

## Panchakarma Therapies An answer for Pakshagata (Paralysis)

By Dr. Veena G Rao, Professor, Department of PG Studies in Panchakarma, JSSAMCH, Mysuru

Paralysis or Stroke is the sudden loss of functioning of one half of the body, either right or left. This condition even may associate with speech defects, facial Paralysis, etc. This is mainly due to blockage of blood flow due to a clot or haemorrhage in the brain. According to the study, nearly 1 in 50 people are suffering from Stroke worldwide each year and is the 3rd most cause of death. If not treated timely and properly will lead to permanent disability.

Patients with pre-existing disorders like Hypertension, Diabetes mellitus, obesity, etc., are at high risk of developing Paralysis.

In Ayurveda, it is called Pakshagata or called Lakhwa in the local language. Pakshaghata can be correlated with

Hemiplegia, which results from cerebrovascular accident-stroke. This has been explained by Ayurvedic Acharyas long back and tells that Pakshagata is caused by Vata Dosha (a type of bodily humor) that governs the body when in normalcy, but abnormalcy can causes diseases.

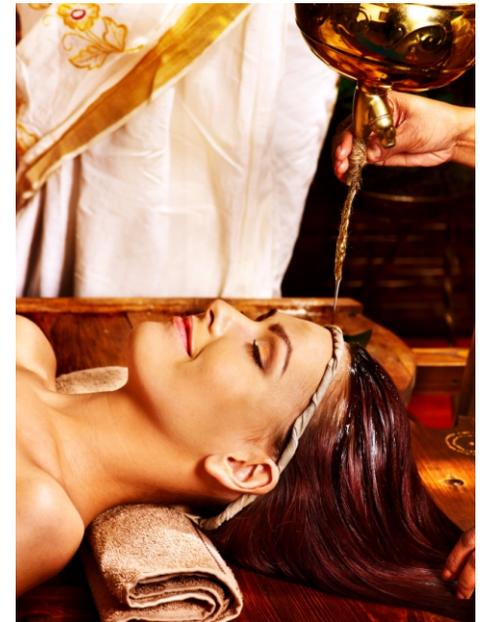
Some patients of Stroke falls unconscious at the onset whereas some other gradually develops loss of disability of half of the body in a day. Unconscious patients need Intensive Care in ICU. Otherwise, it will be life-threatening.

When the patient regains consciousness and vitals become normal and stable, immediately he needs to be treated through Ayurvedic Panchakarma therapies. Panchakarma therapies offer a holistic approach in treating Stroke and helps regain the absolute muscle power to resume their routine work in 2-3 weeks. The result depends upon how early the patient is brought for Panchakarma treatment.

Based on the strength of the disease, the patient, and the nature of the condition below, said individual Ayurvedic Panchakarma treatment would be selected for the patient. It includes therapies such as,

### 1. Murdhni Tailas:

Includes mainly four therapies performed over the head region with physical and psychological effects.



Therapies are ;

**Shiro Abhyanga:** Massaging the head region with specific oil

**Shiro Dhara:** Medicated oil is poured over the forehead in an oscillating motion.

**Shiro Pichu:** Here, different types of herbal powder are made into a paste and applied overhead depending on the condition.

**Shiro Basti:** Here, warm oil is made to retain overhead by constructing a wall with a leather strap and paste of black gram powder across the head.

Other therapies include,

### 2. Sarvangha Seka:

where a fermented liquid (Dhanyamla), oil or decoction is made warm and

#### Patron

- Sri. R. Mahesh

#### Editor-in-chief

- Dr. Sarbeswar Kar

#### Advisory Board

- Dr. Rajesh A Udupudi
- Dr. Gurubasavaraja B.
- Dr. Shivaprasad Hudeda

#### Editorial Board

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



poured all over the body or to the affected area. It helps to reduce the stiffness and heaviness of the body.

