



Review Article

THE LIFE AND CONTRIBUTIONS IN AYURVEDA OF PANDIT NORI RAMA SASTRY

Sujata P. Dhoke^{1*}, Savita P. Gopod¹, M. S. G. Priya², V. Jyothsna²

¹Research Officer (Ayu.), ²Ex-Senior research fellow (Ayu.), Regional Ayurveda Research Institute, Vijayawada, AP, India.

Article info

Article History:

Received: 02-01-2026

Accepted: 11-02-2026

Published: 15-03-2026

KEYWORDS:

Ayurveda, Pandit Nori Rama Sastry, Treatment, Principles.

ABSTRACT

Dr. Nori Rama Sastry's academic pursuits were equally distinguished and instrumental in shaping his approach to Ayurveda. He completed his medical degree with a focus on traditional healing practices, where he immersed himself in both Ayurvedic texts and modern medical knowledge. His quest for knowledge didn't stop at just formal education; he sought mentorship from prominent Ayurvedic scholars and participated in numerous workshops and seminars to deepen his understanding. As an academic, Dr. Sastry also contributed to research that combined contemporary scientific methods with traditional Ayurvedic principles. His studies aimed to validate Ayurvedic practices through clinical trials, exploring the efficacy of herbal remedies and dietary regimens in treating various ailments. His work encouraged a greater acceptance of Ayurveda within the medical community and aided in the integration of holistic practices into mainstream healthcare. Beyond research, Dr. Sastry was a passionate advocate for Ayurvedic education. He played an essential role in developing curriculum frameworks for Ayurvedic institutions, ensuring that future practitioners received a comprehensive education that honored the tradition while also addressing modern healthcare needs. He was known for organizing conferences and symposiums that brought together experts from diverse fields to promote interdisciplinary dialogues on health and wellness. In essence, Dr. Nori Rama Sastry's contribution to academia was pivotal in ensuring that Ayurveda was not only preserved as a historical practice but also evolved as a vital component of contemporary health sciences. His legacy in education continues to influence how Ayurveda is taught and practiced today, inspiring future generations to seek knowledge and contribute meaningfully to the field.

INTRODUCTION

Nori family originally hailed from Saipuram Krishna District, from where the family migrated to Poranki village in Krishna District. Pandit Nori Rama Sastry was born in 1982 on Chitrabhanusamvatsa Magha Shuddha Ashtami (Bhishmashtami), which fell on a Thursday, under the Rohini Nakshatra, in Krishna District to his parents Nori Venkaiah and Acchamamba. Nori Nagabhushanam, a musician and scholar, was a prosperous householder and gained a reputation as an Ayurvedic physician.

He adopted Rama Sastry due to his own childlessness. Nori Nagabhushanam was the son of Venkayya's paternal father.

1. Early Life

Pandita Nori Rama sastry was born into a distinguished scholarly family, with rich traditions of Ayurveda from an early age. Under the guidance of his renowned father, he owned his skills in healing, mastering the art of treating patients with both knowledge and compassion. His commitment to understanding the intricacies of medicine empowered him to prepare effective remedies that have benefited many. (Family Flow Chart 1.)

