



JSS Ayurveda Medical College & Hospital, Mysuru

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Acupuncture

Dr. Nirmala A R, *Yoga and Naturopathy, Physician JSSAH, Mysuru.*

Acupuncture is a traditional practice that originated in China around 3000 years ago. It is a complementary therapy widely used to manage various conditions. Acupuncture involves the insertion of thin steel needles into specific points on the body, such as the back, neck, and face, to stimulate those areas. These needles used in acupuncture are incredibly thin, similar to the thickness of a strand of hair.

According to acupuncture, an invisible life force called Qi (pronounced Chee) fills the human body. Smooth flow of this energy results in good physical and mental health. In ancient China, gold, silver, bamboo, and stone were

used to craft acupuncture needles. Nowadays, they are made of stainless steel and are disposable.

The procedure of acupuncture typically involves the individual sitting or lying down. Single-use, sterile needles are used during the treatment. The duration of session usually lasts between 20 to 30 minutes. People may experience sensations such as stinging, dull aches, or tingling at the site of needle insertion.

Acupuncture has various benefits, including:

1. **Pain relief:** The physical stimulation of needle insertion may affect pain processing in the central nervous system and muscles.
2. **Improved blood flow:** Acupuncture can increase blood circulation in specific parts of the body.
3. **Energy rebalancing:** By targeting specific points, acupuncture aims to restore the balance of the body's energy or Qi.
4. **Release of natural chemicals:** Acupuncture prompts the body to release natural chemicals that can help fight illness or alleviate symptoms.

Acupuncture addresses a wide range of conditions, including insomnia, migraines, infertility, polycystic ovary syndrome (PCOS), low back pain, sciatica, cervical spondylitis, osteoarthritis, peripheral neuropathy, rheumatoid arthritis, dysmenorrhea, allergic rhinitis, and tennis elbow.

It's important to note that while acupuncture has shown effectiveness for many individuals, it may not be suitable for all, and results can vary. Consulting with a qualified acupuncture practitioner is recommended to determine its suitability and potential benefits for a specific condition.



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Simple Eye Exercises for Refractory Errors

Dr. Greeshma Menon, Assistant Professor Department of PG Studies in Shalakyta tantra, JSS Ayurveda Medical College and Hospital, Mysore.

Regular eye exercises, along with Ayurvedic eye therapies, play a crucial role in maintaining and improving vision, especially in conditions like refractive errors. The eyes, being one of the five sense organs (Panchajnanendriyas), deserve utmost importance and care.

Engaging in regular eye exercises helps in toning the tunics of the eyeball and strengthening the eye muscles. This, in turn, contributes to improved vision and overall eye health. By incorporating these exercises into your daily routine, you can promote better eye function and reduce the risk of eye strain and discomfort.

In addition to eye exercises, Ayurvedic eye therapies can further enhance the benefits. These therapies aim to nourish and rejuvenate the eyes through various treatments and herbal formulations. They help in maintaining the balance of doshas and promoting eye health. By embracing these practices, you can take proactive steps towards preserving and enhancing your vision.

Some of the Eye Exercises that can be practiced are mentioned below:

Breathing exercise:

- Find a comfortable sitting position with gently closed eyes.
- Focus your attention on the inhalation and exhalation of your breath.

- Be fully aware of each breath, observing the natural rhythm.
- Continue this mindful breathing for 2 to 3 minutes.
- After completing the breathing exercise, gently open your eyes.
- This exercise can be done before starting the eye exercises to help calm and prepare the mind.

Eye wash:

- Eye wash is a prerequisite before performing eye exercises.
- It involves rinsing the eyes using Triphala Kashaya (a herbal concoction), lukewarm water, or other suitable solutions.
- Fill a pair of eye cups with the chosen solution.
- Immerse your eyes in the cups and blink for 20-30 times.
- This eye wash procedure helps in toning the eyes and refreshing them.
- It can be beneficial for maintaining eye health and preparing the eyes for further exercises or therapies.



