



JSS Ayurveda Medical College & Hospital, Mysuru

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# JSS AYUR BULLETIN

Monthly Newsletter

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## AYURVEDIC PANCHAKARMA MANAGEMENT OF STROKE/PARALYSIS

**Dr Veena G Rao, Professor & Head,**

*Dept of PG Studies in Panchakarma, JSSAMC Mysuru*

The World Health Organization (WHO) defines stroke as a "neurological deficit of cerebrovascular cause that persists beyond 24 hours or is interrupted by death within 24 hours." Stroke or paralysis is characterized by a sudden onset of neurological dysfunction due to issues with cerebral circulation, resulting in symptoms corresponding to specific areas of the brain. It is often observed in the elderly population, with the primary causes being thrombus, embolus, and hemorrhage. Stroke ranks as the third most common cause of death and severe physical disability, with approximately 185,000 strokes occurring annually in India, translating



to one stroke every 40 seconds and one stroke-related death every 4 minutes.

In Ayurveda, the term "Pakshaghata" describes a condition resembling paralysis of one half of the body, leading to impairment of sensory and motor functions, along with mental involvement. It is categorized as a "Vatavyadhi" of the "Nanatmaja" variety, often attributed to factors like "dhatu kshaya" (depletion of bodily tissues) or "Avarana" (blockage) as explained in various Ayurvedic texts. Clinical features of Pakshaghata include impaired motor activity, pain, slurring of speech, weakness of joints, mouth deviation, tongue fasciculation, and can be correlated with Hemiplegia.

A case study involving a 45-year-old female patient is presented, who approached JSS Ayurveda Hospital with complaints of weakness, stiffness, and loss of strength in her left upper and lower extremities. She had

previously undergone surgery for a ruptured right DACA aneurysm and an unruptured right MCA M1 segment aneurysm. The Ayurvedic diagnosis identified her condition as "Vama Pakshaghata," which was managed with a combination of Ayurvedic treatments, including Dhanyamla seka, Abhyanga, Shastika shali pottali sweda, Shiro Dhara, and Basti panchakarma therapies, in conjunction with physiotherapy. The primary therapeutic goals were to minimize neurological deficits, reduce disability, and enhance the patient's quality of life. Assessments using the National Institute of Health Stroke Scale (NIH-SS) revealed a significant improvement in muscle power, tone, and movement. The patient, initially brought in on a stretcher, was able to walk independently without support upon discharge, after 30 days.

JSS Ayurveda Hospital provides integrated care for patients with neurological disorders, offering Ayurvedic therapies (Panchakarma) and physiotherapy under the supervision of neuro specialists. It caters to various chronic, subacute, post-ICU, and post-surgical neuro cases, aiming to improve the overall well-being of patients.

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## EVENTS ORGANIZED



On August 1, 2023, JSS Ayurveda Medical College and Hospital, Mysuru, in collaboration with the Department of PG & PhD Studies in Shalya Tantra and the NSS unit, organized a medical camp at Sri Vyasatheertha Vidyapeetha. The event was graced and inaugurated by the esteemed presence of His Holiness Sri Sri Vishwaprasanna Teertharu from Pejvara Mutt.



On August 12, 2023, the Department of Rachana Shareera organized a guest lecture for the First BAMS students. The guest speaker for the event was Dr. Uma B Gopal, Professor & Head of

the Department of PG Studies in Rachana Sharir at SDM College of Ayurveda, Hassan. The lecture focused on the topic of "Peritoneum and its Clinical Aspects." This event

provided valuable insights and knowledge to the students, enhancing their understanding of this important anatomical structure and its relevance in clinical practice.