Access this article online

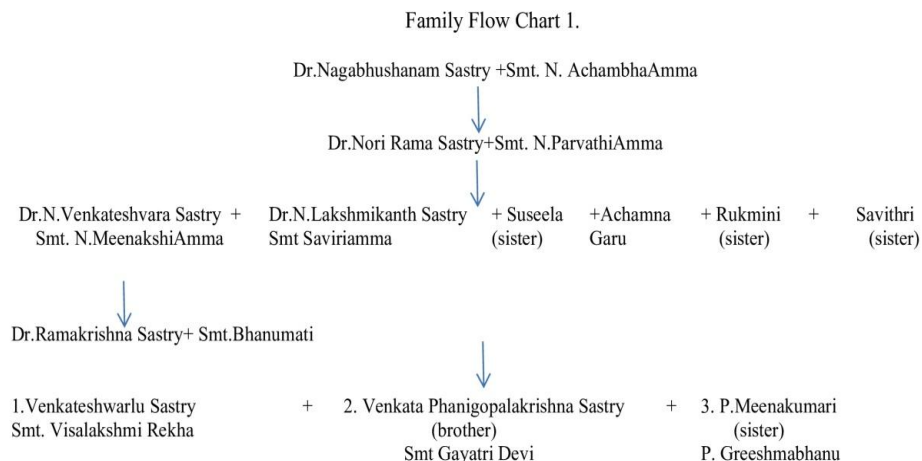
Quick Response Code



<https://doi.org/10.47070/ayushdhara.v13i1.2566>

Published by Mahadev Publications (Regd.)
publication licensed under a Creative Commons
Attribution-NonCommercial-ShareAlike 4.0
International (CC BY-NC-SA 4.0)

Family Flow Chart 1.



Sri Nori Ramasastry is a remarkable individual who understood the profound benefits of connecting with nature. He frequently used to visit the Krishna River with his friend Mallela Sri Ramamurthy, believing wholeheartedly that the fresh air from the river is essential for health and vitality. Each visit is an opportunity for him to enhance the invigorating breeze, which he felt enhances his well-being. A dedicated practitioner of spiritual disciplines, he embodied a mindset that values inner peace and harmony.

2. Education

Pandit Devi Gopalacharyulu run the esteemed Kanyakaparameswari Ayurveda College in Madras, where he taught Ayurveda through a well-coordinated approach. In 1902, Nori Ramasastry sought knowledge by joining Gopalacharlu as a disciple. His dedication paid off in 1906, he earned the prestigious **Ayurveda Bhushana** title along with a

certificate for exceptional merit. This journey highlights the transformative power of Ayurvedic education and the importance of dedicated mentorship.

3. Attire

When he steps out, he dons a striking turban and the traditional attire, consisting of a *Panche Kattu* with *Gochi*, a long-handled *Lalchi*, and a pocket watch. His elegant gold-coloured silk coat, adorned with a hanging lace border featuring a northern fold, complements his unique style. With a crutch resting on his forehead and socks neatly in place, he walks with an air of confidence and distinction, leaving a lasting impression wherever he goes.

4. Family and dwelling.

In 1909 in keelaka year, Jyesthamasam, Sastry was married to Parvatamma, second daughter of Kaja Lakshmi Kantamgaru, a landlord.

They were blessed with five children: two sons and three daughters. In 1920, Rama Sastry made a wise investment by acquiring a house near the esteemed Hindu High School in Bezawada, now known as Vijayawada. He carefully renovated the property and established a warm and welcoming home for his family.

5. Professional service

Every day, he commuted to Bezawada to practice medicine. Sri Nagabhushanam purchased a Shingar bicycle and equipped it with two bags filled with various medicines. After having breakfast, he would start his journey to Bezawada and return home in the evening. Rama Shastry found immense fulfilment in practicing medicine under the guidance of his father, Sri Nagabhushanam. Over time, they became recognized as knowledgeable scholars in Bezawada. Ramasastry demonstrated remarkable skill in treating serious illnesses using simple herbs. In the town of

Bezawada, Ayurveda gained widespread acclaim and respect through the efforts of Sri Nori Ramasastry. His effective treatments earned him a well-deserved reputation, thanks to the combined expertise of his father, his mentor.

In 1923, Pandit Nori Ramasastry started Venkateswara Ayurveda College and advised Kalyana Sundaram to pursue vocational education in the College.

"Ayurveda pracharakartavyam a teaching of his guru Pandit Gopalacharyulu practiced by Pandit Sastry.