### 3. Agni Chikitsa Lepa:

Fresh medicinal herbs are made into a paste and applied over the body. Nourishing or Strengthening therapies such as,

### 4. Sarvanga Abhyanga and Sweda:

it includes massaging the body with suitable oil followed by fomentation, which helps to impart strength to the muscles.

### 5. Sarvanga Shastika Shali Pinda Sweda:

Here, Shastika shali (rice grown in 60 days) is cooked with milk and fomentation of other medicinal decoctions paste along with the medicated rice pack is given to the patient. This is one of the most nourishing therapy in Ayurveda where it nourishes all the tissues and imparts strength in the body.

### 6. Basti Chikitsa:

Ayurvedic enema therapy where oil and decoction are administered alternatively through the anal route. This itself is a

holistic treatment procedure that strengthens the body tissues and even nerves.

### 7. Nasya Karma:

Where medicated oil is instilled through the nasal route based on the patient's condition, which helps correct the pathology in the brain tissue.

All these Panchakarma therapies, along with Physiotherapy under the supervision and guidance of an expert Panchakarma Physician, offer the best result to the patient with Paralysis. Even those who are bedridden will be made to resume their activities. These treatments help them to lead independent lives.



## Patients Speak

"Words could never express our gratitude for all you did to my mother. You people are truly amazing, Compassionate and Genuine human beings during this pandemic and with no concern for their own health". Bravo

- AYASHA

Dr Poornima and practising Doctors are Polite, and patients are treated in the right direction. I would suggest having a supervisor check how good the massage/treatment is going on.

- Shariff

## Report on International Webinar on Yoga 2021



**JSS MAHAVIDYAPEETHA**  
**JSS AYURVEDA MEDICAL COLLEGE & HOSPITAL**  
DEPT. OF PG STUDIES IN SWASTHAVRITTA

**7<sup>th</sup> INTERNATIONAL DAY OF YOGA -2021**  
**INTERNATIONAL WEBINAR ON YOGA**  
ON 21-06-2021  
THEME – YOGA FOR UNITY AND WELLBEING

INAUGURATION @ 10 AM

**PRESIDED BY**  
Dr. C. G. BETSURMATH  
Executive Secretary  
JSSMVP, Mysuru

**CHIEF GUEST**  
Guruji Dr. H. R. NAGENDRA JI  
Hon'ble Chancellor  
S-VYASA Deemed University  
Bangalore

**GUEST OF HONOUR**  
Sri. R. MAHESH  
Director, MED  
JSSMVP  
Mysuru

**SPEAKERS**

**Dr. SUMAN KOLLIPARA**  
President  
Centre for Wellness, Peace Tree Innovations Society,  
USA  
Topic: WELLNESS & ONENESS WITH SOOKSHMA MEDITATION @ 10:30 AM

**Dr. ANJALI JOSHI**  
Yoga Tutor, Senior Tutor,  
The College of Ayurveda & Yoga Therapy  
Milton Keynes, UK  
Topic: PRANAYAMA AND ITS RELEVANCE @ 11:30 AM

**Dr. ABHAY M SHANKARAGOWDA**  
Principal  
Maharshi Aurobindo Subharti College of Naturopathy  
And Yogic Sciences, Meerut, UP  
Topic: YOGA AS A IMMUNE BOOSTER @ 12:30 PM

**Dr. CHANDRASHEKAR. A**  
Hon'ble President of Mysuru Yoga Okuta  
Founder & President,  
Charyani Yoga Kendra, Mysuru  
Topic: PRACTICAL APPLICATION OF PATANJALI YOGA @ 2:30 PM

