



JSS MAHAVIDYAPEETHA
JSS AYURVEDA MEDICAL COLLEGE & HOSPITAL, MYSURU




DEPARTMENT OF PG STUDIES IN KAYACHIKITSA

Convenor



Dr. Sarbeswar Kar
Principal

Co-Convenor



Dr. Rajesh A. Udupadi
Dean

Presents Guest Lecture On

ROLE OF AYURVEDA IN CANCER CARE & RESEARCH

**On the Occasion of World Cancer Day
on 16th February 2022**

Venue: Yoga Hall
@ 2.30 pm onwards



GUEST SPEAKER



DR. R. GOVIND REDDY
Asst. Director (Scientist-IV)-In charge RRAP- Central Ayurveda Research Institute, Mumbai, Ministry of AYUSH, Govt. of India, New Delhi



Dr. Deepa C. Patil
Prof. & UG Coordinator



Dr. Beena M.D.
Associate Prof.



Dr. Unnikrishnan P. M.
Assist. Professor



Dr. Ashwini A.
Assist. Professor



Dr. Anukrishna P.
Assist. Professor



RRAP - CENTRAL AYURVEDA RESEARCH INSTITUTE MUMBAI delivered a guest lecture on the topic Role of Ayurveda in Cancer Care and Research. Our Principal, Dr. Sarbeswar Kar, Dean, Dr. Rajesh Udupadi, Faculty of PG Studies in Kayachikitsa, and non-teaching staff were there at the program.

The Department of PG Studies in Kayachikitsa observed World Cancer day on 16th February 2023. Dr. Govinda Reddy Asst. Director (Scientist IV) in charge of



Dr. Madhusudan. B.G, Reader & Head, Dept of PG studies in Roga Nidana, was a Resource person and chairperson at the Transdisciplinary Indo Japan conference held in Mangalore.

100th Anniversary
A ONE INITIATIVE BY SITARAM RESEARCH FOUNDATION

**aachaara
rasaayanam**
114th Episode
Topic
**Understanding the Nidana Panchakas of
Polycystic Ovarian Disease and its Chikitsa**


Speaker
Dr. Vidya Narayan MS (Ay), FICA, FRAS (London)
HOD and Associate Professor, Department of PG Studies in
Prasooti Tantra and Stree Roga, JSS
Ayurveda Medical College and Hospital, Mysuru, Karnataka

Moderator
Dr. Ramya Alakkal MD (Ay)
Vice Principal & Professor of Panchakarma,
Ashtangam Ayurveda Vidyaapeetham, Palakkad, Kerala

**SUNDAY, 5th FEB 2023
10:30 AM (IST)** ZOOM ID: 889 2354 9175
Passcode: 873252



On National Deworming Day, Dept. of PG studies in Kaumarabhritya and the NSS Unit of JSS Ayurveda Medical College jointly organized a school health checkup camp for 8th Std students of JSS High School, Siddhartha Nagar. Eighty-one students benefitted from the camp. Dr. Santhosh, Assistant Professor, Dept of PG studies in Dravya Guna, gave an orientation and introduced the students to JSSAMC Herbal Garden.

Dr. Vidya Narayan, Reader & Head, Dept of PG studies in Prasooti tantra and Stree roga, was the resource person at the 114th Episode of Aachaara Rasaayanam by Sitaram Ayurveda Research Foundation on the topic: Understanding the Nidana Panchakas of Polycystic Ovarian Disease and its Chikitsa on 5th February 2023.



Dr. Rajendra Prasad, Assistant Professor, Dept of PG and PhD Studies in Rasashastra and Bhaishajya Kalpana, participated in the National Level Karate championship at Master level and won Silver at Mysuru on 5th February 2023.



Dr. P. Sudhakar Reddy, Prof & Head, Department of PG Studies in Swasthavritta, was selected as a chairman for NCISM II BAMS Syllabus Workshop for Swasthavritta and participated in the same at New Delhi during the first week of February 2023.