He diligently attended to a range of responsibilities in the office, including overseeing college affairs, managing pharmacy matters, and ensuring the proper treatment of hospital patients. Additionally, he was involved in overseeing *Asthika* and Brahmin *Sanghakarya* activities. The term "*Shatavadhanam*" (working/attending several work at time) was frequently used in their work at the college, reflecting their comprehensive approach. Every lecture was graced by the words of their Gurudev Gopalacharlu. Despite being on an equal footing with Gopalacharlu, they maintained a humble and modest demeanor. At that time, Bezawada had only railway hospitals and government hospitals, with few private practitioners. Sri Rama Sastry was widely respected for his virtuous and effective treatment methods.

The Andhra Ayurvedic Medical Association held its first successful convention in 1917, securing a prominent position as a leading representative of the Andhra region within the All India Ayurvedic Council. With unwavering commitment, the association has championed the advancement of Nikhila Bharataayurveda Vidyapeeth examinations in the region, and in 1922, it established the esteemed Sri Venkateswara Vedic College and Sanskrit School. Furthermore, the association assumed the pivotal role of General Secretary of the Andhra Medical Council for a substantial four-year term. Subsequent conventions in Eluru and Vizianagaram were resounding successes. Dr. Lakshmipati, the President of Vizianagaram Sammelanam, boldly proposed the establishment of a separate Andhra Medical College to conduct examinations, an initiative that culminated in the creation of the Andhra Ayurveda Vidya Peetha. The inaugural lecture for this institution was confidently delivered by Shri Rama Sastry, embodying the association's impactful contributions to the medical and educational landscape of the Andhra region.

During the 22nd Nikhila Bharata Ayurveda Sammelana meeting in Gwalior, Shri Rama Sastry was elected as the President of the Internal Therapeutic Council of the Nikhil Bharata Ayurveda Maha Sammelan. Subsequently, the Nikhil Bharata Ayurveda

Mahasammelan was held in Nashik. Following this, the North Regional Medical Council passed a resolution to appoint him as the controller of examination. Notably, Shri Rama Sastry had previously served as the controller of Medical examination in Andhra Pradesh until 1944.

Treatment - Case Study

1. An infant undergoing treatment with English medicine showed no signs of improvement. Despite the family's concerted efforts to find a remedy, the patient independently arranged for Rama Sastry to be called in for treatment. Upon evaluation, Sastry initiated a new treatment plan. When asked about the medications previously administered, he noted a specific treatment that had been given for four days without any progress. Sastry suggested looking for an alternative, effective medication and emphasized the importance of including the names of medications in prescriptions. He took responsibility for the patient's care and expressed optimism about the child's recovery, much to the surprise of the parents, who had previously believed that the symptoms indicated a serious prognosis. All the ingredients used in the preparation have the inherent ability to alleviate *Pitta* and *Kapha Doshas*, making it beneficial for treating psoriasis.
2. An infant undergoing treatment with English medicine showed no improvement. Sastry's therapeutic skills in managing chronic diseases are relentless. One day, a patient arrived feeling extremely fatigued. After evaluating him based on the "*Dushyam Desam Balam Kalam*,^[1]" it was determined that he was suffering from exhaustion caused by indigestion. The underlying issues identified were Naayavastha, Sama-Niramavastha, and Amasadyamana Pakvavastha. The treatment focused on addressing these conditions while considering the principles of "*Dushyam Desam Balam Kalam Analam Nakruppay*."
3. One day, SriLakshmi Kantham was preparing to administer an injection to his grandson, who was suffering from a skin disorder. Upon seeing this, Rama Sastry asked, "How much will the duration of the illness decrease with the injection?" When he learned that it would reduce the illness by three days, Rama Sastry responded that if he were given those three days, he could expedite the recovery by providing medicine. He then administered Karpura Shilajit for three days, which resulted in the patient's recovery. This showcased Sastry's healing abilities. Subsequently, they became renowned as scholars and doctors in Bezawada, and their treatment methods were further advanced,

highlighting the effectiveness of herbal remedies in curing significant ailments.