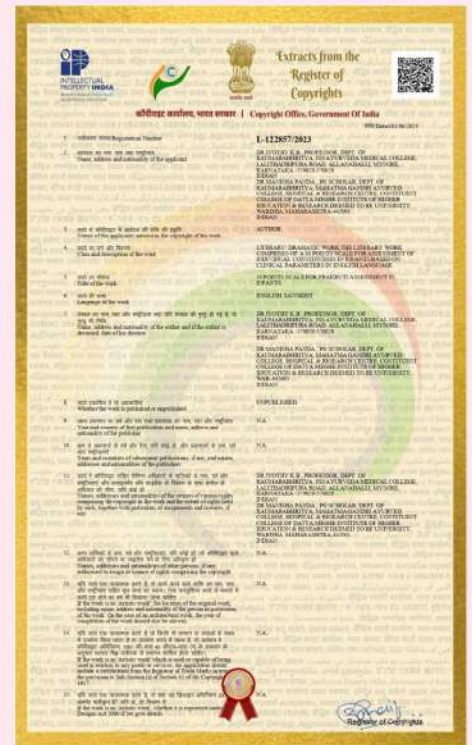


Dr. Jagadish Mitti, the esteemed Professor and Head of the Department of Rasashastra and Bhaishajya Kalpana at JSS Ayurveda Medical College & Hospital in Mysuru, delivered an expert lecture on the topic "Recent Developments in Pharmacovigilance." This informative lecture took place on August 7, 2023, at Bhagawan Mahaveer Jain Ayurvedic Medical College in Gajendragad, Gadag. Dr. Mitti's insights and expertise on the subject provided valuable knowledge to the students, keeping them updated on the latest advancements in pharmacovigilance.



Dr. Rajendra Prasad, an Assistant Professor in the Department of PG and Ph.D. Studies in Rasashastra and Bhaishajya Kalpana, and Master Puran, a student in their third year of BAMS, showcased their exceptional skills at the International Karate Championship held on August 6, 2023, in Shivamogga. Dr. Rajendra Prasad demonstrated remarkable proficiency, securing the

1st prize (Gold) in the Master Kata category for participants aged 44 years and above. Master Puran displayed outstanding talent, clinching the 1st prize (Gold) in Kata and the 3rd prize (Bronze) in Kumite among participants in the 22 years category. Their achievements exemplify dedication and excellence in the field of karate.



Dr. Jyothi K.B., Professor in the Department of PG Studies in Koumarabhruthya, JSSAMC, Mysuru, has achieved a significant milestone by receiving a copyright for the "10-Point Prapruthi Assessment Scale in Infants." This accomplishment highlights her valuable contribution to the field of healthcare and infant assessment.





JSS Ayurveda Medical College and Hospital in Mysuru celebrated the 77th Independence Day with staff and students. The Chief Guest for the event was Dr. Ashwini Siddaramaiah, a philanthropist from Mysuru, who hoisted the flag. The event featured various cultural and literary

competitions, including patriotic song singing, essay writing, pencil sketching, and rangoli. The NSS Unit organized these events for both UG and PG students, with prizes awarded to the winners, making it a memorable Independence Day celebration.



## REPORT ON GUEST LECTURE CONDUCTED ON THE TOPIC- CRITICAL ANALYSIS ON PHARMACODYNAMICS OF NASYA

The Department of PG Studies in Panchakarma at JSS Ayurveda Medical College and Hospital, Mysuru, organized a guest lecture in commemoration of the 108th Jayanthi celebration of His Holiness Jagadguru Dr. Sri Shivaratri Rajendra Mahaswamiji. A lecture on "Critical Analysis on Pharmacodynamics of Nasya" was held on August 30, 2023. The guest speaker was Dr. Supriya V Guddad, an Associate Professor from the Department of PG Studies in Panchakarma at SVMAMC, Ilkal. The session commenced at 3:00 pm, and Dr. Niharika J, a second-year PG scholar from the Department of Panchakarma, presided over the ceremony. All Panchakarma department staff, PG scholars, and

final-year BAMS students attended the lecture. Dr. Supriya V Guddad shared her knowledge on the pharmacodynamics of Nasya, which was well-received by our undergraduate, postgraduate

scholars, and staff. A question and answer session followed the lecture, and the session concluded at 4:00 pm with a vote of thanks delivered by Dr. Veena G Rao, the Professor and Head of the Department of Panchakarma.



### Patients speak

I am Anil Kumar, employed in the police department. Since 2018, I've been grappling with rising cholesterol and triglyceride levels, and despite seeking treatment at various places, my health showed no improvement. My fortunes changed when I visited Dr. Sushmitha CT at JSS Ayurveda Hospital. Following a 7-day treatment regimen under her care, my health took a positive turn. The treatment encompassed a holistic approach, including a personalized dietary plan, yoga sessions, and complementary therapies. I am delighted to report that

I have regained my health, and my lipid profile has returned to normal. I extend my heartfelt thanks to Dr. Sushmitha CT and the entire hospital team for their expertise and unwavering support during my recovery.

