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JSS Ayurveda Hospital, Mysuru

Yogakshema



Monthly Newsletter

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AYURVEDIC MANAGEMENT OF MYOPIA

Due to the globalization and urbanization combined with erratic lifestyle and food habits, over-usage of audio-visuals, electronic gadgets added by the stressful and demanding working atmosphere, the mankind is ending up in various 'EYE DISEASES'.

Today's younger generation, especially school-going children, who are addicted to mobile games, video games, rather than outdoor games, are at higher risk. They are spending more time in front of computers, laptops, mobiles either for entertainment or for learning purpose. Even in schools and colleges, the teaching methods have been shifted from blackboards to smartboards {A-V classes}.

All these modernization has lead to various eye problems in the younger generation.

'MYOPIA' or short-sightedness is one such eye problem suffered mostly by the younger generation. It is a medical condition in which the person can see the near objects clearly but finds it difficult to see distant objects



as they appear blurred. At times it won't be easy to read from a certain distance. Other symptoms include headache, pain in and around the eyes, redness, watering of eyes with irritation.

This condition if left unattended, can lead to many other severe complications of the eye such as; retinal detachment, cataract, and glaucoma.

Nearly 22% of the world population is suffering from this condition. In the modern medicine myopia is treated by using appropriate power glasses {spectacles} or expensive refractive eye surgeries.

Whereas, in Ayurveda, the condition is taken as 'TIMIRA' and is treated successfully. If it is of recent origin and low power, the treatment will be more effective.

Like in the case of other disorders, "Shodana" is performed first. Shodana in the form of Virechana {purgation} and Nasya Karma {nasal drops} are administered depending on Roga and Rogi Bala.



It is followed by Netra Kriya Kalpanas that is specialized eye treatment which will rectify not only refractive errors but also improves vision in healthy individuals.

1. Netra Seka: - Medicated liquids {kashayas} are poured on closed eyelids in a thin and continues stream from 4-inch height for a specific time.
2. Aschotana:- It is the installation of a few drops of medicine to the open



eyes from a 2-inch height it is commonly known as eyedrops.

3. Bidalaka:-It is the application of medicated pastes to the upper and lower eyelids.
4. Pindi:-Medicated pastes are made into a small bolus and are kept over the eyes for a specific period.
5. Netra tarpana: - It is the procedure of holding the medicated ghee in the eyes for a speculated time. This nourishes the eyes and improves visual activity.

There Netra Kriya Kalpanas have a significant role as a remedy for lifestyle-induced eye disorders like Myopia, Dry eye symptoms, Diabetic Retinopathy, etc.,

Netra Kriya Kalpanas are followed by Eye Exercises such as:

- Eyewash with Triphala Kashaya
- Sunning
- Palming
- Ball exercise
- Bar/window exercise
- Candle exercise
- Steam inhalation
- Cold packs over eyes

By practising regular Shodana, Netra Kriyakalpas, Eye exercises along with consumption of rasayanas helps in improving the vision. Myopia can be treated successfully, says Dr. Sandhya Rani, Consultant, Dept. of Shalyakatantra.

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OJUS-2020 - International Webinar on Immunology

Department of Kayachikitsa, JSS Ayurveda Medical College, Mysuru, Karnataka, India organized an International Webinar on Immunology – OJUS-2020. It was held from 27th to 31st July 2020 for five days.

In the present scenario of COVID Pandemic, people have understood

that the food, regimen, mental status are the essential factors in making the body's immunity which is otherwise called as 'Bala' or "Ojus".

So, in this juncture, when the whole world picked up Ayurveda as a remedial measure – We from the Department of Kayachikitsa, thought of exploring more on this subject – 'Immunology' in both Ayurveda and Contemporary medicine. Hence, the name OJUS-2020 was given. We started working on it, from June 2020, with the guidance from expert Gurus. We framed the topics and invited the eminent speakers across the globe. Also, to extract more knowledge and to encourage the young doctors, online paper and poster presentations were invited.

There was an astonishing response of 1170 delegates registered for the webinar across the globe even from Germany, France, UK, UAE, and the USA. We were overwhelmed by the active participation of representatives in presenting the scientific paper and posters. There were 195 oral paper presentations and 19 poster presentations making a total of 214 scientific presentations. There were 14 parallel sessions for three days on 28th, 29th and 30th July, judges monitored each session, and the best paper and poster was selected from each session.

