



JSS Ayurveda Medical College & Hospital, Mysuru  
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# JSS AYUR BULLETIN

Monthly Newsletter

Vol. 25 | January 2022

1

## Psoriasis – No more a social stigma with Shodhana Therapy

**Dr. Veena G Rao, Professor & HoD, Department of PG Studies in Panchakarma, JSSAH, Mysuru.**

Skin diseases are commonly observed due to improper food habits, altered lifestyle, lack of physical exercise, poor hygiene and mental stress.

Psoriasis is one of the dermatological problems which is more often seen these days, having a psychological and social impact. Though this disorder is not contagious, it is often a source of social embarrassment. Patients often isolate themselves from the fear of rejection from society. It occurs in all age groups, and its prevalence in India ranges between 0.44 and 2.8%.

Psoriasis is a stable, noncontagious autoimmune disease characterized by raised areas of abnormal skin. These areas are red or purple on some people with darker skin, dry, itchy and scaly. The condition varies from small, localized patches to complete body coverage.

In Ayurveda, all skin disorders are explained under the broad term Kushta. The involved dominant Doshas (bodily humor) can be understood based on features of the disease, and the treatment is planned. Kitibha Kushta is one of the dermatological disorders mentioned in Ayurveda which mimics the features of psoriasis. Kaphavata Pradhana Tridoshaja disease (types of bodily humor) has greyish/blackish coloured patches, rough, severe itching, round, thick and buttery. Due to the relapsing nature of psoriasis, it needs long duration treatment.

Though various treatment modalities are available in the contemporary medicine system, including corticosteroids, topical therapy, photochemotherapy, etc., most have limitations as they are only palliative. On the other hand, these medications are not promising and have associated adverse effects.

Ayurveda provides long-lasting results by treating the disease and preventing recurrence. Based on the severity of the disease, the strength of the patient and the nature of the illness, suitable Shodhana procedures (purificatory measures) like Vamana (emesis), Virechana (purgation), Raktamokshana (bloodletting) etc., are adopted. All these Panchakarma therapies under the supervision and guidance of an expert Panchakarma Physician offers the best result to the patient with psoriasis who was suffering under the shades of social stigma and brought back into everyday life.

Below mentioned is a case report reflecting the effectiveness of the Panchakarma therapies.

In this case study, a 60-year-old female Patient came to OPD of Panchakarma with a chief complaint of Reddish Grey lesions discrete all over the body for four years associated with continuous severe itching, which bleeds on scratching. Treated with Nitya Shodhana Chikitsa using Sadhyo Vamana followed by Nitya Virechana and Jalaukavacharana (Leech therapy) along with bahirparimarjana (external therapies) and Shamanaushadhis (oral

### Patron

- Sri. R. Mahesh

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- Dr. Sarbeswar Kar

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- Dr. Gurubasavaraja B.
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- Dr. Beena M. D.
- Dr. Noor Fathima
- Dr. Shalini
- Dr. Aparna Surendra
- Smt. P. Nanditha Sheno



medicines), and significant results were observed as depicted in the picture.

### Before Treatment



### After Treatment



## Naturopathy diet in Irritable Bowel Syndrome

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

Irritable Bowel Syndrome (IBS) is a common disorder that affects the large intestine. The large and small intestine are the primary two organs of the gastrointestinal tract, which play an important role in digestion, absorption and elimination. When the large intestine is affected in this disease, signs and symptoms like cramping, abdominal pain, bloating, gas and diarrhoea or constipation, or both. Causes for this disease may be neuromuscular, severe gut infection, changes in the gut microbes, or early life stress.

Irritable Bowel Syndrome is a chronic condition that one needs to manage for a longer-term. Usually, the symptoms can be controlled well by managing diet, lifestyle and stress.

The following should be the diet according to naturopathy to control and manage Irritable Bowel Syndrome.

1. Usha Pana – First drink in the early morning should be water about 250ML to 400ML, preferable warm. Thirty minutes after drinking water, one should practise physical activities like walking, yoga etc.

2. After 1 hour of physical activities, one has to drink some vegetable juices or herbal drinks eg:-Ashguard juice, Bottleguard juice, Carrot juice, Pudina juice, Alovera+Amla juice, Tender coconut water, Coconut milk etc. To all the above juices, salt+pepper or organic jaggery or honey may be



added for taste. One can also drink Daniya water. Here is its preparation method: Add one teaspoon of daniya powder to a cup of water, stir it well, and keep overnight, consume it after mixing it well and straining in the morning.