Patients Speak

Everything was on time. The staff were polite and helpful. The treatment was excellent and perfect. Very satisfied.

- **Madhu Chandra**

JSS Ayurveda Hospital is a Non-commercial, Service and Seva-oriented Institution for long-term healing.

- **Suman Kumar Ghosh**

I experienced much relief from my medical problems, and all the Doctors and Staff were very cooperative. I liked the hospitality and suggested my loved ones visit here for the treatment.

- **Balwindukam Kohil**

My Six Days Ayurveda treatment was very effective. Dr Gurubasavaraja was very kind and treated me very well. The Hospital staff were very polite, and the Environment was maintained well. I am grateful to everyone.

- **VP Baligar**

A Professionally well-managed Hospital. We had come here for a treatment personally addressed and managed by the Doctors. The help provided by the administrative team was the main reason made the stay comfortable. I Thank the team of Doctors, Nurses, Therapies and Housekeeping staff for their kind help.

- **Tiru V Shenoy**

I am pleased to convey my gratitude to JSSAH, Mysore. It was excellent treatment during my stay. All your entire Staff were very cooperative and friendly. I enjoyed walking in Nature (Campus). Thank full to the Management and the whole JSSAH staff, Mysore

- **Nandakumar BR**



Dr Pooja Hassan G, Assistant Professor, Dept of PG Studies in Swastharitha gave a health awareness talk and promoting regarding different modalities of treatments for various disease in Ayurveda available at our JSS Ayurveda Hospital, Ialithadripura main road Mysuru at JSS High School, Siddhartha Nagar Mysuru on 20.03.2023

Drumstick Leaves Juice

Dr. Aparna Surendra, *Naturopathy and Yoga Physician, JSSAH Mysuru*

The Drumstick tree is a common plant grown in all parts of India. The plant has been used for cooking and herbal medicine in India for ages. It is also known as the "Miracle tree" as almost all parts of the plant, from the bark, seeds and root to the leaves and flowers, have a great nutritional and medicinal value.

Method of Preparation:-

Collect drumstick leaves from the plant, and wash them in clean water 2 to 3 times. One handful of drumstick leaves (100gms) is required to make 150ML of Juice.

Ingredients:-

100gms of drumstick leaves, ginger 1 inch, pepper 1teaspoon, turmeric powder two pinches, Asafoetida 2 pinch, moong sprouts four teaspoons, coriander leaves (chopped) 1 teaspoon, lemon juice one teaspoon.

Add $\frac{3}{4}$ cup of water to drumstick leaves, grind them, and extract Juice from them. Then to this Juice, add all other ingredients and stir well. Ginger should be added after making its paste. Moong sprouts should be crushed a little, and then it is added as

toppings. It should be prepared freshly and consumed within 2 hours of preparation.



Benefits – 100gm of drumstick leaves have the following nutritional values.

Protein – 168%

Calcium – 500%

Magnesium – 240%

Potassium – 160%

Iron – 280%

Vitamin A – 1088%

Vitamin C – 88%

It is also very rich in antioxidants. This Juice benefits pregnancy and lactation as it is rich in protein and calcium. It is perfect for Gastritis, Nutritional deficiencies, kidney disorders, obesity, Anaemia, Arthritis, Cardiac diseases, Sinusitis etc.



Upcoming Camps April 2023

Yoga Classes for Public

01.04.2023 to 30.04.2023

Vasanta Vamana

01.04.2023 to 30.04.2023

Hypothyroidism

03.04.2023 to 08.04.2023

Varicose Veins and Varicose Ulcer

03.04.2023 to 08.04.2023

Kampavata

10.04.2023 to 15.04.2023

Diseases of Head

10.04.2023 to 15.04.2023

Neck and Back Pain

17.04.2023 to 22.04.2023

Neuro Muscular / Developmental Disorders

17.04.2023 to 22.04.2023

Anti Obesity

20.04.2023 to 30.04.2023

SwarnaPrasana

27.04.2023

Abnormal Uterine Bleeding (AUB)