OJUS-2020, The knowledge buzz was inaugurated on 27th July 2020 at 11 am with Invocation by Dr Chaitra. Principal Dr Sarbeswarkar greeted the dignitaries and delegates. Dr Rajesh A Udupudi, our Dean briefed the events of webinars which was designed to cover 12 scholarly scientific sessions from national and international famed resource persons. Dr S Sachidananda, Honourable Vice-Chancellor, Rajiv Gandhi University of Health Sciences, Bengaluru was the chief guest and inaugurated the webinar.

Dr Tanuja M Nesari, Director, All India Institute of Ayurveda, New Delhi, was the Guest of Honour.

Dr C G Betsurmath, Executive Secretary, J.S.S. Mahavidyapeetha sent his best wishes for the webinar.

Shri R Mahesh, Director, Medical Education, JSSMVP, Presided over the function.

Vote of Thanks was rendered by Dr Beena M. D, Organizing Secretary, Ojus-2020. Dr Madhusudhan B. G mastered the Inaugural session.

After the inauguration, Keynote address was delivered by Dr B.S.Prasad, Principal, Shri B.M. Kankanavadi Ayurveda Mahavidyalaya, Belagavi, who has given a complete overview on the topic, explained and analysed the concepts of Vyadhikshamatwa, Bala and Ojus.

In the afternoon 1st Scientific session was started at 2:15 pm by Dr Shashidhar H B, Professor, Dept. of Pathology, Mysore Medical College, Mysuru, Karnataka on the topic – 'Basics of Immunology'.

The 2nd topic was on 'Understanding the concept of Vyadhikshamatwa w.s.r to Immunity' by Dr B.V.Prasanna, Professor and Head. Dept. of Samhita and Siddhanta, Muniyal Institute of Ayurveda Medical Sciences, Manipal, Karnataka. The session was moderated by Dr Pooja S.

On 28th Tuesday, the 2nd Scientific session with two speakers- from 2.15 pm to 3.15 pm, by Dr S Gopakumar, Associate Professor and R.M.O. Government, Ayurveda Medical College, Thiruvananthapuram, Kerala on the topic – 'Understanding of Autoimmune diseases and its management through Ayurveda'. From 3:30-4:30pm Dr Prathima Nagesh, Lecturer, Ayurveda College, Milton-Keynes, London on the topic – 'Ayurvedic management of Immunodeficiency Disorders'. The session was moderated by Dr Shalini S.

On 29th Wednesday, the 1st speaker was Dr Jonah S, Professor, Dept. of P.G. Studies in Kayachikithsa, All India Institute of Ayurveda, New Delhi, On the topic – 'Clinical Approach and Management of Hypersensitivity reactions through Ayurveda'. The 2nd speaker was Dr Sanjay M Kadlimate, Principal, BLDEA'S, A.V.S. Ayurveda Mahavidyalaya, Vijayapura, Karnataka, on the topic – 'Role of Herbomineral Formulations in compromised immunity disorders'. The session was moderated by Dr Divya K.

On 30th Thursday, for the 4th scientific session, there were three speakers, the first speaker was Dr Aziz Imam Sab Arbar, Professor and Head, Dept. of Koumarabhritya, Shri B. M. Kankanavadi Ayurveda Mahavidyalaya, Belagavi, Karnataka, on the topic – 'Effect of Suvarna Bindu Prashana on Vyadhikshamatwa and its scientific updates.' 2nd speaker was Dr Parvatheedevy M.P., Superintendent, Government Ayurveda Research Institute for Mental diseases, Kottakkal, Kerala, on the topic – Psychoneuro Immunology – An Ayurvedic Perspective. 3rd speaker was Dr Prasanna Kerur, Ayurvedic Physician and Consultant, Jersey, Channel Islands, United Kingdom(U.K.) on the topic – Role of Immunity in Infectious disorders w.s.r. to COVID-19. The session was moderated by Dr Manasa S. D.

