



## VISION CARE THROUGH AYURVEDA

**Dr Sandhya Rani D**, Associate Professor, Dept of Shalaky Tantra, JSSAH, Mysuru

The eyes are an essential sense organ of our body. More than 80% of knowledge gained by us is by visual perception. Eyes are the finest gift of God to humanity. The whole world appears dark without eyes, however rich or sophisticated one may be. For a blind man, the day and night make no difference.

Covid pandemic created havoc all over the world by bringing changes in our day to day life. Schools were forced to shut down, causing the students and teachers to go **online** for teaching and learning. Many international companies had to give their employees the option of **working from home**. Nowadays, shopping is done online. All of us have become

dependent on the internet, mobiles, and computers for one or the other reasons. All these have led to decreased physical activity and increased mental stress.

Spending most of their time in front of smartphones or laptops or computers for education, entertainment, and employment affects an individual's eyesight. Constant use of systems strains our eyes. The eyes become red with irritation, watery, itchy and blurred vision. There is continuous irritation with dry eyes, sometimes associated with headache and body pain.

It is said that **Sarvendriyanam Nayanam Pradhaanam** means eyes are the most critical organ in our body. So, care should be taken to protect our eyes.

Ayurveda is the oldest medical science and addresses all eye-related issues. Acharyas have elaborated on both curative and preventive aspects of eye diseases that the present generation has neglected. Modern lifestyle has given rise to various eye diseases such as dry eye syndrome, diabetic retinopathy, refractive errors mainly in children, ARMD – Age-Related Macular Degeneration, childhood blindness, cataract, glaucoma, etc.

About 90% of the world's blind live in developing countries, and around 60% are from India and China. In India, there are nine blind people per thousand

population. These are preventable or curable with early detection and management. Many of these eye diseases can be avoided by following simple procedures mentioned in Ayurveda.

JSS Ayurveda Hospital, situated in the foothills of Chamundi Hills of Mysuru, is one of the renowned Hospitals of Ayurveda, where the classical Ayurveda treatments for various diseases are available. There is a Special branch for the treatments of eyes, which has various eye treatments called NETRA KRIYA KALPAS.



They are as follows:-

1. **Netra Prakshalana** - Sushruta, in his books, has quoted Netra Prakshalana, that is washing the eyes with medicated Kashayas like Triphala Kashaya, Lodha Kashaya etc., will increase the efficacy of eyes clearing the lacrimal passage and rejuvenating the tear film over the conjunctiva and cornea.
2. **Netra Seka** - Medicated liquids are poured on closed eyes in a thin and continuous stream from 4 inches

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height for some time. This is done for seven straight days. It helps to improve the blood circulation to the eyes and reduces inflammation of the eyes.

3. **Aschotana** is the installation of a few drops of medicines to the open eyes from a height of two angulus. It is commonly known as eyedrops. This gives instant relief from redness, irritation and itching of the eyes. Here the medicine combines with the tear film, distributes uniformly over the eyes, provides lubrication, soothing and surface protection to eyes.
4. **Bidalaka** - It is the application of medicated paste to the outer surface of the eyelids. In this procedure, the drug is observed through the skin, does vasodilatation and improves circulation.
5. **Pindi-** It is the modification of Bidalaka; instead of directly applying the paste to the eyes, they are packed in a thin cotton cloth and kept tightly over the eyelids. This reduces the pressure in the eyes and gives relaxation to the eyes.
6. **Anjana** - It is the application of medicines to the internal surface of the eyelid margin from the medial canthus to lateral canthus with Anjana Shalaka. The medicine penetrates through the conjunctiva, increases the lacrimal secretions and helps to neutralise the toxic effects in the eyes.
7. **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. Reduces dryness and helps for the nourishment of the eyes.

### Conclusion:

Netra kriya kalpas have several advantages over oral medicines. The medicines given orally has to undergo digestion under the influence of digestive juices and hence will get altered and take more time to act on the eyes. The action of drugs through Kriya kalpas is faster, and results are instant. The patients get relief from the symptoms immediately.