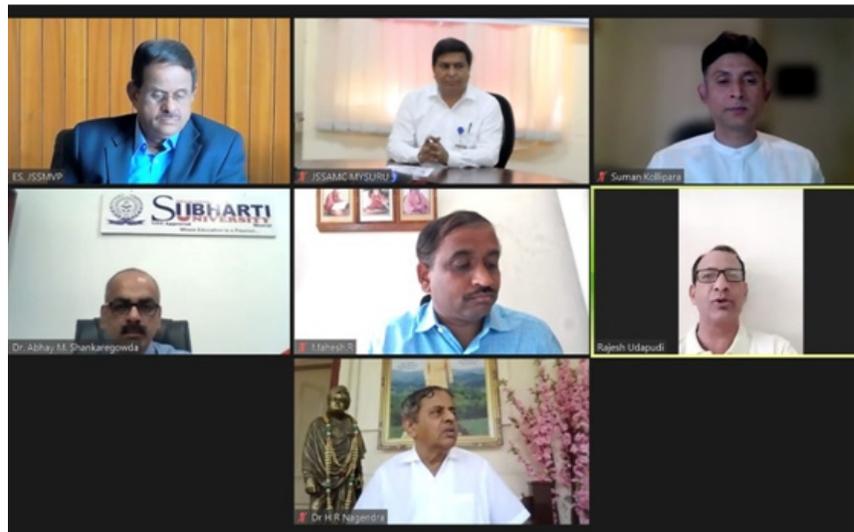
**VALEDICTORY @ 3.30 PM**

**CHIEF GUEST**  
Dr. N. SRIKANTH  
DIRECTOR GENERAL In-Charge  
Central Council for Research in Ayurvedic Sciences  
Ministry of AYUSH, New Delhi

**ORGANISING COMMITTEE**

current pandemic situation. He also said that regular practice of Yoga helps to prevent lifestyle disorders and increases immunity naturally. The programme was presided over by Principal Dr. Sarbeswar Kar. Dr. P. Sudhakar Reddy, Nodal officer and HOD, Dept. of PG Studies in Swasthavritta, organizing

at 10 AM. The Chief Guest for the event was Guruji Dr. H.R. Nagendra Ji, Honourable chancellor, S-VYASA Deemed University, Bangalore. In his guest speech, Guruji Dr. H.R. Nagendra Ji spoke on the evolutionary significance of Yoga and the importance of research in Yoga and Ayurveda. Guest of honour



On the eve of International Yoga Day, 2021, JSS Ayurveda Medical College and Hospital, Mysuru, organized "Common Yoga Protocol Practice" in the institution on 21/06/2021 at 6:30 AM. The Chief Guest was Dr. Raghavendra Rao, Director of CCRYN, New Delhi. Dr. Raghavendra Rao spoke about the importance of Yoga, especially in the



team members, faculty members of different departments, PG Scholars and UG Students were present in the programme. Followed by the inauguration, a "Common Yoga Protocol Practice" was observed on the campus. Around 40 participants were present offline, and about 120 members attended online.

The programme was continued with an International webinar on "Yoga" with the theme "Yoga for unity and wellbeing

was Sri. R. Mahesh, Director, MED, JSSMVP, Mysuru. He addressed the gathering with details about programmes and activities undergoing in the institution concerning.

Dr. C.G. Betsurmatah, Executive secretary, JSSMVP, Mysuru, in his presidential address, enlightened us about the adaptations of Yoga in our day-to-day lifestyle.

Following the inauguration, the programme continued with the sessions engaged from resource persons. Dr. Suman Kollipara, President, Centre for wellness, Peace tree innovations society, USA, handled the first session. Dr. Suman Kollipara explained the topic "Wellness and Oneness with Sookshma Meditation".



## JSS AYUR BULLETIN

Monthly Newsletter

Vol. 19 | July 2021

4

This was followed by Dr. Anjali Joshi, Yoga tutor, The college of Ayurveda and Yoga Therapy, UK, who spoke on the topic "Pranayama and its Relevance".

The third resource person Dr. Abhay M Shankaragouda, Principal, Maharshi Aurobindo Subharti College of Naturopathy and Yogic Sciences, Meerut, UP. spoke on the topic "Yoga as immune booster".