On 31st Friday, 5th scientific session, there were two speakers- from 10 am to 12 pm, the 1st speaker was Dr Muralikrishna Parasaram, Professor, Dept. of P.G. Studies in Panchakarma, S.V. Ayurvedic College and Hospital Tirupathi, Andrapradesh, on the topic – Role of Naimittika Rasayana in Clinical Practices. 2nd speaker was Dr Parameshwarappa S





Cumin seeds (Jeerige) (*Cuminum cyminum*)

Cumin is a small, slender annual herb used usually in the form of seed and spice. Though originating in the Mediterranean, it is used in many cultures far and wide; cumin has been used for its tasty and medicinal properties for centuries. It is of the family Apiaceae (Umbelliferae) with finely dissected leaves and white or rose-coloured flowers. Cumin is also cultivated in India, China, and Mexico for its fruits, called seeds, which are used to flavour a variety of foods.

Few medicinal properties of cumin are as follows,

1. Vomiting – Cumin seeds along with sugar, black pepper – this linctus with honey is an excellent anti-emetic.
2. Acid gastritis – Ghee should be cooked with a paste of cumin seeds and coriander seeds. And it should be consumed after food twice a day. It improves digestion.
3. For Weight loss, cumin seeds should be boiled in water, and that water should be sipped whole day. It boosts the metabolism and helps in shedding weight.
4. Flatulence or abdomen bloating - Gas formation occurs due to impaired digestion. Cumin has carminative and anti-flatulent properties. These properties improve digestion and reduce gas formation. Half teaspoon of cumin seed powder is swallowed with lukewarm water.

YOGASANA

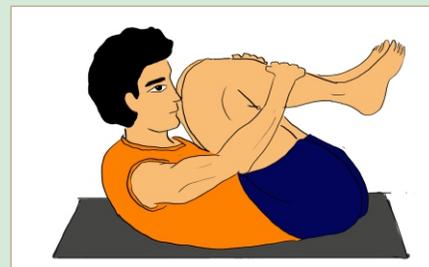


Pavanamuktasana

'Pavana' means air, 'Mukta' means relief. The asana which helps to release the excess gases (alleviates vata) is known as Pavanamuktasana.

Benefits:

1. Strengthens the abdominal muscles.
 2. Helps to relieve the gaseous distension of the abdomen.
 3. Improves digestion.
 4. Helps to reduce the fat from the belly.
- Indications:
5. Beneficial in Diabetes mellitus, Constipation, Obesity



Contraindications:

A person with Hypertension, slip disc, hernia, the spinal injury should not practise this asana.

OJUS-2020 - International Webinar on Immunology (...continued from page 2)

Byadgi, Associate Professor and Head, Dept. of Vikriti Vignana, Faculty of Ayurveda, I.M.S., B.H.U., Varanasi, Uttar Pradesh, on the topic – 'Research updates and Evidence-based practice in Vyadhikshamatwa'. Dr. Visal S Kumar moderated the session.

The Valedictory program of the Webinar was conducted on 31st July 2020 from 12.30 pm. The program was started with the invocation by Dr Tejaswini, Assistant Professor, Department of Prasuti Tantra and Striroga. The dignitaries and delegates were greeted by Dr Rajesh A Udupudi, Dean, JSS AMC.

Dr Beena MD, organizing secretary, Ojus-2020 & Head of the Department, Kayachikitsa, JSS AMC presented the five days webinar report briefly.

Dr Anoosha Shastry delegate from Germany, Dr Waheeda Rahman Delegate and Paper presenter in faculty session, Karnataka, Dr Aihwarya Joghelkar Delegate and Paper presenter in P.G. session, New Delhi and Dr Parvathi G Unnithan Delegate and Paper presenter in P.G. session, Kerala, expressed their views about Ojus-2020. All revealed that Ojus-2020 was well organized and an excellent platform for paper presentation and all scientific session was unique to achieve and update their knowledge.

Chief guest Dr Shrinivas Kishan Rao Bannigol, Honorable Dean (I.S.M.), RGHUS, Bangalore and Principal, Sanjeevani Ayurveda Medical College,

Hubli, in his valedictory address said that Covid-19 crisis had given you a chance to retrospect and find out the potential of Ayurveda. We have to propagate the Principle of Ayurveda to reduce the suffering of humanity in existing and upcoming diseases.