- Anil Kumar

I sought consultation at JSS Ayurveda Hospital for my elevated cholesterol levels and sleep problems. During my visit, I consulted with Dr. Sushmita, who not only devised a comprehensive treatment plan but also provided dietary guidelines for my entire stay. In just nine days of admission, this treatment plan, in conjunction with the prescribed diet,

remarkably lowered my cholesterol and triglyceride levels from dangerously high to acceptable ranges. Additionally, Dr. Sushmita's acupuncture sessions effectively addressed my sleep issues, allowing me to fall asleep more easily and enjoy restful nights. My overall experience at the hospital was excellent, thanks to the professionalism and friendly demeanor of the staff, as well as the comfortable accommodations. I wholeheartedly recommend this hospital to individuals dealing with similar health concerns.

- Charan Vallapaneni



## Rachana Shareera

To commemorate the 108th Jayanthi Celebration of His Holiness Jagadguru Dr. Sri Shivaratri Rajendra Mahaswamiji, the Department of Rachana Shareera organized a Guest Lecture on the topic "General Anatomy of Arthrology." The lecture was delivered by Dr. Harshavardhan V. Byaliha, who is a Professor and the Head of the Department of PG Studies in Rachana Shareera at RGES Ayurvedic Medical College and Hospital in Ron, on August 30, 2023. During his lecture, Dr. Byaliha emphasized the importance of comprehending Arthrology, including its various types, examples, movements, and clinical relevance.



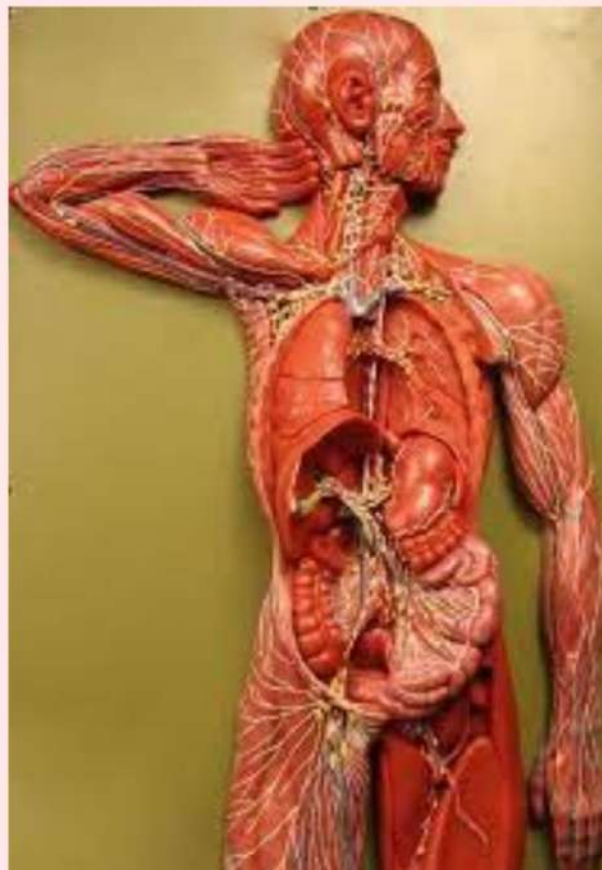
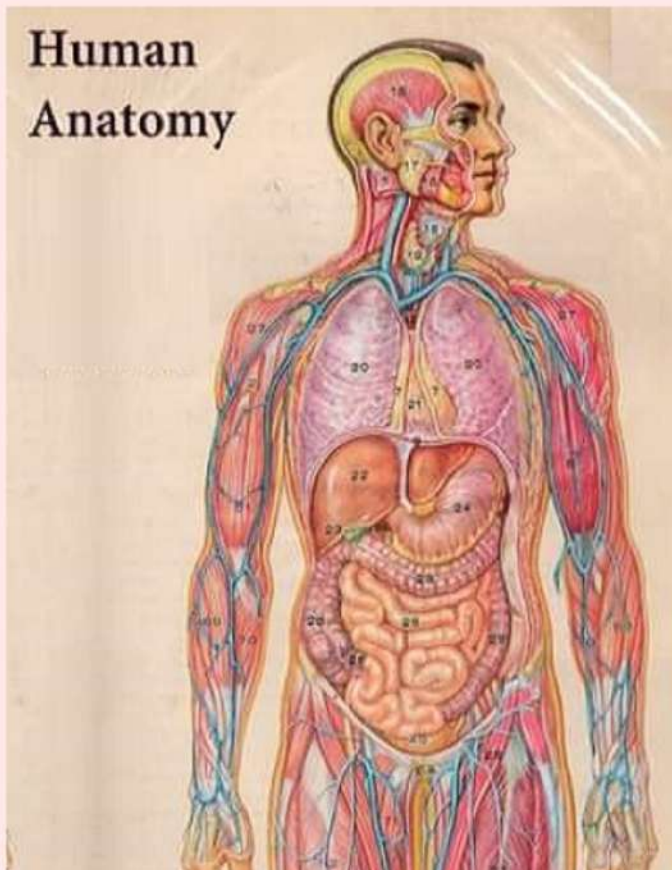
Dr. Harshavardhan V. Byaliha delivering Guest Lecture