The fourth resource person Dr. Chandrashekar. AS, Honourable President of Mysuru Yoga Okkuta, Founder and President, Chiranjeevi Yoga Kendra, Mysuru spoke on the topic "Practical application of Patanjali Yoga".

The valedictory programme was held and Dr. Srikanth N, Director General In-charge, CCRAS, New Delhi, was the Chief Guest for the programme. He spoke to the gathering about different schools of Yoga and the role of Yoga in the prevention of diseases.

Dr. Pooja Hassan G, Assistant professor, Department of PG studies in Swasthavritta, announced the Yoga competitions' winners. More than 700 delegates across the globe attended the programme through Zoom. The webinar was also live on Facebook and Youtube. Dr. Madhusudan, Associate professor, Department of Roganidana, mastered the ceremony.

As a part of the International Yoga Day, 2021 celebration, the Department of PG studies in Swasthavritta, JSS Ayurveda Medical College, Mysuru, had organized a Video competition on "Mudra Yoga". Dr. Vanitha S Shetty, Principal, Alvas College of Naturopathy and Yogic Science, Moodbidri, Dakshina Kannada, Dr. Manjunath Sharma, Pro-Vice-Chancellor, Director research, S-VYASA, Bengaluru and Dr. Barathish S, Medical Officer (Naturopathy and Yoga), Government Nature Cure and Yoga



Medical College, Mysuru were the judges of the competition. Five best videos were awarded.

### List of awardees:

First prize - Dr. Anjana Krishnan, first-year PG scholar, Department of PG studies in Swasthavritta, Government Ayurveda Medical College, Mysuru

First prize - Dr. Nimmi, first-year PG scholar, Department of PG studies in Swasthavritta, JSS Ayurveda Medical College, Mysuru

First prize - Ms. Jyotika Gupta, IV BAMS, DGM Ayurveda Medical College, Gadag

Second prize - Dr. K Samudrudu, Second year PG scholar, Department of PG studies in Swasthavritta, SDM College of Ayurveda, Udupi

Third prize - Dr. Divyashree P V, Assistant professor, Department of Shalya Tantra, Dharma Ayurvedic Medical College, Sriperumbudur, Tamil Nadu.

### Online add on course on Yoga and Meditation

As a part of the International Day of Yoga 2021 celebration, the Department of PG studies in Swasthavritta has organized an online add on course on "Yoga and

Meditation" for I BAMS students of JSS Ayurveda Medical College, Mysuru, on 28-05-2021. Dr. B R Ramakrishna, Vice-Chancellor, S-VYASA, Bengaluru, inaugurated the 16-day programme. Dr. P Sudhakar Reddy, Professor & HOD, Department of PG Studies in swasthavritta and Dr. Aparna Surendra, Senior Physician JSS Ayurveda Hospital, Mysuru. Taught Yoga and Meditation techniques to students.

On 20-06-2021, an online Yoga competition was conducted for the students. Dr. Barathish S, Medical Officer (Naturopathy and Yoga), Government Nature Cure and Yoga Medical College, Mysuru, was the judge. Three best Yoga performers were awarded, and four students were given consolation prizes.

### List of awardees:

First prize - Miss. Likitha, I BAMS, JSS Ayurveda Medical College, Mysuru.

Second prize - Miss. Ridha M, I BAMS, JSS Ayurveda Medical College, Mysuru.

Third prize - Miss. Sai Sree, I BAMS, JSS Ayurveda Medical College, Mysuru.

Consolation prize - Miss. Mahalakshmi, Miss. Nisarga, Mr. Viraj and Mr. Puran Jain



## Kayachikitsa online Guest Lecture Series - AMAVATA

23-06-2021 In continuation with the learning programme Department of Kayachikitsa, JSSAMC has conducted an online Guest lecture series four on 23/06/2021. The topic of the webinar was "Management of Amamavata" for IV year BAMS students. The Resource Person for the webinar was Dr. Waheeda Banu MD, PhD, Professor & Head, Department of PG Studies in Kayachikitsa, Karnataka Ayurveda Medical College, Mangalore.