24.04.2023 to 29.04.2023

Digestive and Intestinal Disorders

24.04.2023 to 29.04.2023

Multiple Joint Pain

24.04.2023 to 29.04.2023

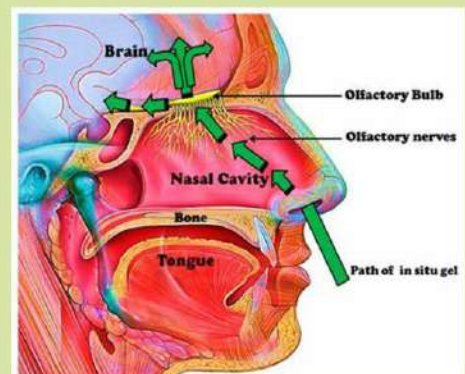
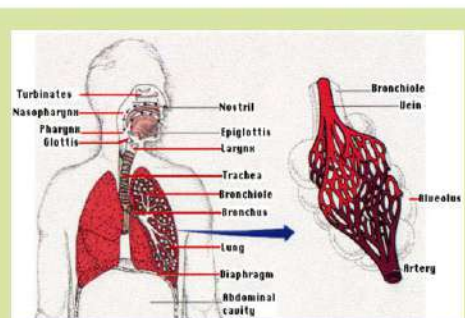
NASYA - THE NEED OF THE HOUR

**Dr Sandhya Rani D, Associate Professor,
JSS Ayurveda Medical College and Hospital Mysuru.**

The nose is the first organ of the respiratory system. It is also the principle organ in the Olfactory system. It has crucial cosmetic value and enhances the personality and beauty of an individual.

The nasal cavity lies below the cranial cavity and above the oral cavity, and between the orbits. The nasal septum divides the nasal cavity into right and left equal halves. Each nasal cavity communicates with Nasopharynx posteriorly through posterior nares and anteriorly to the atmosphere through anterior nares. It also communicates with the Paranasal sinuses and Naso lacrimal duct superiorly.

"The nose is the gateway for both brain and the lungs". Anything (Organisms/medications) entering the nose can quickly gain entry to these two vital organs and can show their effects.



Functions of nose

1. Olfaction – the olfactory mucosa is located in the roof of the nasal cavity adjacent to the superior turbinate and upper part of the septum. All olfactory cells are distributed in olfactory mucosa. The odour of fresh material

reaches the olfactory area by diffusion. The olfactory cells are stimulated and carry the sense of smell to the brain's olfactory bulb.

2. Respiration–inspired air passes upwards in the narrow stream medial to the middle turbinate, then downwards and back words as an arc.
3. Filtration is done by nasal hairs, lysosomes, and enzymes of the nasal cavity. Filtration, moisturising and warming the cold and inspired air before reaching the lungs.
4. Resonance of voice is done by the nasal cavity and paranasal sinuses, which help in speech.
5. The nose acts as the ventilation shaft for the station tube for the equalisation of the presence of air between the external atmosphere and the middle ear cavity through the Eustachian tube.
6. Reflexes like sneezing have a protective function on exposure to irritants.

Among all these functions, Olfaction and respiration are two important functions of the nose.

Patron

- Sri. R. Mahesh

Editor-in-chief

- Dr. Sarbeswar Kar

Advisory Board

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

Editorial Board

- Dr. Nischitha M. S.
- Dr. Beena M. D.
- Dr. Noor Fathima
- Dr. Shalini
- Dr. Aparna Surendra
- Smt. P. Nanditha Sheno

Nasya karma is a therapeutic procedure where medicines are administered through the nose to eliminate the vitiated doses from the Shiras. It is commonly used Panchakarma Procedures and is considered as a type of shodana of Jatrurdwa Bhaga. Nasya Karma has local as well as systemic effects and is widely used for prevention and treatment of diseases and promotion of health.

