



Accredited by NAHB / Approved by CGHS & Govt. of Karnataka

JSS Ayurveda Hospital, Mysuru

# Yogakshema



Monthly Newsletter

Vol. 7 | June 2020

1

## Immunity Fathom - The Ayurvedic Way

Suresh and Ramesh were childhood friends. Amongst them, Suresh used to be the healthier one who was rarely affected by any type of illness. On the other hand, Ramesh used to fall ill frequently due to changing weather or food, water or airborne diseases. Now that they have grown up and occupied prominent positions in their organizations, they get to travel frequently. But, even today, the same scenario continues. Ramesh falls ill and misses many opportunities related to work, while Suresh travels often, goes on family vacations, enjoys multi cuisines whenever he gets a chance.

This problem faced by Ramesh is referred to as Vyadhikshamatva in Ayurveda. The term Vyadhikshamatva is made of two words Vyadhi and kshamatva. The word vyadhi means to harm, to injure, to damage, to hurt, it also refers to disease or condition. The word kshamatva means to be patient, to suppress anger, to keep quiet, tolerate, resist.

Vyadhikshamatva is the natural immunity or capability the body possesses to resist the manifestation of certain diseases. This can be understood in two ways:

1. Vyadhikshamatva prevents diseases from occurring.
2. If the condition is already present in the body vyadhikshamatva prevents the disease from spreading.

### Vyadhikshamatva is of three types:

- Sahaja bala(Natural)
- Kalaja bala(Time bound)
- Yuktikruta bala(Acquired)

### Editorial Board

- Dr. Krishna Prasad N.
- Dr. Beena M. D.
- Dr. Noor Fathima
- Smt. P. Nanditha Shenoi

### Advisory Board

- Sri. R. Mahesh
- Dr. Gurubasavaraja B.
- Dr. Shivaprasad Hudeda

### Editor In Chief

- Dr. Rajesh A Udupudi

Sahaja Bala refers to the strength that the body has naturally inherited by birth. Some people have the power to fight against a few diseases; they are said to have immunity against those diseases by birth. Sahaja Bala demotes both mental and physical strength.

Kalaja Bala refers to the strength which is influenced by the age of the person and seasonal changes. Usually in children and elderly, due to immaturity and diminution of body components, there will be reduced strength in the



body, which leads to a lower level of vyadhikshamatva. Thus they are more susceptible to diseases. Whereas, contrary to this, youth, due to maturity and proper nourishment, will have normal strength and thus normal vyadhikshamatva also.

Yuktikruta Bala refers to the strength acquired by a person due to his knowledge and intelligence. The person who adopts correct dietary and lifestyle habits stays away from abnormal or known causative factors. He will be free from many diseases. In the current scenario, Yuktikrutabala is considered to be the most appropriate.

### A right level of vyadhikshamatva is acquired by having a balanced:

- Dosha
- Dhatu
- Mala
- Manas
- Indriya - 1. Jnanendriya and 2. Karmendriya

These body entities are to be in a balanced proper manner performing the appropriate function for a person to have good levels of immunity.

At this time when the entire world is affected by a deadly pandemic, COVID 19- we have to follow yuktikruta bala way to protect ourselves from catching the infection. For this, we need to adhere to certain norms like -

1. Avoiding contact with infected objects
2. Physical distancing
3. Minimal travelling
4. Using personal protecting pieces of equipment- like mask, gloves, goggles, etc.
5. Maintaining good hygiene.

### Vyadhikshamatva can also be improved by instilling certain practices like:

1. Consumption of gold milk (milk boiled with turmeric)
2. Consuming Chyavanaprash
3. Pratimarsha Nasya
4. Gargling with warm saltwater
5. Oil pulling

A person must indulge in proper dietary and lifestyle habits depending on Prakruti (environment), Ritu (Seasons), Desha (Location/Place), Kala (Time), etc.



## A CASE OF LUNG CANCER (stage 4)

### Helping hand by JSS Ayurveda Hospital

- Dr. Beena M.D., Reader, Dept of Kayachikitsa

#### Introduction:

Cancer is a group of diseases involving abnormal cell growth with the potential to invade or spread to other parts of the body. It is caused by accumulated damage to genes. Such changes may be due to chance or to exposure to some harmful substances. The substances that cause cancer are called carcinogens which are usually chemical substance. Cancer being a dreadful disease is one of the leading causes of mortality in the world.

The malignancy or cancer is usually treated with surgery, chemotherapy and/or radiotherapy depending on the condition of the patient. These methods are quite expensive and also complicated. Even though modern medicine has made remarkable progress in treating early stages of cancer, it has failed to improve the quality of life and increase the life span of the fourth stage cancer patients.

There are more than 100 types of cancer, including breast cancer, skin cancer, lung cancer, colon cancer, prostate cancer, and lymphoma. Symptoms vary depending on the type of cancer. Lung cancer mainly occurs in older people. The average age of patients who have lung cancer is 70 years. About 25% of cancer-related deaths are due to lung cancer.

A bronchogenic carcinoma is an aggressive form of lung cancer caused due to smoking. Ayurveda correlates Kshatajakasa (cough due to injury to the lungs), one of the five types of cough related disorder. Kshatajakasa and Bronchogenic carcinoma is similar, where the etiopathogenesis and clinical signs and symptoms are alike.

A patient diagnosed with the fourth stage of lung cancer approached our hospital. The patient was advised to undergo treatments based on the principles of Ayurveda. Periodical purification

therapies, symptomatic and anti-cancerous treatments along with rejuvenation therapies, were administered and eventually they started showing promising results. It helped in extending the life span of the patient to the median survival rate along with improvement in the quality of life.