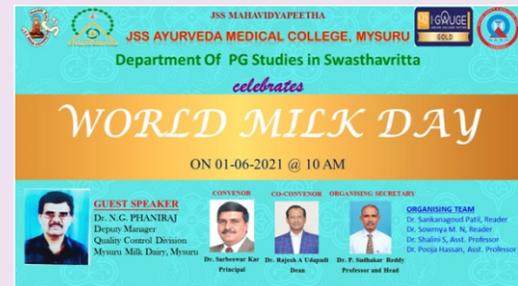
The session started at 3.20 pm. Dr. Unnikrishnan PM, Assistant professor, Department of Kayachikitsa, was the master of ceremony. Dr. Deepa C. Patil, Professor Department of Kayachikitsa, delivered the Welcome speech and introduced the guest.

In her speech, Dr. Waheeda Banu explained the approach of Amavata in both modern & Ayurveda and how to manage the condition in early and advanced stages. It was a highly informative session with a practical approach and benefitted about 88 students.

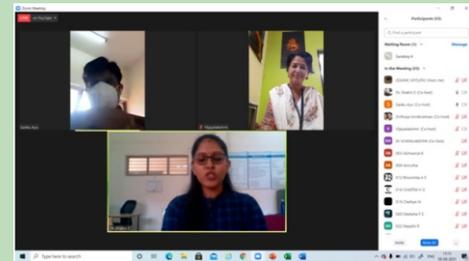
Dr. Rajesh A Udupudi, Professor Kayachikitsa Department and Dean of the Institution, concluded the session. Dr. Beena, MD HOD and Asst. Prof., Dr. Komala, were also present on this occasion.



The Department of PG studies in Swasthavritta organised online guest lecture on 1-6-2021 to mark the eve of World Milk Day 2021. Mr. N.G. Phaniraj, Deputy Manager, Milk Processing Section, Mysuru Milk Dairy, Mysuru, was the guest speaker. About 95 participants benefitted from the session.



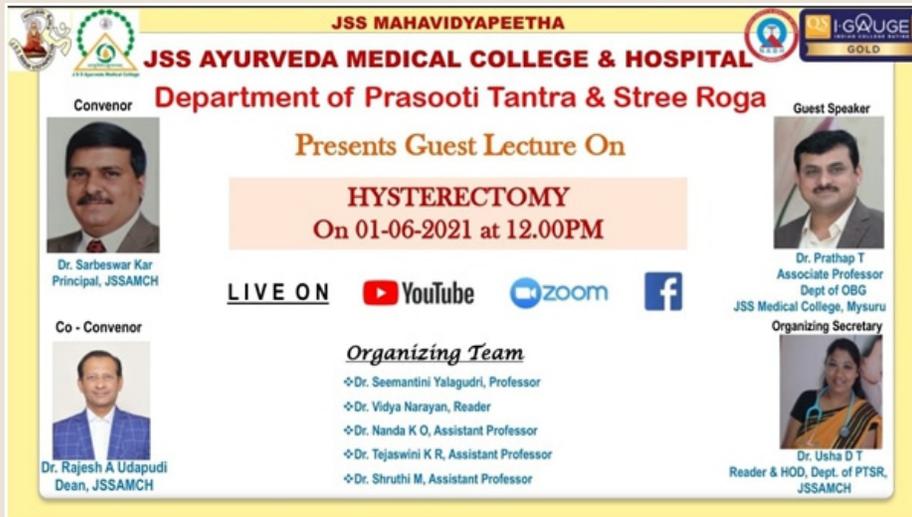
The Department of PG studies in Swasthavritta organised online guest lecture series- 3 on Air And Health on 5-6-2021. The guest speaker was Dr. Vijayalakshmi. G. H, Associate Professor, Dept Of Swasthavritta, GAMC, Bangalore. Around 55 participants benefitted from the session.