Procedures of Nasya karma

Nasya Karama comprises of

1. Purva Karma
2. Pradhana Karma
3. Paschat Karna

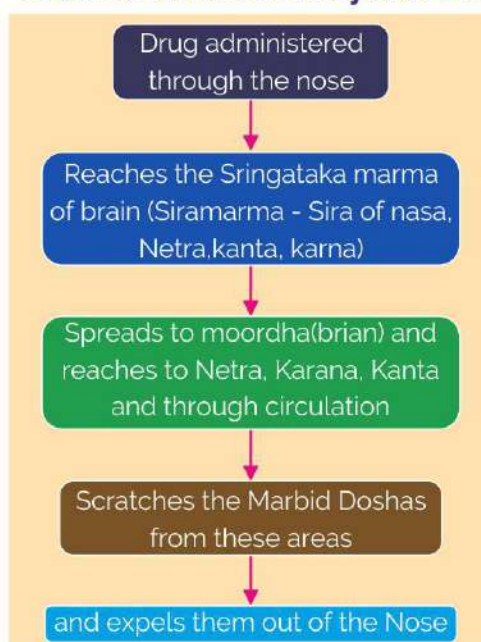
Purva Karma – the pre-operative procedure for Nasya karma is Abhanga to face with medicated oil and swedana, steam inhalation to the face.

Pradhana Karma – medicated oils/ghee/Swarasa etc., are administered to both nostrils with a specific posture of the head that is nose in an upright position. Then the patient is made to lie supine for a few minutes. The patient should remain relaxed during and after the administration of nasya dravya and has to avoid speech, anger, sneezing, and laughing.

Paschat Karma-Patient should be supine for a hundred matrakala, and Mardana is done to frontal, temporal and maxillary areas, cheeks, neck, shoulders, palms and soles. When the drug reaches the throat, the patient is advised to do nisthevana kriya. Dhoomapana is advised, and then Gandusha with teeksha Kapha hara kashaya is administered.



Mode of action of Nasya karma:



The benefits of Nasya Karma are:

Nasya karma is one of the Panchakarma procedures that not only alleviates the vitiated dosha but also causes complete eradication of the disease.

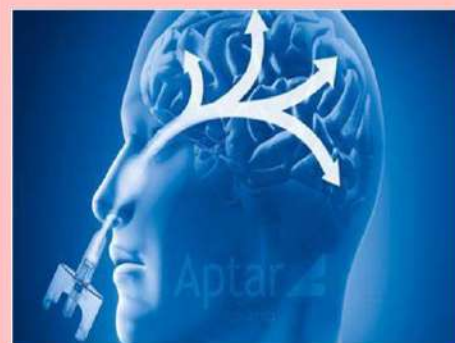
- Clears nasal blockage and strengthens the respiratory system
- Relieves pain from Jatrurdhwa bhaga
- Helps to release toxins from the body and specifically from the Jatrurdhwa bhaga
- Strengthens the nervous system and clears all srotas of the body (Improves nerve conduction)
- Boost up the immunity by

stimulating specific vital centres of the brain

- Can be performed in unconscious patients also.
- Rapid drug absorption through the highly vascularised nasal mucosa.
- Bypasses the G-I metabolism & increased bioavailability.
- It strengthens the Respiratory system and thereby avoids recurrent respiratory infections.
- It enhances nerve conduction and improves the ability of the brain.
- It boosts up Sensory functions.
- It is cost-effective and can be administered easily to all people.

Nasya karma is to facilitate drug absorption through nasal neurons and paranasal sinuses. Sthanika Abhanga and Swedana improve blood circulation to the face and the head. The vasodilatation of the nasal cavity helps with drug absorption.

The olfactory epithelium lies in the roof of the nasal cavity, which has a rich supply of olfactory nerve endings. The drug administered reaches the upper part of the nose and stimulates the olfactory neurons. Through the olfactory pathway, the drug reaches the brain. According to classical texts, the drug reaches the Shrungataka marma, where there is association of Nasa, Akshi, Karna and jiva. Hence any pathology of these organs is corrected through Nasya Karma.