Sunning:

- Find a comfortable sitting position facing the sun.
- Close your eyelids gently.
- Sit in this position for 5 to 15 minutes, allowing the sun's rays to reach your closed eyes.
- Sunning increases the vitality of the eyes and promotes better blood circulation.
- It can be a refreshing and invigorating practice for the eyes.
- Remember to practice sunning during the early morning or late afternoon hours when the sun's rays are gentle and not too intense.
- Be cautious and avoid looking directly at the sun, as it can be harmful to the eyes.



Palming:

- Begin by sitting in a comfortable position with your eyes closed.
- Rub your palms together vigorously until they become warm.

- Place the warm palms gently over your closed eyes, ensuring that no pressure is applied to the eyeballs.
- Cross your fingers upon your forehead, creating a soothing cocoon for your eyes.
- While palming, try to relax your entire body and focus on deep, slow breaths.
- Allow the warmth and darkness of your palms to relax the eye muscles and alleviate eye strain.
- Practice palming for a few minutes or as long as needed to experience relaxation and relief.



Swinging:

- Install a swinging bar at eye level, making sure it remains stationary.
- Stand or sit in front of the swinging bar.
- Gently sway your body from right to left while looking through the swinging bar at a distant object.
- Blink your eyes after reaching each end of the swinging motion.
- Repeat this exercise 20 to 30 times.
- You can perform this exercise with both eyes open or with each eye alternately.
- Swinging stimulates the muscles of the eyes, enhances eye coordination, and improves focus.



Candle exercise:

- Sit comfortably, facing a candle flame positioned approximately 20 inches away.
- Slowly move your eyes forward, focusing on the flame as you bring them within 5 inches of the candle.
- Then, move your eyes backwards to the starting position.
- Repeat this forward and backward movement of the eyes 20 to 25 times.
- The candle exercise helps in improving eye focus and coordination.



Movements of Eyeball:

- Begin by sitting comfortably with your eyes open.
- Move your eyes from left to right 20 times.
- Then, move your eyes up and down another 20 times.
- Continue with clockwise rotations of the eyeballs 20 times.
- Finally, perform counterclockwise 20 times.
- These movements help relax the outer and inner muscles of the eyes and promote flexibility and coordination.

Blinking:

- Blinking frequently throughout the day helps keep the eyes moistened and refreshed.
- Rapidly blink your eyes 30 times, allowing the eyelids to close and open quickly.
- Then, blink slowly 30 times, make sure to fully close and open your eyelids.
- Practice this exercise in the morning and evening to maintain proper eye moisture and prevent dryness.

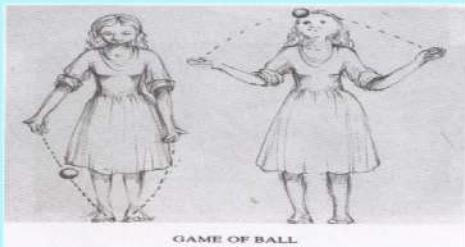
Ball exercise:

A.) Bouncing:

- Take a ball and throw it to the ground.
- Observe the bounce of the ball and track its movement with your eyes.
- Blink each time you catch the ball.
- Repeat this exercise of throwing, observing, tracking, and blinking for a total of 30 times.
- Bouncing the ball helps to strengthen the ocular muscles and improve vision.

Tossing:

- Hold the ball in one hand and toss it to the other hand in semicircles.
- Follow the ball's movement with your eyes as you toss and catch it.
- Remember to blink while catching the ball.
- Repeat this tossing exercise, moving your sight along with the ball and blinking, to strengthen the ocular muscles and enhance vision.

**Cold pack:**

- Take cotton pads and soak them in cold water or rose water.
- Squeeze out the excess liquid so that the pads are damp but not dripping.
- Close your eyes and place the wet cotton pads over your eyelids.
- Keep them in place for a few minutes, allowing the coolness to soothe your eyes.
- The cold pack helps in reducing eye puffiness, relieving tiredness, and providing a refreshing sensation.
- It can be particularly beneficial after extended periods of screen time or when experiencing eye strain.