Venkateswara Ayurveda College, Vijayawada

In 1922, on the auspicious occasion of Vijaya Dasami, Sri Venkateswara Ayurveda College was established in the traditional Gurukulam style, beginning with just four dedicated students. This landmark institution came to life. Thanks to the generous support of its trustees, who provided both the funding and a prime location for the college. They committed to an annual monetary fund of ₹1,250, skillfully secured by Sri Rama Sastry through his tireless efforts. This pivotal moment was publicized in the Andhra Patrika, reaching a broader audience. Managing the college's affairs were the close friends Sri Kavali Sankar Rao and Pandit Nori Rama Shastry, who shared a common vision for Ayurvedic education. Sri Rama Sastry took on the vital role of General Secretary of the Dharma Vaidyashala Sangha, championing the college's mission. Meanwhile, Nori Rama Shastry founded Ayurveda Nilayam, a pharmacy dedicated to producing and distributing high-quality Ayurvedic medicines. At that time, the college was rising behind Madapati's inn, where a small shelter housed the machinery used for crafting Ayurvedic remedies. Various herbs were meticulously bottled in glass containers for effective dilution, and even human skeletons were thoughtfully displayed for educational purposes. This foundational effort has paved the way for future advancements in Ayurveda, fostering a legacy of healing and knowledge that continued to resonate today.

Sastry actively secured generous donations through grants from several organizations, all aimed at enhancing the development of the college. His passion for teaching inspired the students who came to learn from him, representing these esteemed organizations. The central support for the college came from the Sri Madapativari Trust, which played a crucial role in its growth. In 1931, a significant petal shed was constructed with the charity funds, followed by the establishment of a permanent building. Later, a society was registered, taking over the administration of the college, further solidifying its foundation. For a time, Sastry dedicated himself entirely to teaching, sharing his extensive knowledge of Ashtanga Hridayam, Charaka Samhita, Tarka Shastra, and Madhava Nidana treatments drawn from his vast experiences. The continuous increase in student enrollment is a testament to his effective teaching. Beyond his teaching, he diligently managed the college's affairs, overseeing pharmacy operations and also providing care to the patients who visited the hospital-truly embodying a commitment to education and health.

Ayurveda Nilayam Pharmacy

In 1907, Nori Rama Sastry established his own medical pharmacy called *Ayurveda Nilayam* in Vijayawada. Recognizing the lack of access to scientifically prepared Ayurvedic medicines for both medical professionals and households, they proactively developed a pharmaceutical manufacturing department, maintaining the family's reputation in medicinal plant inheritance. To fully leverage the potent efficacy of Ayurvedic medicine and treatment, they meticulously prepared and popularized *Yogas* such as *Ksheeravardhini*, *Jeevanavati*, *Visuchi*, and *Nivarini*. All their medicines have undergone rigorous examination by therapists, ensuring their quality based on extensive experience. They continue to uphold their father's method of treatment and drug formulation, overseeing their own medicine departments under their father's guidance for the past decade. Their medicines have been honored with gold medals and certificates of merit in *Nikhil Bharata Ayurveda Vaidya Sammelana* Exhibitions held in cities such as Pune, Lahore, Colombo, and Madras. These medicines are scientifically approved, conventionally prepared, presenting all necessary properties such as weight, color, smell, and taste. Leveraging their extensive expertise in medicine and treatment, they are well-equipped to provide advice on a wide range of serious and chronic diseases. Nori Rama Sastry passed away on 21-04-1956.

Ayurveda for people and people for ayurveda

Sri. Velidandla Hanumantha Rao Panthulu, a philanthropist, appointed Sri Pandit Nori Ramashastry and Sripada Krishnamurti Sastry as members of the modern medical society. Both individuals delivered an insightful academic lectures for an year, emphasizing the distinctive and effective approach of Ayurvedic medicine in treating pneumonia and typhoid fever within the Ayurvedic system.

Sastry has demonstrated that Western philosophy is not entirely aligned with science. This underscores the need to carefully consider the compatibility of science with English medicine and its scientific underpinnings. Ayurvedic theory is shaped by the concept of *Trikala* [2], and Ayurvedic practitioners have proved that certain elements should be incorporated rather than eliminated. The advancement of Ayurveda requires transcending dualism and embracing collaboration. By working together, we can surmount the obstacles to performing good deeds in *Kalyauga* and contribute to the progress of Ayurveda.

