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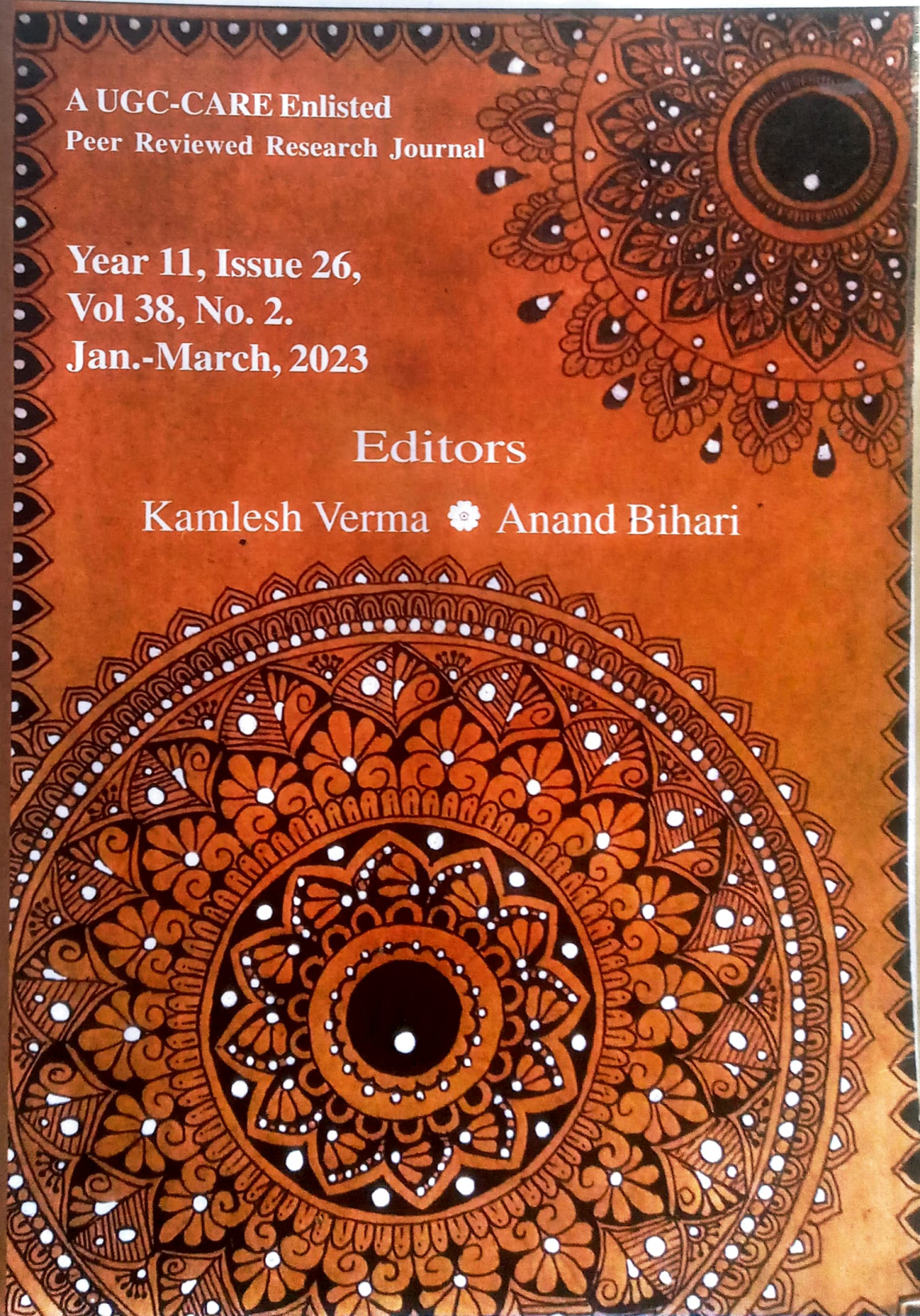
## सत्राची