EVENTS ORGANIZED

ಆಯುರ್ವೇದ ಕಾಲೇಜಲ್ಲಿ ಕ್ಯಾನ್ಸರ್ ಜಾಗೃತಿ

■ ವಿಜಯವಾಣಿ ಸುದ್ದಿಜಾಲ ಮಂಗಳೂರು
ಅಶೋಕನಗರದಲ್ಲಿರುವ ಎಸ್‌ಸಿಎಸ್ ಸಮೂಹ ಸಂಸ್ಥೆಗಳ ಅಂಗಸಂಸ್ಥೆ ಕರ್ನಾಟಕ ಆಯುರ್ವೇದ ವೈದ್ಯಕೀಯ ಕಾಲೇಜಿನಲ್ಲಿ ವಿಶ್ವ ಕ್ಯಾನ್ಸರ್ ಜಾಗೃತಿ ದಿನ ಆಚರಿಸಲಾಯಿತು.

ಎಸ್‌ಸಿಎಸ್ ಸಮೂಹ ಸಂಸ್ಥೆ ಆಡಳಿತಾಧಿಕಾರಿ ಯು.ಕೆ.ಖಾಲಿದ್ ಕಾರ್ಯಕ್ರಮ ಉದ್ಘಾಟಿಸಿ, ವೈದ್ಯಕೀಯ ವಿದ್ಯಾರ್ಥಿಗಳಲ್ಲಿ ಕ್ಯಾನ್ಸರ್ ಚಿಕಿತ್ಸೆ ಬಗೆಗೆ ಅರಿವು ಮೂಡಿಸುವಲ್ಲಿ ಇಂತಹ ಕಾರ್ಯಕ್ರಮಗಳು ಪೂರಕ ಎಂದರು.

ಕರ್ನಾಟಕ ಆಯುರ್ವೇದ ವೈದ್ಯಕೀಯ ಕಾಲೇಜು ಪ್ರಾಂಶುಪಾಲ ಡಾ.ರವಿ ರಾವ್ ಎಸ್ ಅಧ್ಯಕ್ಷತೆ ವಹಿಸಿದ್ದರು. ಕಾಯ ಚಿಕಿತ್ಸಾ ಸ್ನಾತಕೋತ್ತರ ವಿಭಾಗದ ಮುಖ್ಯಸ್ಥ ಡಾ.ವಹಿದಾ ಬಾನು ಕ್ಯಾನ್ಸರ್ ಬಗ್ಗೆ ಆಯುರ್ವೇದದಲ್ಲಿ ಲಭ್ಯವಿರುವ ಮಾಹಿತಿಗಳನ್ನು ವಿವರಿಸಿದರು.

ಸಂಪನ್ಮೂಲ ವ್ಯಕ್ತಿಯಾಗಿ ಜೆಎಸ್‌ಎಸ್ ಆಯುರ್ವೇದ ವೈದ್ಯಕೀಯ ಕಾಲೇಜು ಮೈಸೂರಿನ ಡಾ.ಬೀನಾ ಭಾಗವಹಿಸಿ ಕ್ಯಾನ್ಸರ್‌ನಲ್ಲಿ ಆಯುರ್ವೇದದ ಮೂಲಕ ಉಪಶಾಮಕ ಆರೈಕೆ ವಿಷಯದ ಕುರಿತು ಉಪನ್ಯಾಸ ನೀಡಿದರು.