3. For breakfast, lunch and dinner, one should select easily digestible cereals like Whole wheat or Java wheat, Unpolished rice, Ragi, Jowar, Broken wheat, Bansi rava, Moong/Moong Dal, Poha made out of unpolished rice etc. The ideal time for breakfast is between 8 AM to 9 AM, lunch is from 12 PM to 1 PM, and dinner is 6 PM to 7 PM. Early dinner facilitates digestion and keeps the gut healthy and infection-free.

4. The quantity of food in the dinner should be very scanty. Eg:- A cup of milk and a bowl of vegetables and fruits, not excluding 400 to 500 kilocalories. Bedtime intake of milk is an excellent practice. Milk should be warm and may be added with organic jaggery,  $\frac{1}{4}$  tablespoon of ghee and a pinch of turmeric powder.

5. Using Indian spices in cooking plays a significant role in digestion. Use more-Asafoetida, Cumin seeds,



Coriander seeds, Ginger, Pepper, Ajwain, Methi, Soanf, Elaichi etc.

6. Juice of Mint leaves, Jeera decoctions, Herbal kashaya with Indian spices, Lemon and Ginger tea can also be added to the diet.

7. Usually, as people suffer from diarrhoea, they tend to avoid fruits, especially papaya. This is a wrong notion. One can take ample fruits in the diet, including papaya. 2 servings of 150 gms fruits (2 Times/Day) are required to compensate for the nutritional loss. One can also take dry fruits after soaking them overnight in the following quantity – 8 Raisins, 8 Groundnut, 4 Almonds and without soaking 1 Date and 1 Anjur.

8. 30 gms (6 to 7 teaspoon) of sprouts of Moong, Bengalgram can be taken either in raw form or sundal form.

9. Buttermilk/ Curd helps to enhance the friendly bacterial flora in the intestinal lining.

10. Food to be avoided – Non-vegetarian food, Coffee, Tea, Spicy food made out of Green chillies or Red chillies, Garlic in excess quantity.

## Mudga – Green Gram

**Botanical Name :-** Vigna radiate (L) Family :- Fabaceae



Fine powder of green gram (green gram flour) mixed with water and paste is applied over the face. On drying, it is gently removed. This replenishes the tissues and acts as a skin detoxifier.

Buttermilk cooked with green gram (one glass of buttermilk cooked with 1 table spoon of green gram) improves digestion.



**Mudga Yusha:-** Green gram soup is prepared by boiling green grams in 14 parts until it obtains semisolid consistency. Add salt and other Spice - Pepper and Ginger to improve the taste. This improves - digestion, good for appetite, improves physical strength and acts as an aphrodisiac.



## Patients Speak

Well maintained at all times, given the kind of oils materials used for treatment. Secondly, excellent coordination and service orientation could be seen across the board. Excellent management blended with service-oriented staff. Felt extremely happy to get treated in such a great hospital. Profound thanks to each member of this great institution.

**- PS Pavan Kumar**

Loved it! Nursing section to Canteen, Canteen to Housekeeping, Housekeeping to Other departments, everything was wonderful. I love how the team was open to feedback—5 Star experience and service.

**- Vivek**





On the occasion of 'Dhanvantri Jayanti,' the JSS Ayurveda College and Hospital performed Dhanvantri Homa on 02.12.2021, Thursday. Shri R. Mahesh, Director, Medical Education, JSS Mahavidyapeetha, Mysuru, graced the holy occasion.

Dr. Sarbeshwar Kar, Principal and Medical Superintendent, JSS Ayurveda Medical College and Hospital, Mysuru, all the teaching, non-teaching staff, junior doctors, students and patients took part in the celebration.



The Department of Shalakya Tantra conducted a Special Camp on Allergic Ocular and ENT Manifestations on 4th Dec 2021, Saturday, in collaboration with Sri Basaveshwara PU College, Periyapatna, Mysuru District, nearly 120 Patients of Allergic Conjunctivitis, Allergic Rhinitis, Allergic reactions, Migraine,

Facial Neuralgia Patients were screened and treated with free Medicines. The JSSAMC NSS Unit was also part of this Special Camp on Azadi ka Amruth Mahotsav.



