVER YOU STEP OUT. ADDING GLOVES AND A FACE SHIELD WILL KEEP YOU EVEN SAFER."

SECOND, ALWAYS WASH YOUR HANDS WHENEVER YOU CAN FOR AT LEAST 30 SECONDS. IF YOU CAN'T, USE A HAND SANITISER.

AND THIRD, PRACTISE SOCIAL DISTANCING. MAINTAIN A DISTANCE OF AT LEAST ONE METRE WHEN TALKING TO OTHER PEOPLE."

AS FAR AS I CAN SEE, YOU'RE ALREADY PRACTISING THIS.

YES, BUT I DON'T THINK IT'S ENOUGH. IS THERE ANYTHING ELSE I CAN DO TO BOOST MY IMMUNITY?

OF COURSE THERE IS. I'VE ALREADY SPOKEN TO YOU ABOUT THE BENEFITS OF GINGER, RIGHT?

YES, PROFESSOR. I DRINK GINGER TEA EVERY DAY NOW. I ALSO ADD CURRY LEAVES TO MOST OF MY MEALS AS WELL.

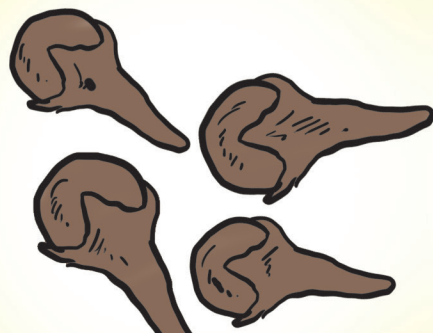


THAT'S GREAT. NOW ADD SOME BLACK PEPPER, CINNAMON AND WHOLE CLOVES TO YOUR DAILY DIET AND YOU'LL BE GOOD TO GO.

KALI MIRCH OR BLACK PEPPER
(*Piper nigrum*)

BLACK PEPPER IS A POWERHOUSE OF GOODNESS, USED MAINLY FOR RESPIRATORY AILMENTS AND PROMOTES OXYGEN FLOW. IT IS GOOD FOR DIGESTION AND CIRCULATION.

LALUNG OR CLOVE
(*Syzygium aromaticum*)



CLOVES ARE CALLED NATURE'S ANTISEPTIC. IT PROVIDES RELIEF TO COUGHING AND SORENESS IN THE THROAT. PLUS IT IS VERY EFFECTIVE AGAINST TOOTHACHES.

DALCHINI OR BARK CINNAMON
(*Cinnamomum verum*)



CINNAMON HAS POTENT ANTI-INFLAMMATORY AND BLOOD-SUGAR-LOWERING PROPERTIES.

LOADED WITH ANTIOXIDANTS, IT HELPS STRENGTHEN IMMUNITY.

ADUSA OR MALABAR NUT
(*Justicia adhatoda*)



THEN THERE'S MALABAR NUT. IT HELPS WITH THE COMMON COLD, BRONCHITIS, AND RESPIRATORY ISSUES. IT'S ALSO GOOD FOR TREATING BURNS AND TOOTHACHES.



THANK YOU, PROFESSOR. THIS HELPS A LOT. I FEEL A LOT BETTER NOW.

I'M GLAD, JONATHAN.



I'LL NEVER FORGET YOU, PROFESSOR. I DON'T THINK ANY OF US WILL.

THANK YOU FOR TAKING SUCH GOOD CARE OF ME HERE, JONATHAN.



TAXI

AND LIKE I SAID, I'M ONLY A VIDEO CALL AWAY. STAY IN TOUCH, JONATHAN. TAKE CARE.

I WILL, PROFESSOR. YOU TAKE CARE AS WELL. BYE BYE!



A FEW HOURS LATER, THE PROFESSOR IS ALL SET TO HEAD BACK TO INDIA...

AND SO MY AMERICAN CHAPTER ENDS. IT WAS QUITE EVENTFUL TO SAY THE LEAST. NOW I WONDER WHAT AWAITS BACK HOME IN SWAGAT SOCIETY.



STAY TUNED FOR THE NEXT VOLUME IN PROFESSOR AYUSHMAN'S AYURVEDIC ADVENTURES TO FIND OUT!



आयुष मंत्रालय
MINISTRY OF
AYUSH



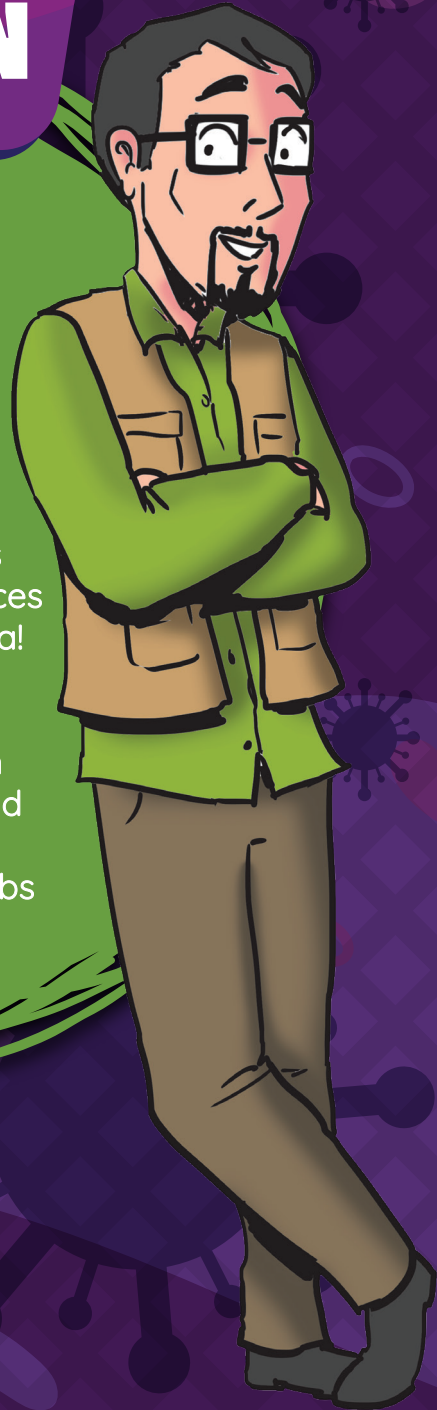
NOT FOR SALE

PROFESSOR AYUSHMAN

FIGHTS COVID-19

Professor Ayushman is back and this time, he is taking on Covid-19. Our story starts with the Professor taking a trip to the USA to deliver a lecture, where he gets stuck thanks to the pandemic forcing the entire globe into lockdown. However, this doesn't deter our humble hero, who starts making new friends who he introduces to the wonderful world of Ayurveda!

This highly informative comic book is the second installment in the Professor Ayushman series and is a treasure trove of valuable information about Ayurvedic herbs and plants and their various healing properties.



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