ಕರ್ನಾಟಕ ಆಯುರ್ವೇದ ವೈದ್ಯಕೀಯ ಕಾಲೇಜು ಅಸ್ತತ್ವ ಉಪ ವೈದ್ಯಕೀಯ ಅಧೀಕ್ಷಕ ಡಾ.ರವೀಂದ್ರ



ಅಶೋಕನಗರದಲ್ಲಿರುವ ಕರ್ನಾಟಕ ಆಯುರ್ವೇದ ವೈದ್ಯಕೀಯ ಕಾಲೇಜಿನಲ್ಲಿ ವಿಶ್ವ ಕ್ಯಾನ್ಸರ್ ಜಾಗೃತಿ ದಿನ ಆಚರಿಸಲಾಯಿತು. ಎಸ್‌ಸಿಎಸ್ ಸಮೂಹ ಸಂಸ್ಥೆ ಆಡಳಿತಾಧಿಕಾರಿ ಯು.ಕೆ.ಖಾಲಿದ್, ಪ್ರಾಂಶುಪಾಲ ಡಾ.ರವಿ ರಾವ್ ಎಸ್., ಜೆಎಸ್‌ಎಸ್ ಆಯುರ್ವೇದ ವೈದ್ಯಕೀಯ ಕಾಲೇಜು ಮೈಸೂರಿನ ಡಾ.ಬೀನಾ ಇದ್ದರು.

ಭಟ್ ಸ್ವಾಗತಿಸಿದರು. ಉಪನ್ಯಾಸಕಿ ಡಾ.ಸಹನಾ ವಂದಿಸಿದರು. ಕಾಯ ಚಿಕಿತ್ಸಾ ಸ್ನಾತಕೋತ್ತರ ವಿದ್ಯಾರ್ಥಿನಿ ಡಾ.ಸಾಯುಜ್ಯ ಪಿ.ಎಸ್ ಕಾರ್ಯಕ್ರಮ ನಿರೂಪಿಸಿದರು. ಕರ್ನಾಟಕ ಆಯುರ್ವೇದ ವೈದ್ಯಕೀಯ ಕಾಲೇಜಿನ ಉಪನ್ಯಾಸಕ ವೃಂದ ಹಾಗೂ ವಿದ್ಯಾರ್ಥಿಗಳು ಉಪಸ್ಥಿತರಿದ್ದರು.

On the eve of World Cancer Day, the Department of PG Studies in Kayachikitsa, Karnataka Ayurveda Medical College and Hospital, Mangaluru, organised a Cancer Awareness Program on 6th February 2023. Dr Beena M D, Associate Professor, Department of PG Studies, Kayachikitsa, JSS Ayurveda Medical College and Hospital, Mysuru, was the resource person and shared her clinical experience in treating Cancer patients, especially in relieving the side effects of radiotherapy and chemotherapy of stage 4 cancer patients.



Glimpses of Sanskrit Sambhashana Shibira held at Yoga Hall in our Institution.

DIKSHA ACADEMY
www.learnwithdiksha.com

PRAHARSHA 2023

WEBINAR SERIES

TOPIC :
" Role of Charya and Ahara that promote Vajeeekarana "

FRIDAY 24 FEB 2023 7.00 PM

Dr P SUDHAKAR REDDY
PROFESSOR & HEAD
Dept of PG Studies in Swasthavritta
JSS Ayurveda Medical College,
Mysuru, Karnataka

CLICK TO REGISTER
<https://rtp.io/ly/KXX2b9h>

academy.dikshalearning@gmail.com +917736279455

Dr P Sudhakar Reddy, Professor and Head Dept of PG Studies in Swasthavritta JSS Ayurveda Medical College and Hospital Mysuru, was the resource person for the topic "Role of Charya and Ahara that promotes Vajeeekarana" on PRAHARSHA 2023 WEBINAR SERIES held on 24th February 2023.



Dr B GuruBasavaraja Senior consultant, JSS Ayurveda Medical College and Hospital, Mysuru, was facilitated during SYMPOSIUM. A keynote address on Panchakarma was also delivered. The program was held at Government Ayurveda Medical College Bangalore on 18th February 2023.



Dr Shruthi, Department of Prasooti and Shthree Roga addressed the students of B.Ed., College Suttur on 16.02.2023. She spoke on typical health issues females face and shared information on the facilities available in Suttur OPD.