Department of PG studies in Swasthavritta organized guest lecturer on World Aids Day 2021. Dr. S. Rajendra Prasad, Associate Professor, Dept of General Medicine, JSS Medical College, Mysuru, delivered a lecture on 1st December 2021 at 3 pm.

**JSS MAHAVIDYAPEETHA**  
**JSS AYURVEDA MEDICAL COLLEGE, MYSURU**  
**Department Of PG Studies in Swasthavritta**

**On the Occasion of WORLD AIDS DAY 2021**  
**Organizes Guest Lecture on Updates on HIV/AIDS**  
**On 1-12-2021 @ 3pm**

**Convener**  
**Dr. Sarbeshwar Kar**  
 Principal  
 Co-Convener

**Organising Secretary**  
**Dr. P. Subhakar**  
 Faculty  
 Professor and Head

**GUEST SPEAKER**  
**Dr. S. Rajendra Prasad**  
 Associate Professor,  
 Department of General  
 Medicine,  
 JSS Medical College,  
 Mysuru

**Organizing Team**  
 Dr. Sankaragoud Patil, Reader  
 Dr. Soumya M. N., Reader  
 Dr. Shalini S., Assistant Professor  
 Dr. Pooja Hassan, Assistant Professor

**Mysuru, Karnataka, India**  
 Unnamed Road, Mysuru, Karnataka 570010, India  
 Lat 12.290316°  
 Long 76.69459°  
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Our College Principal Dr. R. Sarbeswar Kar Chaired in Jignasa- International Conference 2021 on 10th December 2021 at 2-3.30pm on Common ENT Disorders and Ayurveda.

Dr. Siddesh Aradhyamath, Professor and Head, Dept of PG studies in Shalya Tantra and Dr. Adithya. J.V, Assistant Professor, Dept of PG studies in Shalya Tantra participated at webinar as resource person at SIRAMYA "Venous Disorders and it's Mangement (Lower Limb)"- 4 days online certificate course for Ayurveda Doctors on 19th and 22nd December 2021.

Our College Panchakarma Post-Graduate scholars participated in Oral Paper Presentation and Dr. Shalini. C & Dr. Veera Vandana have won the first and second prize in National e-CME on Stress management organized by Dept of Swasthavritta, Mahatma Gandhi Ayurved College, Hospital and Research Centre Salad (H) Wardha, Maharashtra on 26th November 2021.

Dr. Jagadeesh Mitti, Professor, Dept of PG Studies in Swasthavritta, JSSAMC, Mysuru, is awarded Best Coordinator in Pharmacovigilance Programme by Ministry Of AYUSH, Govt of India.



On the 7th of December 2021, a briefing on the Launch of a product by MEYER Organics was held in JSSAMC Seminar Hall at 4 pm.





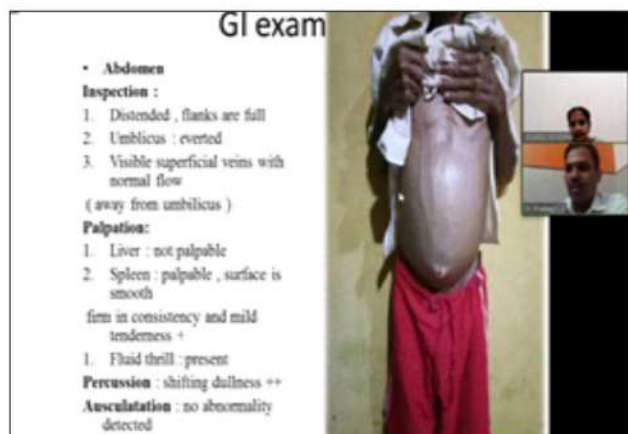
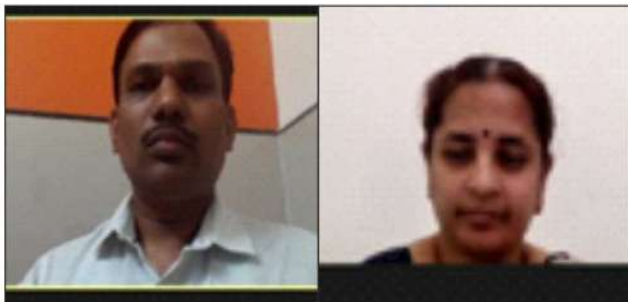
1. On the eve of "National Pollution Control Day - 2021", Department of PG Studies in Swasthavritta, JSS Ayurveda Medical College, Mysuru had organized a Guest speech on the topic "Pollution Control - New trends" on