The Department of Shalakyta tantra organised a National Webinar on Migraine Management on the occasion of International Migraine Month on 25/06/2021. Dr Raghavendra Babu, Chief Consultant, Siri Ayurveda speciality centre, Bangalore, was the guest speaker. About 400 delegates from 40 different Ayurveda colleges across the country participated in this webinar.



## Guest Lecture Report - Organised by the Department of Prasooti Tantra and Stree Roga



**JSS MAHAVIDYAPEETHA**  
**JSS AYURVEDA MEDICAL COLLEGE & HOSPITAL**  
Department of Prasooti Tantra & Stree Roga  
Presents Guest Lecture On  
**HYSTERECTOMY**  
On 01-06-2021 at 12.00PM

**Convenor**  
Dr. Sarbeswar Kar  
Principal, JSSAMCH

**Co - Convenor**  
Dr. Rajesh A Udupudi  
Dean, JSSAMCH

**Guest Speaker**  
Dr. Prathap T  
Associate Professor  
Dept of OBG  
JSS Medical College, Mysuru  
Organizing Secretary  
Dr. Usha D T  
Reader & HOD, Dept. of PTRS,  
JSSAMCH

**Organizing Team**

- Dr. Seemantini Yalagudri, Professor
- Dr. Vidya Narayan, Reader
- Dr. Nanda K O, Assistant Professor
- Dr. Tejaswini K R, Assistant Professor
- Dr. Shruthi M, Assistant Professor

**LIVE ON** YouTube Zoom Facebook

### Day 1 - 01/06/2021

A guest lecture was organised by the Department of Prasooti Tantra and Stree Roga on 1st and 2nd June.

Dr. Pratap T, Associate Professor from JSS Medical College, Mysuru, Karnataka, was the Guest speaker.

Dr. Pratap T spoke on "Hysterectomy", and he explained all the three types of Hysterectomies – Abdominal, Vaginal, and Laparoscopic. The theoretical and surgical parts were also discussed, and video demonstrations were given.

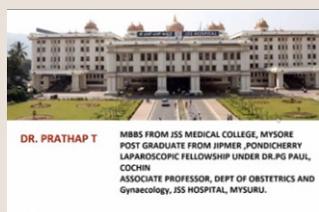
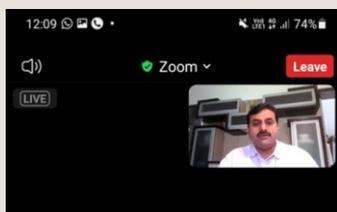
The presentation was followed by a question and answer session.

### Day 2 - 02/06/2021

Dr. Girija Sanikop, Professor from Department of Prasooti Tantra & Stree Roga, KLE Ayurveda Hospital & Medical Research Centre, Belagavi, Karnataka, was the Guest speaker.

Dr. Girija Sanikop spoke on the topic "Clinical Approach of Early Pregnancy Loss". She presented all the classifications and types of abortion. She also explained the concept of displaying the USG reports.

The presentation was followed by a question and answer session.



## Sugarcane (IKSHU)



### Botanical Name :-

Saccharum officinarum Linn

### Family : - Poaceae

Sugarcane juice is very nourishing, it is a natural diuretic, and it is cold. So it is one of the best natural coolant drinks.

Sugarcane juice has a low glycemic index, which keeps the body's metabolism healthy.

Sugarcane is rich in calcium, Phosphorus, Iron, Magnesium and Potassium. Hence it is an energy drink and is recommended in anaemic condition as well. Hiccough will be controlled by the intake Sugarcane Juice.



## SOORYA NAMASKARA

*Dr Aparna Surendra, Physician G I, Dept of Naturopathy and Yoga, JSSAH, Mysuru.*

“Soorya” means The SUN – “Namaskara” means salutation – “Soorya Namaskara” means “Sun Salutation”. It is a procedure in Hatha yoga, which is done before the practice of all asanas.