## Patients Speak

The service and treatment of the hospital are excellent! I thank JSSAMCH for taking good care of me! All the staff, nurses and doctors are very caring. Rooms are maintained well. I appreciate all the therapists for their commitments.

- Shekhar G

The admin staff are excellent in their behaviour, loved their response. Happy with the service and treatment.

- Srinandini

I am pleased with the care and treatment I received in the last nine days - I feel very relaxed and rejuvenated after the treatment. Thanks to all staff's, nurses, doctors, housekeeping and catering staff.

- Latha A R

Starting from day one, doctors, nurses, other staff, and therapists were all very kind and took good care and ensured comfortability and adaptability to the

atmosphere. The food and diet were suitable for the treatment and tasted good. Doctors took good care of the treatment and planned very well to ensure long-lasting improvements. All the therapist was very professional, and their therapy techniques were good. The admin team and nurses visited now and then and took good care. I hope this service reaches many. I appreciate the entire JSS Ayurveda Hospital team.

- Gopal Padmanaban

Young Entrepreneur and Swachh Bharat Ambassador

I had a memorable and fruitful experience with my knee pain treatment process. I wholeheartedly enjoyed the loving care of the doctors and their team of therapists who gave right healing touch. THANK YOU! The entire JSS Ayurveda Hospital team may spread the wings of wellness to greater heights.

- Amitha

# Postures for Meditation

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

Lord Krishna in Bhagavadgeeta mentioned that any person who chooses the path of yoga and meditation should select a serene atmosphere. It has to be a clean and calm place. One should meditate in a particular posture. They should sit on the floor, on a mat, with crossed legs, holding back-neck-head in a straight line with closed eyes. Meditate to reach the goal-the ultimate truth. Lord Krishna also says that such sadhana makes the yogi one with God.

In Hathayogapradeepika, there are four meditation postures:-

## 1. Padmasana – Lotus Pose

**Method:** Sit in sthithi, with stretched legs kept together and straight back-neck-head. Now, fold the right leg and keep the right foot on the left thigh. Then, fold the left leg and keep the left foot on the right thigh. Keep the spine erect attain chin mudra in both hands. Close both eyes now, and one has to



focus their inner vision on a single point, either between eyebrows "Ajna Chakra" called as "Bhroomadhya Drishti" upon the tip of the nose called as "Nasagra Drishti". After attaining this posture, one can start meditating by focusing their mind on a single object by observing their breathing and concentrating on the heart chakra (Anahata Chakra). These postures can be practised even during pranayama also.

2. In padmasana, if a person changes his legs, it becomes "Swastikasana"- the auspicious pose. Hence, in Swastikasana, one has to fold the left leg first and keep it on the right thigh, followed by folding the right leg to keep it on the left thigh.

**Benefits** – Useful in Neck and Back pain, Hypertension, Headache, Arthritis of knee joints, Gastritis, Diabetes mellitus, Bronchialasthma, Obesity, etc.



3. Siddhasana (Accomplished Pose) – In Sanskrit, "Siddha" means a successful person in yoga. A person who has attained liberation during his lifetime in the path of yoga is called a "Siddha". He is an enlightened soul.

**Method:** Sit in sthithi, with straight back-neck and head. Fold both legs at



the knee to keep both feet above the other, right foot on the left foot in front of the pubis/perineum. Attain chin mudra in hands, make spine erect and close eyes. Have the inner vision, as the same, like in padmasana. This posture is the most effortless meditation posture compared with the other three postures.

**Benefits** – Useful in Neck and Back pain, Hypertension, Headache, Arthritis of knee joints, Gastritis, Diabetes mellitus, Bronchial asthma, Obesity, etc.