31/12/2021 for III year BAMS students and PG Scholars of the department. Dr. J S Chandrashekar, Assistant professor & Chairman, Department of Environmental Science, Karnataka State Open University, Mukthagangothri,

Mysuru, was the Guest speaker. He spoke on different types of environmental pollution, their causes, effects and control methods. More than 70 participants were present at the session.



2. As a part of the YUKTI 2021-22 Online case discussion series, the Department of Panchakarma organised the 3rd session on 29/12/21. Resource person: Dr Pradeep Grampurohit, Professor and Head Department of Panchakarma, KLE BMK Ayurveda Mahavidyalaya, discussed the Case on Udara.



**JSS AYURVEDA MEDICAL COLLEGE, Mysuru, Karnataka, India**  
Department of PG Studies in Panchakarma Organizes  
**"YUKTI 2021-2022"**  
Online Case Discussion Series  
15-12-2021 to 23-02-2022 Between 3-00 to 4-00pm

*With Divine Blessings*  
His Holiness Jagadguru Sri Shivarathri Deshikendra Mahaswami  
Sri Veerasimhasana Mahasamsthana Math, Suttur Sri Kshetra

**CO-PATRON**  
Dr. C. G. Betsurmath  
Executive Secretary  
JSSMVP

**CO-CONVENOR**  
Shri. Mahesh .R  
Director, Medical Education  
JSSMVP

**INAUGURATION**  
15-12-2021 Wednesday - 03:15pm  
**CHIEF GUEST**  
Dr. Arun Gupta  
Professor & HOD  
Department of Panchakarma  
CBMCH, New Delhi

**Dr. Sarbeswar Kar**  
Principal, JSSAMC

**Dr. Rajesh A. Udupudi**  
Dean, JSSAMC

**Organizing Team**  
Dr. Veena S Rao  
Professor & HOD  
Dr. Seetha Devi P  
Associate Professor  
Dr. Jyoti  
Associate Professor  
Dr. Maaza S D  
Associate Professor

**VALEDICTORY**  
23-02-2022 Wednesday - 03:30pm  
**CHIEF GUEST**  
Dr. Ashok Kumar Panda  
Research Officer  
Central Ayurveda Research Institute  
Bhubaneswar, Odisha

**GUEST SPEAKERS**

- 15.12.2021, Wednesday  
**Dr. Subin Vaidyamadham**  
Assistant Professor  
Department of Panchakarma  
VPEV Ayurveda College, Kottakkal, Kerala
- 22.12.2021, Wednesday  
**Dr. Anandaraman Sharma P V**  
Professor & HOD  
Department of Panchakarma  
AISSWS Institute of Ayurveda, New Delhi
- 29.12.2021, Wednesday  
**Dr. Pradeep L Grampurohit**  
Professor & HOD  
Department of Panchakarma  
KLEBMK Ayurveda Mahavidyalaya, Bangalore, Karnataka
- 05.01.2022, Wednesday  
**Dr. Sujana T K**  
Professor & HOD  
Department of Panchakarma  
Government Ayurveda College, Thiruvananthapuram, Kerala
- 12.01.2022, Wednesday  
**Dr. Shrilatha Kamath T**  
Professor & HOD  
Department of PG & PGD Studies in Rajasiksha & Manasanga  
SOM CA, Udupi, Karnataka
- 19.01.2022, Wednesday  
**Dr. Jigeeesh P P**  
Professor  
Department of Panchakarma  
VPEV Ayurveda College, Kottakkal, Kerala
- 02.02.2022, Wednesday  
**Dr. K S R Prasad**  
Professor & HOD  
Department of Panchakarma  
J R Ayurveda College & Hospital, Mangaluru, Manipal University
- 09.02.2022, Wednesday  
**Dr. G. Syama Krishnan**  
Dr. of Medicine  
Dept of Indian Systems of Medicine  
Kottam, Kerala
- 16.02.2022, Wednesday  
**Dr. Chandaliya Sachin**  
Professor & HOD  
Department of Panchakarma  
Sri Ayurveda Mahavidyalaya, Nagpur, Maharashtra
- 23.02.2022, Wednesday  
**Dr. Srikanthbabu Perugu**  
Principal, Professor & HOD  
Dr. JSSMVP Ayurveda College  
Hyderabad, Telangana