**CONCLUSION:**

Regular practice of eye exercises can be highly beneficial in improving vision and relieving eye strain. By incorporating these exercises into your daily routine, you can experience positive effects such as:

1. Improved vision: Eye exercises help to strengthen the eye muscles, enhance eye coordination, and promote better visual focus. This can lead to improved clarity and sharpness of vision.
2. Relief from eye strain: Eye exercises help to relax and rejuvenate the eye muscles, reducing the strain caused by prolonged screen time, reading,

or other visually demanding activities. This can alleviate symptoms such as eye fatigue, dryness, and discomfort.

3. Relief from associated symptoms: Eye strain often leads to symptoms like headaches, watering of eyes, and general eye discomfort. Regular practice of eye exercises can provide relief from these symptoms, allowing for greater comfort and overall eye health.

It is important to remember that eye exercises should be performed with proper technique, consistency, and in conjunction with other healthy eye habits.



On World Milk Day, JSS Ayurveda Medical College organized an Essay Writing Competition for BAMS students on the significance of Ksheera Varga in the modern era. Participants explored the importance of dairy products in nutrition and health in light of present-day advancements.

EVENTS ORGANIZED



The Department of PG Studies in Panchakarma at JSS Ayurveda Medical College, in collaboration with the Inter-disciplinary Research Unit, organized UNNATI-2023, a National Conference on Integrated Care in Neurological Disorders. The conference, held on 8th and 9th June 2023, at Sri Rajendra Centenary Auditorium, Mysuru, aimed to align with the Prime Minister's vision of integrating medical systems by 2030.

The event was inaugurated by Dr. Ishwar V Basavaraddi, Director of Morarji Desai National Institute of Yoga, New Delhi, in the esteemed presence of His Holiness Jagadguru Sri Shivaratri Desikendra Mahaswamiji. The program was presided over by Dr.

CG Betsurmath, Executive Secretary of JSSMVP, and Sri. R Mahesh, Director of Medical Education, JSSMVP, along with other dignitaries in attendance.

UNNATI-2023 aimed to bring together experts from various fields, including Neuro medicine, Neurosurgery, Ayurveda, Speech and Hearing, Physiotherapy, and Nursing. The conference provided a platform for sharing knowledge, experiences, and discussions on the importance and necessity of integration in neuro care. The objective was to foster a significant event that would contribute to advancing the understanding and practice of integrated care in neurological disorders.



Dr. Sindhura M. S was awarded the prestigious Gold Medal by Rajiv Gandhi University of Health Sciences, Bengaluru. This recognition is in acknowledgement of her exceptional achievement as the top scorer in the subject of Roganidana during the Post Graduation examination conducted in 2022.



Following the inaugural function, a keynote address was delivered by Dr. G. G. Gangadharan, Director of M. S. Ramaiah Indic Ayurvedic Centre, Bengaluru. In his address, he emphasized the significance of evidence-based treatment for neurological disorders. His keynote address shed light on the need for integrating evidence-based practices into the management of neurological conditions.



The first scientific speaker, Dr. Harsha S, Professor and Head of the Department of Neuromedicine at JSS Medical College, Mysuru, delivered an insightful talk on stroke management.



The second scientific speaker, Dr. Umesh V. Purad, Principal of DGMAMC, Gadag, delivered an enlightening talk on recent approaches to achieving optimum outcomes in Pakshaghata (paralysis).



In the fourth session, esteemed speakers from the fields of Physiotherapy, Speech and Hearing, and Nursing shared their expertise. Dr. Sandeep H, Head of the Department of Community Health at JSS College of Physiotherapy, Mysuru, discussed evidence-based physiotherapy rehabilitation in neurological conditions. Dr. Suma R, Principal of JSS Institute of Speech and Hearing, Mysuru, spoke on assessment and treatment for Speech and Language Impairment. Dr. Usha M. Thomas, Head of the Department of Nursing Foundation at JSS College of Nursing, Mysuru, provided insights on the nursing perspective of stroke and degenerative management.

Following the scientific sessions, the much-awaited paper and poster presentations by delegates commenced. The session was inaugurated with opening remarks by Dr. Gurubasavaraj, a respected Professor and Senior Physician at JSS Ayurveda Medical College and Hospital. This segment offered a platform for delegates to showcase their research and findings, fostering knowledge sharing and intellectual exchange.