4. Vajrasana – The Diamond Pose-makes the body and mind strong as a diamond.

**Method:** Sit in sthithi, with straight back-neck and head. Now fold both legs at the knee to keep both feet under the buttocks. Finally, one will be sitting on the heels. Attain chin mudra in hands and close eyes.

This is the only asana that can be practised immediately after food, as it helps digestion.



**Benefits** – Best posture for varicose veins and Sciatica. Also suitable for Neck and Back pain, Headache, Hypertension, Diabetes mellitus, Gastritis, Bronchial asthma, Obesity etc. It is contraindicated in acute knee joint pain.

In this way, all these 4 meditation postures are the best to practice during meditation and pranayama.

# EVENTS ORGANIZED

As a part of education program, BAMS departments conducted series of exam orientation webinars by eminent guest speakers in December 2022.

- Swastha Sameeksha 2022
- Padartha Vigyana Chintana-2022
- Agada Punaravartana Maalika 2021-22
- Roganidana Avalokana 2022
- Rasapradeepa 2022
- Kaumarabhritya Avalokana 2022
- Dravya Darshini 2022
- Prasooti Sameeksha 2022

Yukti 2021-2022 Online case discussion series is being conducted by the Department of PG studies in Panchakarma from 15-12-21 to 23-2-2022 between 3pm-4pm. Various guest speakers will share their clinical experience.

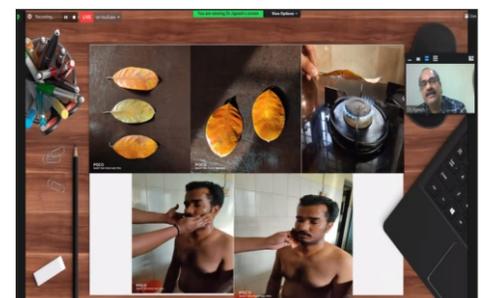
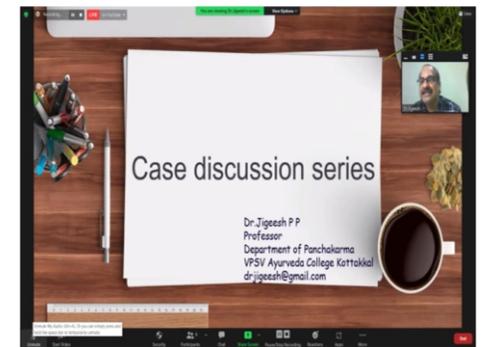
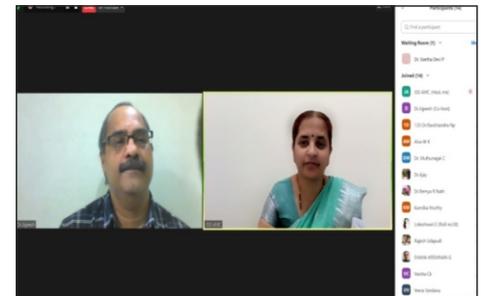


Department of Samhita and Siddhanta had organized a guest lecture by Prof. Sreekar Hegde, SSARC, Bangalore on 6<sup>th</sup> January 2022 on "Exam Orientation- How to Crack Sanskrit Subject" for IBAMS students.



Awareness programme on Pharmacovigilance of ASU and H drugs was held on 14.01.2022. Dr. M. Ramesh, Professor & Head, Dept of Pharmacy Practice, JSSAHER, Mysuru and Dr. Namitha R Chandra, Program Assistant, Peripheral Pharmacovigilance Centre, JSS Ayurveda Medical College and Hospital addressed the interns and First year PG scholars of JSSAMC&H and other doctors. The event was organized by Peripheral Pharmacovigilance Centre, JSS Ayurveda Medical College and Hospital.

Department of PG studies in Panchakarma as a part of **Yukti 21-22** online case discussion series had its 6<sup>th</sup> session by Dr. Jigeesh P.P., Professor, VPSV Ayurveda College, Kottakkal, on 18/01/2022.