Sastry always taught his disciples that one should not act in haste. His students would always recall this lesson, and instead of purely teaching from

the book, they would share their own experiences related to the topic in a deeply compelling way. They firmly believed that Ayurvedic treatment surpasses English medical treatment and other forms of medical care. This belief has been extensively theorized in various contexts. Despite the negative publicity that Ayurveda has garnered over time, Sastry managed to successfully treat patients and attempt to cure seemingly impossible diseases. Even when faced with a patient suffering from heart disease, Sastry passionately discussed his student's studies and the societal obsession with allopathic medicine. He undeniably served as an exemplary role model for his disciples.

Students

Tummalapalli Ramakrishnayya, a well-known practitioner of Ayurveda, painted a life-size oil painting of Sri Pandita Nori Ramasastry and unveiled it in the college, which is still available in the college library. In 1955, Pandit Nori Rama Shastry had a heart attack; the situation became serious, then his student Dr.Kota Nityananda Sastry took the famous herbalist Sri Balaraja Maharshigaru and showed him and started his herbal medicine for treatment

Awards and Endowments

Appreciations:

- i) In 1915, at the 7th Vaidya Sammelana Exhibition in Madras, Ayurveda Bhushana Pandita Nori Ramashastry, was honored with a copy of the First Class Honors Certificate in their medical field.
- ii) At the All India Annual Ayurvedic Vaidya Sammelana Medicine Exhibition in 1915 held at Madras, Ayurveda Bhushana Pandita Nori Ramasashtry, was awarded the top prize, a gold medal. This commendable achievement was recognized by Ayurveda Marthanda, Bhisahajamani, Pandita D. Gopalacharyu on 18-5-16.
- iii) They have received the best class certificate and a gold medal for their Ayurvedic medicines. Their medicines were considered the best among all the drugs exhibited.
- iv) During the 1917 All India Ayurvedic Medical Association Exhibition in Pune, Ayurveda Bhushan Pandit Nori Ramasashtri presented an abridged copy of an extensive document outlining the medicinal properties of Ayurvedic remedies. This document was highly respected within the medical community for its comprehensive coverage of the subject.
- v) In 1917, Ayurveda Bhushana Pandita Nori Ramasashtry aspired for nothing less than the gold medal at the All India Annual Ayurvedic

Medical Exhibition in Pune, reflecting his unwavering dedication to excellence.

- vi) On 01-11-1917 the Secretary of Pune, Ayurvedic Medical Association, Vaidyapanchanana Krishna Sastrykavale, B.A. He wrote like this." Sir, all the medicines sent by Purnochandrodaya, Trilokya Chintamani, Makardhwaja, Svarnamalinirasa, Vangarajiya, Rasasindhura, were carefully examined by the Sammelan ParikshaSangha. Makardhwaja Munnagu was also given some special portions to the patients here. They are satisfied with all kinds of things after finding out what they have. A class certificate and a gold medal were awarded.
- vii) In 1918, the All India Ayurvedic Medical Conference took place in Lahore. Ayurveda Bhushan, also known as Pandita Nori Ramasastry, presented a condensed version of their medical journal for pre-approval.
- viii) The Ayurvedic Vaidya Sammelana exhibition held in Kolankho in 1924 honored Ayurveda Bhushan Pandit Nori Rama Shastry, also known as C.A., with a prestigious gold medal in recognition of their outstanding contributions to the field of Ayurvedic medicine.
- ix) Gold medal and certificate of merit presented to Pandita Nori Rama Shastry for 'Ksheera Vardhani' at the entertainment industry exhibition that took place in Vijayawada during the Krishna Pushkar festival in 1945.