The purpose of doing Soorya Namaskara is to facilitate the body's flexibility to perform all asanas efficiently. It should be done ideally during Sun Rise, every morning. It contains 12 asanas in one round. Each round can be repeated 12 times to complete 12 rounds. Before Sooryanamaskara, one should begin with a prayer – “Hiranmayena Pathrena Sathyasyapihitam Mukham, Thathvam pooshan Apavruno Sathyadharmaya Drishtaya” meaning – Oh Sun God, you are like a golden vessel having truth inside. Please open the lid and lead us in the path of Truth and Righteousness. For each round, one beejamantra chanting should be done.

### Procedure :

#### Step 1 : TADASANA -

Stand and stretch the hands backwards. Inhale

#### Step 2 : PDAHASTHASANA –

Bend and hold the toes. Exhale

#### Step 3: EKAPADA PRASARANASANA –

Flex the Left leg at the knee, keep both hands as support, stretch the Right leg backwards. Inhale

#### Step 4: DWIPADA PRASARANASANA –

Stretch both legs backwards, with both hands support. Exhale

#### Step 5 : SHASHANKASANA –

Sit in vajrasana, bend down, keep forehead on floor, stretch both hands. Normal breath

#### Step 6 : SASHTANGANAMASKARA –

Attain prone position, keep both palms beside the chest, touch forehead to the floor, raise abdomen and hips a little. Exhale.

#### Step 7 : BHUJANGASANA –

In prone position, keep both palms beside the chest, look up. Inhale

#### Step 8 : PARVATHASANA -

In prone position, lift abdomen and hips upwards while dropping the head down with the support of hands. Exhale

#### Step 9 : Same as step 5.

#### Step 10 : Same as step 3.

But bring right leg forward to flex at knee.

#### Step 11 : Same as step 2.

#### Step 12 : Same as step 1.

One can do 12 rounds with 12 types of beejamantras as follow –

1. Om Hram Mithraya Namaha
2. Om Hreem Ravaye Namaha
3. Om Hraim Sooryaya Namaha
4. Om Hroom Bhaanave Namaha
5. Om Hroum Khagaya Namaha
6. Om Hraha Pooshne Namaha
7. Om Hram Hiranyagarbhaya Namaha
8. Om Hreem Mareechaye Namaha
9. Om Hraim Aadithyaya Namaha
10. Om Hroom Savithre Namaha
11. Om Hroum Arkaya Namaha
12. Om Hraha Bhaskaraya Namaha

After finishing 12 Rounds, one has to take complete rest in Shavasana for 60 breaths. (2 to 3 minutes) and later can continue doing other asanas practise.

Benefits – Relaxes and loosens all joints and muscles. It helps to reduce body weight and to maintain fitness. Suitable for Diabetes mellitus, Hypothyroidism, Indigestion, Headache, Menstrual Irregularities.

Shouldn't be practised in Arthritis, Back pain, Neck pain, Heart Diseases, Glaucoma, Hypertension, Hernia etc.



## JSS Ayurveda Hospital Launches Immune Booster Kits

Immunity booster kits "HITHAYU" and Balarasayana (Immuno Kidz) were launched by the Leader of Opposition Sri. Siddarammaiah on 1st July 2021 at Sri Suttur Math, Mysuru in the divine presence of His Holiness Jagadguru Sri Shivaratri Deshikendra Mahaswamiji.



## “HITAYU”- Post Covid Rejuvenation Kit



Ayurveda is the ancient science of life. Rasayana or Rejuvenation therapy is its unique branch. Age old Ayurvedic treatise explain the measures to attain healthy long life, in which disease specific or system specific rejuvenation is called as Naimittika Rasayana. These specifically designed Rasayana medicaments can prevent and manage the complications by boosting the host mechanism, bringing the dathusamyata along with cleansing the toxicity.

In this regard, JSS Ayurveda Hospital presents Post Covid Rejuvenation Kit for those who have suffered from Covid-19 to lead a healthy life.