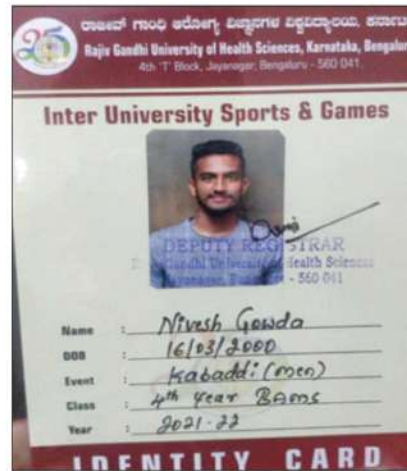
JSS AYURVEDA MEDICAL COLLEGE, Mysuru, Karnataka, India  
15-12-2021 to 23-02-2022 - Stay Tuned With



On the "Still Need To Do Day" celebration, an International Webinar was organized by Independent Research Ethics Society-Ayush Samridhi, Kolkata on 29-12-2021. Dr. Sudhakar Reddy, Professor and HoD, Dept. of PG Studies in Swasthavrita was the resource person on the topic - "Ayurveda Still Need To Do".



Student Mr. NIVESH GOWDA of the final year BAMS was selected for RGHUS KABADDI team, to participate in the inter-university KABADDI Tournament.



4. JSS Ayurveda Medical College and Hospital, Mysuru, in Association with Retired Police Officers Association, conducted Free General Health Check-up Camp exclusively for Retired Police Officers and families on 28.12.2021 at Jalpuri, Mysuru.

The Camp was inaugurated by Sri.

Chethan R IPS Superintendent of Police Mysore, Sri. R Mahesh, Director, Medical Education, JSS Mahavidyapeetha Mysuru. Dr. Sarbeswarkar, Medical Super- intendent, JSS Ayurveda Hospital, addressed the gathering. Sri MC Mariswamy Retired Dysp,

President of Association, briefed that the Camp was conducted to bring awareness on Ayurveda and use the hospital facility for medical reasons. A total of 100 participants got benefited from the Camp.



Dr Prathibha C K, Professor and Head Department of Panchakarma, G S Ayurveda College, Uttar Pradesh discussing a Case on Kampavata.





As a part of the "Exam Orientation Programme", the Department of Kriyasharira, JSS Ayurveda Medical College, Mysuru, organized a series of Guest lectures", Kriya Sameeksha 2021 for 1 year BAMS students on virtual mode from 28/12/2021 to 31/12/2021.

The series was inaugurated on 28/12/2021, followed by the first Guest lecture by Dr Anupama Hiremath, Associate Professor, Department of Kriyasharira, DGM Ayurveda Medical College, Gadag, on the topic physiology of the respiratory system. A second Guest lecture was conducted on 29/12/2021, with Guest Speaker Dr. Varuni SJ, Professor, Department of Kriyasharira, Sri Sri Ayurvedic Medical College, Bangalore, on the topic 'Physiology of GIT'. The third guest lecture was on 30/12/2021, with Guest speaker Dr. Deepika S, assistant Professor, Department of PG studies in Kriyasharira, on "Endocrine system". Wednesday, the fourth guest lecture, was conducted on 31/12/2021 with Guest speaker Dr. Elgeena Varghese, Assistant Professor, Department of Kriyasharira, Sri kalabyraveshwara Swamy Ayurveda medical college on "Concept of Upadhatu and Mala". The fifth guest lecture was on the same day by Dr. Ravi R Bhat, assistant

Professor, Dept. of Kriyasharira, SDM College of Ayurveda, Udipi, on the physiology of CVS & dosha. All the speakers highlighted FAQs & how to

answer questions asked in university exams. All sessions were informative and highly beneficial for the students.