#### Case Report

A 75year old male patient was admitted to our hospital on 16.09.2019 with complaints of severe cough with expectoration, exertional dyspnoea, pain in the right side of the chest and upper back since 3months. These symptoms were associated with a weight loss of about 3-4 kgs in 2-3 months.

The patient was healthy a year before. He gradually developed a cough which was dry initially. Later, the patient experienced a severe cough with expectoration. He also had an episode of bloodstain in the sputum and had difficulty in breathing. He had developed symptoms of wheezing for three months. The patient complained of pain in the chest region, bilaterally more on the right side for 3 months. The cough got aggravated and also difficulty in breathing increased during night and morning time. After a thorough investigation, he was diagnosed as a case of Bronchogenic Carcinoma with secondary deposits. As it was an advanced case of carcinoma of stage4 [MSCT THORAX - Neoplastic region right upper lobe with secondary deposits (T2b N2 M1)], the patient was not given any specific treatment. The experts felt that his chances of survival would not be for more than two months.

The patient was also a known case of Hypertension and Diabetes mellitus since 7 years and was under medication.

He had a history of smoking (2 packets - 15-20 cigarettes) per day along with alcohol intake since 35yrs.

#### Intervention

At our hospital, the patient was treated initially with mild purificatory therapy followed by symptomatic treatment and anti-cancerous drugs were administered. After about eight weeks, CT scan of thorax was repeated, which showed a considerable reduction in the size of the tumour.

As the condition of the patient improved, the patient was confident about the treatment and therapies and medications at the hospital continued.

The patient is on regular follow up, and the condition is stable, except for a pain in the neck and chest along with cough, which is manageable. The weight was maintained, and the quality of life improved by 70-80%. There were no further episodes of sputum with a bloodstain. Further, the patient was on repeated mild purificatory therapy followed by rejuvenation and anti-cancerous drugs given internally. The MRI report after two months of treatment showed a significant reduction in the size of the tumour as compared to the previous scan.

In contemporary medicine, there is no significant remedy for improving quality of life and increasing the life span of patients with the fourth stage of lung cancer. The above case shows that there is hope in Ayurveda for such patients. In the fourth stage of the disease, the treatment varies from individual to individual concerning the age, size of cancer and strength of the patient. So the treatment principles include periodical purification of the body through *mildvirechana*, symptomatic treatment, and anti-cancerous treatment along with *Rasayana* therapy (Rejuvenation therapy to improve the immunity). In the present case, the above multiple treatment modalities have been used judiciously to enhance the quality of life and its expectancy.



## Dry Ginger (Shunti)

Shunti is usually used in its dry form as a common spice in Indian kitchen. It has enormous medicinal properties. Shunti or dry ginger is considered as the best appetizer. It also improves taste and relieves anorexia. Dry ginger is useful in heart disease. It improves digestion and helps to relieve abdominal colic pain. It is anti-inflammatory and helps to reduce edema. It can also treat respiratory diseases. Ginger is considered as most effective in treating all types of arthritis, dizziness, menstrual pain, obesity and motion sickness.



## Tulasi (Holy Basil)

Ocimum tenuiflorum is commonly known as holy basil or tulasi. This sacred plant is aromatic and is also a medicinal herb having many benefits. Tulasi balances Kapha dosha and is useful in treating excess sputum production. It is anti-microbial and is one of the most potent anti-viral herbs in Ayurveda. It improves taste and appetite by stimulating the digestive fire due to its hot and sharp properties.

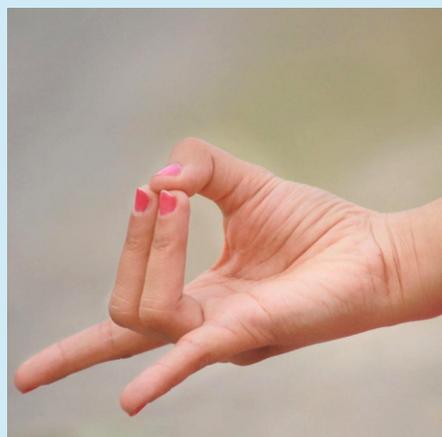
## YOGASANA



### Shwasa Mudra

Duration: 30 minutes

- It strengthens lung and improves the functioning of the respiratory system.
- It alleviates breathing difficulty.
- This mudra helps in improving the conditions related to the respiratory system.



### Apana Mudra

Duration: 45 minutes

- It enhances the functioning of the urinary system.
- It helps in treating bladder related disorders.
- It helps in relieving constipation.
- This mudra keeps the body detoxified.
- This is the best mudra for all vata related ailments.

### Mushthi Mudra

Duration: 20 minutes

- This mudra helps in easing the problems related to the brain and nervous system.
- It mainly helps in treating Insomnia.
- It helps address issues of lack of concentration, fearfulness and depression.
- This mudra helps in reducing fat in the body.
- It builds self-confidence if practised regularly.



# JSS Ayurveda Hospital, Mysuru

# Yogakshema

Monthly Newsletter

Vol. 7 | June 2020

4

**SURAKSHA KAVACHA**

Immunity Booster Programme

6 days session from  
**15<sup>th</sup> June 2020**

Call: 9591433944  
9980656297

A balanced and calm mind and a completely detoxified body gives strong immunity. This acts as a "Suraksha Kavacha", a protecting shield against many diseases and infections.

Ayurveda, Naturopathy and Yoga are the ancient sciences which play a major role in boosting up our body immunity. By undergoing detoxification therapies and immunity accelerating programmes, one can achieve 'Sound Mind in a Sound Body'.



**Protocol:**

- Body purification through Panchakarma
- Immunotherapy through Herbal Decoctions Treatments - Rasayanas
- Sessions on Asanas and Yoganidra

**People above the age of 18 years can participate.**

**Meet our CORONA WARRIORS**

JSS AYURVEDA HOSPITAL