Dr Hrishikesh Damle, C.E.O. and Managing Director, Atrimed Pharmaceuticals, Bengaluru who was the guest of honour for the program told that OJUS-2020 scientific sessions are well planned to cover all aspects of immunity.

Dr Deepa Patil, organizing secretary, Ojus-2020, announced the Best Paper Awards grabbed by 16 presenters from the 14 sessions.

Dr B Gurubasavaraja, Professor, Dept of RSBK, presided over the function. In his presidential address, he told that even in the era of super-speciality, the Ayurvedic principles are applicable in all diseases.

Dr Divya. K, Coordinator, Ojus-2020 rendered vote of thanks.

Dr Aiyanna P P, Assistant Professor, Dept of P.G. Studies in Shalyatantra mastered the ceremony.

The whole event started in the Zoom app, and live telecast was done through Youtube and Facebook.

Overall, this International Webinar OJUS-2020 was a grand success by the sincere effort of OJUS team and with the support of Management, Principal, Staff and Students.

Immune Booster Kits by JSS Ayurveda Hospital

The JSS Ayurveda Hospital, Mysuru, has introduced 'Immune Booster Kits' in the backdrop of COVID-19 pandemic situation. His Holiness Paramapujya Jagadguru Sri Shivarathri Deshikendra Mahaswamiji launched the 'Immunity Booster Kits,' at the Sri Suttur Math, in Mysuru, on August 10, 2020.

Sri C.G. Betsurmth, Executive Secretary, Sri Shivakumaraswamy, Secretary-II, Sri Mahesh R., Director, Sri Rajesh U., Dean, and Dr. Sarbeshwar Kar, Principal & MS, were present on the occasion. These Immunity Booster Kits are available to the public at JSS Ayurveda Hospital, Lalithadripura, JSS Hospital, Mysuru and at JSS Jana Oushadi Kendras.



Instructions and Benefits of the Medicines:

Chyavanaprash/ Swamala

Compound: It is a well-known powerful immune booster. This antioxidant rich Ayurvedic health supplement promotes health and longevity. Additionally Swamala Compound contains gold and silver.

How to use: 1-2 tsp should be consumed on empty stomach, morning and evening followed by a glass of warm milk.

Haridra Rasa (Turmeric Extract): Haldi/Turmeric has best anti-oxidant, anti-inflammatory, anti-thrombotic, anti-poinson, anti-infective and antiseptic properties. It enhances the body's defence mechanism when taken with warm milk.

How to use: Consume 1-2 drops with warm milk or warm water once or twice daily.

Kashaya Churna (Immune Boosting Powder): The Ingredients are Tulsi, Shunti, Dalchini, Maricha, Ashwagandha, Guduchi, Vidanga, Yastimadhu and Pippali. These are antioxidants, helps to prevent infections and improves general health.



How to use: Mix 1/2 tsp of Kashaya Churna to 150 ml of water and boil for 5 minutes. Strain and drink when it is still hot. Sugar or jaggery may be added for taste.

Rakshogna Dhoopa: Ingredients are Guggulu, Neem leaves, Haritaki, Vacha, White Mustard, Barly and Sambrani.

How to use: Burn the stick and fumigate all corners of house or office premises.

Benefits: Fumigation prevents microbes and harmful pathogens.

Anu Taila Nasya: Anu Taila nasal drops cleanses, purifies and strengthens the nasal passage. Prevents microbes' entry into the respiratory system. It also helps in prevention of allergies and infections.

How to use: Put 2 drops into each nostrils early morning and while going out.

JSS AYURVEDA

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Rs. 990/- Kit		Rs. 600/- Kit	
Swamala Compound	500 gms	Chyavanprash	500 gms
Haridra Rasa	5 ml	Haridra Rasa	5 ml
Kashaya Churna	150 gms	Kashaya Churna	150 gms
Anu Taila Nasya	5 ml	Anu Taila Nasya	5 ml
Rakshogana Dhoopana	100 gms	Rakshogana Dhoopana	100 gms
Total weight: 760 gms		Total weight: 760 gms	

For more information call 99806 56297 / 95914 33944