During the All India Varshya Ayurveda Sammelan exhibitions held in Madras, Puna, Lahore, and Colombo was honored with the best merit certificates and gold medals. The recipients included esteemed individuals such as the Presidents of Ayurveda Maha Sabha, Nellore Mandal Dwiya Ayurveda Sammelan, and the 22nd Nikhilabharata Ayurveda Vaidya Sammelana Treatment Council. Notable figures such as the Nikhil Bharata Ayurveda Vidya Peetha Examiners, Madras Govt. Keerthi Seshu, and the revered founders of Sri.Venkateswara Ayurveda College's Sanskrit schools were also among the respected medical college examiners present. Passouts of Venkateswara Ayurveda College, have the degree written as, A. V. A. C (Associate of Venkateswaraayurveda college).

Ayurveda Bhushan

Pandit Nori Ramasastry, A.K.A.C., (Associate of Kanyakaparameswari Ayurveda College) established Ayurveda Nilayam in Vijayawada. This trusted ancient Ayurvedic institution in Andhra is known for its precision, excellence, and quality in providing the best treatments for stubborn diseases that other medical methods cannot achieve. It was established in 1907.

Ksheeravardhani

It is a sweet chemical that nursing mothers and nannies should consume. It increases breast size. The child's self-esteem becomes healthy by removing the diseases in the mother's body. Apart from providing health and strength, it has eliminated all kinds of weaknesses for women since time immemorial. Frequent Abortions Galugu women, after abortion, if they consume it for some time after pregnancy, will be protected from such impurities and will have the best offspring and can fully breastfeed healthy offspring.

Jeevana Vati

It contains *Bhasmas* of *Swarna*, *Mukta*, *Kasturi*, etc., *Dhatu*s. This drug acts on the nervous system and cures many chronic disorders such as convalescence, hyper-excitability, lassitude, nervous debility, hypertension in old age, and hysteria.

CONCLUSION

Dr. Nori Rama Sastry was a great physician who dedicated his life to promoting Ayurveda. He was a successful practitioner and advocated for the development of a medical system. Recognizing the

importance of prevention through Ayurvedic principles, he disseminated that information through books, magazines, and newspapers. In addition to his contributions to Ayurveda, he made immense contributions to Telugu literature. His words, "May mankind wishing to progress on the road to development be not impeded in its march by such obstacles as superstition and vanity," reveal his intense desire for the well-being of humanity.

REFERENCES

1. Agnivesha. Charaka Samhita, revised by Charaka and Dridhabala, with Ayurveda Dipika commentary by Chakrapanidatta. Vimana Sthana; Rogabhishagjitiya Vimana Adhyaya (Chapter 8). Varanasi: Chaukhamba Orientalia; Reprint edition.
2. Agnivesha. Charaka Samhita, revised by Charaka and Dridhabala, with Ayurveda Dipika commentary of Chakrapanidatta. Sutra Sthana; Chapter 11 (Tisraishaniya Adhyaya). Varanasi: Chaukhamba Orientalia; Reprint ed.

Cite this article as:

Sujata P. Dhoke, Savita P. Gopod, M. S. G. Priya, V. Jyothsna. The Life and Contributions in Ayurveda of Pandit Nori Rama Sastry. AYUSHDHARA, 2026;13(1):469-474.

<https://doi.org/10.47070/ayushdhara.v13i1.2566>

Source of support: Nil, Conflict of interest: None Declared

***Address for correspondence**

Dr. Sujata P. Dhoke

Research Officer (Ayu),
Regional Ayurveda Research Institute,
New Rajiv Nagar, Payakapuram,
Vijayawada, Andhra Pradesh.
Email: sujubasic@gmail.com

Disclaimer: AYUSHDHARA is solely owned by Mahadev Publications - A non-profit publications, dedicated to publish quality research, while every effort has been taken to verify the accuracy of the content published in our Journal. AYUSHDHARA cannot accept any responsibility or liability for the articles content which are published. The views expressed in articles by our contributing authors are not necessarily those of AYUSHDHARA editor or editorial board members.