The third scientific speaker, Vaidya Narendra Pendse, Chief Medical Advisor at IAIM Hospital, Bengaluru, shared insightful knowledge on the diagnosis and treatment of Kampavata (Parkinson's disease).



About 510 delegates registered for the conference from across the Nation from 38 different Colleges, with 230 entries for Oral Presentation and 30 for Poster presentation. Among them, 20 prizes were awarded for the best paper and poster presentations.



Day 2 of the conference commenced with a thought-provoking deliberation by Dr. T. S. Vasana, Professor and Head of Neurosurgery at JSS Medical College and Hospital, Mysuru. Dr. Vasana provided a comprehensive overview of tumours and injuries of the brain and spine, offering a bird's-eye view of these complex conditions.

Following Dr. Vasana's session, Dr. Anandaraman Sharma P. V, Medical Superintendent and Head of the Department of Panchakarma at All India Institute of Ayurveda, New Delhi, delivered an insightful speech. Dr. Sharma emphasized the significance of Ayurvedic management in post-surgical cases of brain and spine injuries and tumours. His talk shed light on the potential benefits and approaches of Ayurveda in the holistic management of neurological conditions.

These sessions brought valuable insights from the fields of neurosurgery and Ayurveda, providing attendees with a broader understanding of the complexities and treatment options for neurological disorders related to the brain and spine.



The final session featured insightful presentations by esteemed speakers. Mrs. Shruti Patil, Head of the Department of Neurophysiotherapy at JSS College of Physiotherapy, focused on neurological disorders and their impact on physiotherapy.

Mr. Gunasagar, a speech-language pathologist from JSS Institute of

Speech and Hearing, Mysuru, shed light on the clinical manifestation of dysphagia in adults with neurological disorders.

Dr. Anitha V. N, Head of the Department of Medical-Surgical Nursing at JSS College of Nursing, Mysuru, spoke about post-operative nursing care for patients undergoing brain tumour and spinal cord surgery. These sessions provided valuable insights into the specialized areas of neuro physiotherapy, speech-language pathology, and nursing care, contributing to the overall understanding of integrated care in neurological disorders.



The next presentation was delivered by Dr. Veena G. Rao, Professor and Head of the Department of PG Studies in Panchakarma at JSS Ayurveda Medical College and Hospital, Mysuru. Dr. Rao's presentation focused on the crucial role of Ayurveda in the management of brain and spine injuries.



On behalf of Doctors Day Dr. Rajendra Prasad, Assistant Professor, Dept. of Rasashastra and BK, JSS Ayurveda Medical College Mysuru was felicitated by the team of Pradhana Mantri Bharatiya Janaushadi Pariyojana, Mysuru zone at Hotel Rio Meridian Mysuru on July 1st 2023.



The post-lunch session commenced with an engaging panel discussion, moderated by Dr. Veena G. Rao, Professor and Head of the Department of PG Studies in Panchakarma at JSS Ayurveda Medical College and Hospital, Mysuru. The panellists included Dr. Nemichandra S C, Associate Professor from the Department of Neuromedicine at JSS Medical College and Hospital, Mysuru, Dr. Gautam Cugati, Neurosurgeon at NH Multispecialty Hospital, Mysuru, Dr. Anandaraman Sharma P V, Medical Superintendent and Head of the Department of Panchakarma at All India Institute of Ayurveda, New Delhi, Dr. Niharika M K, Assistant Professor from JSS Institute of Speech and Hearing, Dr. Syed Asif, Assistant Professor from JSS College of Physiotherapy, and Dr. Usha M. Thomas, Head of the Department of Nursing Foundation at JSS College of Nursing, Mysuru. The panellists answered the queries of the delegates, enriching the discussion with their expertise.