73rd Republic Day was celebrated on 26th January 2022 in JSSAMCH Campus. Flag was hoisted by chief guest Dr. B. Gurubasavaraja, Senior Consultant and Dr. Sarbeswar kar, Principal & Medical Superintendent JSSAMCH, Mysuru.

## Camps Conducted

A Medical camp was conducted by Department of Shalya Tantra in association with Department of Prasooti tantra and Stree roga and NSS wing of the college at Varakodu Village on 7<sup>th</sup> January 2022.



## Guest lecture and free medical camp at JSS Women's College, Chamarajanagara

The JSS Women's College's Alumni Association, Chamarajanagara had organised a guest lecture on January 11, 2022, on the topic 'Uterine Cancer.' Dr. Vidya Narayan, Associate Professor, delivered a guest lecture. This was followed by a medical camp. Dr. Vidya Narayan, Dr. Tejaswini K R, Assistant Professor, and Dr. Shruthi, Assistant Professor, students from Department of Prasooti Tantra and Stree Roga, and internees participated in the medical camp. The students of JSS Women's College, Chamarajanagara, and about 160 public were benefitted from the camp.

## General health check up camp at KSRP Mounted Police, Mysuru



JSS Ayurveda Medical College and Hospital, Mysuru, conducted a free general health check up camp at KSRP Mounted Police, Mysuru on 06.01.2022 for the employees of KSRP 5th battalion.

The camp was inaugurated by Mr. Ravikumar, Inspector of KSRP 5th battalion and was followed by general check up and medicine distribution. Around 260 Police Personnel availed the camp's benefit and expressed their gratitude to JSS Ayurveda Hospital.

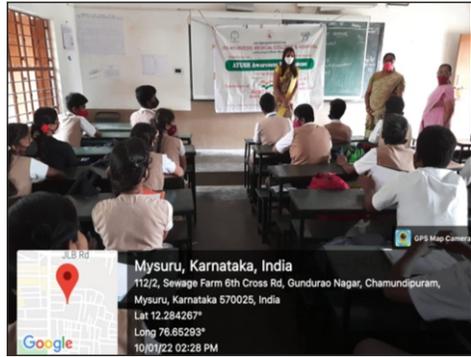
ಕ್ರಿಯಾ ನಾನು ಸ್ತ್ರೀ  
ಕ್ರಿಯಾ ಸಮಾಜದೊಳಿರಿ ಮೈಸೂರು ಇದರ ಘಟಕ  
towards society

ಕ್ರಿಯಾ ವರ್ತುತರ ಉಪನ್ಯಾಸ ಸರಣಿ  
ಸಂಚಿಕೆ-21  
ಸಾಮಾನ್ಯ ಸ್ತ್ರೀರೋಗ ಸಮಸ್ಯೆಗಳು  
COMMON GYNECOLOGICAL PROBLEMS  
ಉಪನ್ಯಾಸ ಮತ್ತು ಸಂವಾದ  
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08.01.2022 ಶನಿವಾರ ಸಂಜೆ 5.00  
ಎಲ್ಲರಿಗೂ ಸ್ವಾಗತ

Kriya, a non government Mysuru division organization, is conducting activities for women. Dr. Nanda K O, Associate Professor, Department of Prasooti Tantra and Stree Roga, JSS Ayurveda Medical College and Hospital, Mysuru, was the resource person to give a talk on the topic common Gynecological Problems. More than 350 people from across the state participated online.

On the Occasion of Azadi ka Amrit Mahotsav Health promotion talk and AYUSH awareness programme was held at four schools of Mysuru District in January 2022 by Faculty members of JSSAMCH, Mysuru.



Mass Surya Namaskara was performed at JSSAMCH Campus in Commemoration with Azadi Ka Amrit Mahotav on 14th January 2022.

## Upcoming Camp



# Nirayasa

*Re-Live and Rejuvenate*

Get Relief from 'work from home' related health issues.