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# Challenges of Rural Women's Higher Education with Special Reference to Purba Medinipur District, West Bengal

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## **Abstract**

Women's education is not only important for women's empowerment; it is also very important for the overall prosperity of any nation. Higher education brings imaginative power and enhances human intelligence to its practitioners and is considered a tool for development. But the status of higher education in India as well as in West Bengal did not meet the expectations of its citizens, particularly those of rural women's higher education. According to the 2011 Indian census, 48.7% of West Bengal's population is female; 48.8% of them live in rural areas, but the rural female literacy rate is 65.51%, compared to 80.98% in urban areas. So, the present study will examine the challenges faced by rural women in the Purba Medinipur District of West Bengal in pursuing their higher education. In doing so, the researcher adopted a multi-stage sampling technique for selecting the sample. And the data shows that the female students in the study area confront severe problems in terms of family challenges, social challenges, economic challenges, and institutional challenges.

## **Keywords :**

Literacy, Women's education, Higher education, social challenge, Economic challenge.

## **Introduction :**

One of the most important components of every nation's development is its human resources. To turn its citizens into resources for development, it is necessary to form a sustainable education policy and implement it for all the people of the country, irrespective of gender, race, caste, class, and religion. At the elementary level, education establishes a solid foundation for higher education for its students; on the other hand, higher education improves the efficiency of decision making, planning, boosting human intelligence, management skills, developing the imaginative power of its recipients, and so on. In today's

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# प्राच्या PRĀCYĀ

*A Peer Reviewed (Refereed) Journal on Sanskrit & Related Studies*

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**ĀYURVEDAVIŚEṢĀMKAḤ  
आयुर्वेदविशेषांकः**

धन्योऽयं भारतो देशः धन्येयं सुरभारती ।  
उपासकाः वयं यत्र धन्या अहो परम्परा ॥



**DEPARTMENT OF SANSKRIT  
MDK Girls' College, Dibrugarh, Assam  
2023**

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# Āyurveda in Ancient and Medieval Period: A Historical Overview



Sanjit Debnath

*Āyurveda is one of the oldest and most holistic systems of medicine that originated in India. It has been practiced for thousands of years and continues to be a popular form of alternative medicine worldwide. In recent years, there has been a resurgence of interest in Ayurvedic medicine, both in India and around the world. This paper provides a historical overview of Āyurveda in ancient and medieval periods, highlighting its development, significance, and influence. The paper reviews the literature on Āyurveda, including primary and secondary sources, to trace its evolution over time. The study identifies the key features of Āyurveda during the ancient and medieval periods and highlights its relevance to contemporary healthcare practices. The paper concludes that Āyurveda has been an important part of Indian culture and has contributed significantly to the development of medicine and healthcare.*

**Keywords:** Āyurveda, ancient period, medieval period, India, medicine, health.

## Introduction:

Āyurveda is an ancient system of medicine that has its roots in the Indian subcontinent. It is believed to be one of the oldest forms of healthcare in the world, with a history that dates back thousands of years. The word "Āyurveda" is derived from two Sanskrit words, "Āyur" meaning life and "Veda" meaning knowledge (Prasad,2002). Thus, Āyurveda can be translated as the "knowledge of life." Āyurveda was also closely linked to the religious and philosophical beliefs of India (It was believed that the body, mind, and spirit were interconnected (Mukherjee, 2017), and the principles of Āyurveda were based on this belief. Āyurveda emphasized the importance of a healthy lifestyle, including diet, exercise, and meditation, as a way of maintaining overall health and well-being of an individual, and consider it as a comprehensive approach to healthy life. Āyurveda is based on the principles of natural healing, and it emphasizes the importance of maintaining a balance between mind, body, and spirit. It has been widely practiced in India and other parts of the world as an alternative form of medicine. But the journey of Ayurvedic tradition of medication from Vedic period to recent time is not horizontal at all. To trace the voyage of Ayurvedic medication in ancient and medieval periods, this paper provides a historical overview of Āyurveda.