The conference concluded with the valedictory program at 3:30 PM. Dr. Basavanagowdappa H, Principal of JSS Medical College, graced the stage

as the Chief Guest, accompanied by Dr. C. P. Madhu, Medical Superintendent, as the Guest of Honour, and Principals of IDRU (Interdisciplinary Research Unit). The program commenced with an invocation by Dr. Kavya and her team. Dr. SeethaDevi P, Reader in the Department of PG Studies in Panchakarma, presented an overall report of the conference, and delegates expressed their opinions and provided positive feedback. The best papers from the eight parallel sessions and posters were awarded.

Dr. Basavanagowdappa H, in his speech, highlighted the need for integration and praised the institution for organizing such a unique conference. Dr. Sarbeswar Kar, Principal of JSS Ayurveda Medical College and Hospital, delivered the Presidential address, while Dr. Rajesh A. Udupudi, Dean Academics of JSS Ayurveda Medical College and Hospital, rendered the Vote of Thanks. The program was moderated by Dr. Madhusudhan B. G, Associate Professor and Head of the Department of PG Studies in Roga Nidana at JSS Ayurveda Medical College and Hospital, Mysuru.





Doctor's Day was celebrated at JSS Ayurveda Medical College, Mysuru, on July 1st, 2023, to honour the invaluable contributions of healthcare professionals. In

recognition of their noble service to mankind, Dr. Madhava Diggavi Acharya, Professor in the Department of PG Studies in Kayachikitsa and Andrology, and Dr. M. Manjappa, Associate Professor and Interventional Cardiologist at JSS Medical College and Hospital, Mysuru, were felicitated.

The occasion was graced by Mr. R Mahesh, Director of Medical Education at JSS Mahavidyapeeta, who presided as the Chief Guest of the program. The event provided a platform to express gratitude towards the remarkable efforts and dedication exhibited by these esteemed doctors in serving the community and making a positive impact on the lives of patients.

We were honoured to host Dr. Amarjeet Singh, Principal of JSS Academy of Technical Education Uttar Pradesh, who graced our campus on June 28, 2023. Dr. Sarbeshwarkar, our Principal, introduced and welcomed Dr. Amarjeet Singh to the gathering in the presence of Dean Dr. Rajesh A. Udupudi.

Dr. Amarjeet Singh captivated the audience as he addressed the faculty members and postgraduate scholars. He spoke about the significance of relationships in both personal and professional spheres, emphasizing the importance of maintaining harmonious connections to achieve progress in all aspects of life. Drawing inspiration from his own life experiences, including his service during the Kargil War, he served as a beacon of motivation.

Dr. Amarjeet Singh shed light on the significance of relaxation and self-care, encouraging everyone to adopt a long-term perspective for a promising future. He expressed his pride in having trained over 40 girls for the Air Force and emphasized the need to never harm oneself or the country. Concluding his speech, he encouraged everyone to persevere, never stop, and keep rocking in life.

The audience found Dr. Amarjeet Singh's speech both short and highly

inspiring, leaving a lasting impact on all who were present.



INTER- DEPARTMENTAL SEMINAR INAUGURATION

The Inaugural program of the Inter-departmental seminar activities for the year 2023-24 took place on June 20, 2023, at JSS Ayurveda Medical College, Mysuru. The esteemed Chief Guest for the program was Dr. Madhu C P, Medical Superintendent of JSS Hospital, Mysuru. The program commenced with the inauguration by the Chief Guest and other dignitaries present on the dais.

During his inaugural address, Dr. Madhu C P emphasized the importance of continuously updating medical knowledge. He highlighted that staying informed about current treatment modalities and diagnostic methods is crucial for ensuring successful patient care. Dr. Madhu also stressed the significance of blending different systems of medicine to tailor treatment protocols

according to the patient's needs. He assured his willingness to provide support and facilitate knowledge-sharing activities whenever needed, fostering mutual benefit.

Following the Chief Guest's address, Dr. Rajesh A Udupudi, Dean, Professor & Head of the Department of PG Studies in Kayachikitsa, delivered the Presidential address.



A guest lecture was organized for PG scholars on "Significance of Ayurveda in the present medical scenario." The distinguished guest speaker for the event was Dr. Gurubasavaraja B, Senior Professor from the Department of PG Studies in Rasa Shastra and Bhaishajya Kalpana.