**1st March to 15th March 2022**

NIRAYASA - A Comprehensive Package where specific therapies are done to correct the postural pain, stiffness, eye care, sleep disorders and other related complications.

**For further Information & Enrolment - Contact: 9886600552/9741513392**

## Achievements:



Our UG and PG students of JSS Ayurveda Medical College, Mysuru have Bagged Ranks in RGUHS University examination 2020-21. Rank holders of 2016-2017 batch

### Overall UG Final year Toppers:

2<sup>nd</sup> Rank-Dr.Amaresh. S;  
3<sup>rd</sup> Rank-Dr. Samhita.S;  
10<sup>th</sup> Rank – Dr. Prekshna.

### Individual ranks in UG Topper:

#### KAYACHIKITSA

1<sup>st</sup> Rank - Dr. Amaresh. S,  
2<sup>nd</sup> Rank – Dr. Prekshna,  
3<sup>rd</sup> Rank - Dr. Samhita.S

#### PANCHAKARMA

5<sup>th</sup> Rank - Dr. Prekshna

#### SHALYA TANTRA

6<sup>th</sup> Rank - Dr. Anand. S. D  
7<sup>th</sup> Rank - Dr. Lokeshwari

### RANK HOLDERS (2016-17 Batch)

#### 4<sup>th</sup> BAMS 2021 exams

#### UG RANKS:-

Dr S AMARESH - 2<sup>nd</sup> Rank

Dr SAMHITHA S - 6<sup>th</sup> Rank

Dr PREKSHNA GABRIELLA PALU - 10<sup>th</sup> Rank

#### KAYACHIKITSA

1<sup>st</sup> Rank - Dr S AMARESH  
2<sup>nd</sup> Rank - Dr PREKSHNA GABRIELLA PALU  
4<sup>th</sup> Rank - Dr SAMHITHA S

#### PANCHAKARMA

5<sup>th</sup> Rank - Dr PREKSHNA GABRIELLA PALU

#### SHALYA TANTRA

6<sup>th</sup> Rank - Dr ANAND SHRISHAIL DANGI  
7<sup>th</sup> Rank – Dr LOKESHWARI S

### RESEARCH METHODOLOGY AND MEDICAL STATISTICS - 32 RANKS

5<sup>th</sup> Rank – Dr GEETHANJALI B N  
Dr VIBHA NIDHI SHIVAM  
Dr POOJA S B  
Dr SAMHITA S

6<sup>th</sup> Rank – Dr S AMARESH  
Dr POORNA TEJASWI P

7<sup>th</sup> Rank – Dr DIVYASHRI C B  
Dr MEGHANA PATIL  
Dr RATHNA S G  
Dr SAMPREETHA R  
Dr UZMA AYUB

8<sup>th</sup> Rank – Dr SHEERSHIKA JAYASIM  
Dr SOUMYA DESAI  
Dr PREKSHNA GABRIELLA PANL  
Dr KUSUMA S P  
Dr LIKITA YOGESH  
Dr D SONALI

9<sup>th</sup> Rank – Dr LAVANYA N M  
Dr CHETHAN GOWDA C B  
Dr VIDHI SINGH  
Dr SAHANA M V  
Dr SWEEKRUTHI B H

10<sup>th</sup> Rank – Dr SYED SAJID AHMED  
Dr SUSHMA S  
Dr ZAINAB FATHIMA  
Dr RAJINI S  
Dr RAKSHITHA R  
Dr RAMYA K S  
Dr SUMA K M  
Dr PREETHIKANTA C S  
Dr LOKESHWARI S  
Dr NISARGA M S

### PG RANKS:

#### SHALYA TANTRA

4<sup>th</sup> Rank- Dr AISHWARYA

#### PANCHAKARMA

5<sup>th</sup> Rank – Dr POOJA

#### DRAVYAGUNA

10<sup>th</sup> Rank – Dr ASHWATHY