**JSS AYURVEDA MEDICAL COLLEGE, Mysuru, Karnataka, India**  
 Department of Kriya Sharira Organizes  
**"Kriya Sameeksha 2021"**  
 Exam-Orientation Programme  
 Guest Lecture Series From 28-12-2021 to 31-12-2021

*High Divine Blessings*  
 His Holiness Jagadguru Sri Shivarathri Deshikendra Mahaswamiji  
 Sri Veerasimhasana Mahasamsthana Math, Suttur Sri Kshetra

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 Principal, JSSAMC

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 Dr. Rajesh A. Udapudi  
 Dean, JSSAMC

**CO-PATRON**  
 Shri. Mahesh R.  
 Director, Medical Education  
 JSSAMVP

**Organizing Team**  
 Dr. Savita Hiremath  
 Professor & HOD  
 Dr. Meghana N  
 Associate professor  
 Dr. G D Totad  
 Assistant Professor

**GUEST SPEAKERS**

**INAUGURATION**  
 28-12-2021 Tuesday - 02:30pm

28.12.2021, Tuesday  
**Dr. Anupama R Hiremath**  
 Associate Professor & HOD  
 Dept of Kriya Sharira  
 DGM Ayurveda Medical College Gadag  
 Topic: Physiology of Respiratory System

29.12.2021, Wednesday  
**Dr. Varuni S J**  
 Professor  
 Department of Kriya Sharira  
 Sri Sri College of Ayurveda Science & Research, Bangalore  
 Topic: Physiology of GIT

30.12.2021, Thursday  
**Dr. Deepika S**  
 Asst. Professor  
 Dept. of Kriya Sharira  
 SDM College of Ayurveda & Hospital, Kuvempu  
 Topic: Endocrine System

**VALEDICTORY**  
 31-12-2021 Friday - 02:30pm

31.12.2021, Friday  
**Dr. Ravi Bhat**  
 Assistant Professor  
 Dept of Kriya Sharira  
 SDM College of Ayurveda, Udipi  
 Topic: Concept of Tridosha & Physiology of Cardiovascular System

31.12.2021, Friday  
**Dr. Elgeena Varghese**  
 Assistant Professor  
 Dept. of Kriya Sharira  
 Sri Kalabyraveshwara Swamy Ayurveda Medical College, Bangalore  
 Topic: Concept of Upadhatu & Mala

**AYUSH SAMRIDDHI International Webinar**  
**268**  
**Health for All - Protect Everyone**

Moderator & Host  
**Dr. Pawan Kr. Sharma**  
 Gold Medalist, M.D. Ayu. MBA  
 JAIN HCD, Eswari Ltd.  
 President IRES  
 National Executive VAP  
 KOLKATA

**Speakers:**  
**Dr. Rajesh Chhabra**  
 Director  
 Shri Krishna Super Speciality  
 Institute of Ayurveda  
 NEW DELHI

**Dr. P. Sudhakar Reddy**  
 Professor & HOD  
 Dept of PG Swasthavritta  
 JSS Ayurveda Medical College  
 MYSORE

**Ms. K. Venkata Ramani**  
 Senior Advocate  
 High Court  
 HYDERABAD

**Dr. Bishnupriya Mohanty**  
 Professor & Head  
 Guntur Ayurveda  
 Mahavidyalaya & Research Center  
 GOA

**Ms. Devyani**  
 Research Assistant  
 Fellow-Teach For India  
 Teacher-Magnum Curriculum  
 NEW DELHI

**12th December 2021 from 6 pm to 8 pm IST**  
 YouTube Live  
 @IndependentResearchEthicsSociety  
 CERTIFICATE for PARTICIPANTS also

**ZANDU**  
 Independent Research Ethics Society

Dr. P. Sudhakar Reddy, Professor and HOD Dept of PG studies in Swasthavritta, participated as a resource person at AYUSH SAMRIDDHI International Webinar on 12th December 2021 organized by Independent Research Ethics Society.



The Graduation day Ceremony of JSS Ayurveda Medical College was held on 26th December 2021 in the divine presence of His Holiness Jagadguru Sri Shivarathhri Deshikendra Mahaswamiji at Srimath, Mysuru. Sri. Sharan Shivaraj Patil, Chairman, Sparsh Group of Hospitals, Bengaluru, was the Chief Guest. Dr C. G Betsurmath, Executive Secretary, JSS MVP, presided over the ceremony. Sri R Mahesh, Director, Medical Education Division, JSS MVP, was guest of honour.



Undergraduate and Post Graduate RANK HOLDERS.