### Kit comprises of

1. Churna (Polyherbal Powder)
2. Amrita Satva
3. Pravala Pisthi
4. Indukanta Kashaya Tablet
5. Ashwagandha Tablet

imunomodulatory, pulmonary rejuvenative, cardioprotective and detoxification activities.

**How to use:** Mix Amrita Satva, Pravala pisthi and churna (Polyherbal powder) together thoroughly in a container. Consume half table spoon (2.5 gms) along with luke warm water or honey after food, morning and evening.

hyperlipidemic, cardioprotective, antiplatelet aggregation activities.

**How to use:** Consume 1 tablet after food in morning and evening with lukewarm water.

### Instructions & Information Churna (Polyherbal Powder), Amrita Satva, Pravala Pisthi

Polyherbal Powder (churna) is a mixture of Pippali, Yashtimadhura and Triphala. Along with Amrita Satva and Pravala Pisthi, these possess antimicrobial, anti inflammatory,

### Indukanta Kashaya Tablet

Contains Putika, Devadaru, Dashamula, Panchakola, Yavakshara. These possess digestive, carminative, hepatoprotective, analgesic, anti-inflammatory, anti-microbial, anti

### Ashwagandha Tablet

Contains Indian Ginseng. It increases body energy level, is antioxidant, adaptogen, antianxiotic, anti-depressant, musculo - neuro protective and cognitive enhancer.

**How to use:** Consume 2 tablets after food in morning and evening with lukewarm water or 1 cup of warm milk.

For more information and consultation call: 9741513392/ 9844549152



## Immuno Kidz - For immunity boosting in children

It includes 3 formulations

### Suvarnaprashana Drops

**Ingredients:** Swarna Bhasma (purified gold calx), Vacha (*Acorus calamus*), Guduchi (*Tinospora cordifolia*), Shankapushpi (*Convolvulus prostratus*), Aswagandha (*Withania somnifera*), Pippali (*Piper longum*), Brahmi (*Bacopa monnieri*), Honey.

This formulation is being widely practised by the clinicians since many years to boost the immunity and also for the overall development in children.

**Dosage:**

- 3-5 years: 5 drops
- 6-10 years: 6 drops
- 11-16 years: 8 drops

To be administered orally once daily, in the morning before food.

### Uramarunnu Tablet

**Ingredients:** Dronapushpi (*Lucus aspera*), Shigru (*Moringa olifera*), Hingu (*assa-foetida*) Kachora (*Curcuma zedoaria*), Jatiphala (*Myrstica fragrans*), Machika (*Quercus infectoria*), Vacha (*Acorus calamus*), Lasuna (*Allium sativum*)

This is a folklore preparation widely practised in southern parts of India as a digestive and immune enhancer among the children.

**Dosage:**

- 3-9 years: 1 tablet morning daily before food.
- 10-16 years: 1 tablet morning and evening daily before food.

Ayurveda is designated as the science of life, owing to the unique combination of all essential factors needed for preservation of health and management of diseases. Child health and immunity is always a prime focus of attention for every parent. In this challenging time of COVID-19 pandemic it is very essential to follow the precautionary measures of maintaining personal hygiene, maintaining social distance and boost up the immunity.

JSS Ayurveda Medical College & Hospital, Mysuru, has come up with a kit to boost the immunity of the children, which can even protect them from the forthcoming COVID crisis.

### Candy - Delicious Medicated Sugar Candy

**Ingredients:** Pippali (*Piper longum*), Amalaki (*Embelica officinalis*), Guduchi (*Tinospora cordifolia*), Saindhava Lavana (Rock salt), Khanda Sarkara (Sugar candy).

Increases appetite, protect the children from common cold, respiratory disorders and enhance the immunity.

**Dosage:** 3-9 years: 1 candy daily  
10-16 years: 2 candies daily.

This kit will provide medicines for 2 months to the children of age group 3-9 years, whereas for 1 month to the children of age group 10-16 years