Felicitation to Dr. Harshavardhan V. Byaliha



### Human Anatomy





# Beetroot Juice

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

## A) Introduction:

Beetroot, scientifically known as *Beta vulgaris*, belongs to the *Betoideae* family and is commonly referred to as red beet, table beet, or garden beet.

## B) Nutritional Value of Beetroot Juice:

Beetroot juice is packed with nutrients, including bioactive compounds like polyphenols, betalain, folates, inorganic nitrates, vitamins, and minerals. Here are the nutritional components per 100ml:

- Energy: 38kcal
- Carbohydrates: 8.75g
- Sugar: 8.75g
- Protein: 0.42g
- Calcium: 17mg
- Potassium: 242mg
- Iron: 0.75mg
- Phosphorus: 17mg
- Sodium: 54mg
- Magnesium: 17mg
- Folate: 30mg
- Vitamin C: 2.5mg

## C) Preparation of Beetroot Juice:

To prepare beetroot juice, wash, peel, and cut the beetroot into long slices. You can enhance the flavor by adding ginger, mint leaves, a pinch of salt, and a few drops of lemon juice (optional). Blend all the ingredients in a juicer or blender to create a tasty beetroot juice.

## D) Properties of Beetroot Juice:

Beetroot juice possesses antioxidant, antimicrobial, antifungal, and anti-inflammatory properties.

## E) Benefits of Beetroot Juice:

- **Cancer Prevention:** Beetroot juice, containing betalain, may exhibit antioxidant properties that reduce the risk of certain cancers, such as cervical, ovarian, and bladder cancer.
- **Weight Loss:** The red betalain pigment in beetroot may aid in weight loss, potentially through its antioxidant activity.
- **Blood Pressure Regulation:** Beetroot juice's high nitrate content can be converted to nitric oxide, a vasodilator that helps lower blood pressure by expanding blood vessels.
- **Anemia Management:** Research suggests that beetroot consumption can increase packed cell volume, hemoglobin concentrations, and red blood cell counts. It's rich in folic acid, essential for red blood cell production.
- **Vitamins:** Beetroot juice is rich in vitamin A, promoting proper eyesight and preventing night blindness, and vitamin C, which aids wound healing, infection prevention, and immune system support.
- **Fiber:** High fiber content supports a healthy digestive system, reducing the risk of constipation, diarrhea, IBS, and colon diseases.
- **Protein:** It's a good source of plant-based protein essential for overall tissue growth and development.
- **Folic Acid:** Abundant in folic acid, vital for embryo growth and



preventing neural tube defects like spina bifida.

- **Calcium:** Beetroot juice is rich in calcium, necessary for strong bones and osteoporosis prevention.

## In Conclusion:

Beetroot juice, with its nutrient richness, anti-inflammatory, and antioxidative properties, has gained popularity for its potential health benefits. Including beetroot juice in your daily diet can contribute to improved well-being and longevity.



## Regain Life! Recreate Yourself!

### Paralysis Treatment Camp

October 5 to October 31, 2023

Paralysis is sudden or gradual onset of partial or complete inability to move or control the body parts. It can affect any part of the body like face, one arm or leg, one side of the body, both legs or arms.

#### Common paralysis symptoms are:

- Immobility
- Muscle weakness, stiff or floppy
- Visible muscle loss
- Numbness or pain in the affected body part
- Involuntary twitches or cramps

#### Common causes of paralysis include:

- Stroke
- Spinal cord injury
- Cerebral palsy
- Multiple sclerosis
- Brain or spinal cord tumours
- Incomplete development of the brain, or spine
- Infections, such as meningitis, encephalitis, and polio
- Motor neuron diseases
- Autoimmune diseases
- Inherited disorders

A treatment camp for patients suffering from paralysis is scheduled from 05<sup>th</sup> October to 31<sup>st</sup> October 2023, to avail the benefits of special "Ayurvedic Panchakarma" treatment and to ensure the best care in early mobilization and correction of neurological deficits of the patients of stroke/paralysis. There will be special offer on Panchakarma therapy charges. Patients should enrol within a week and can avail the treatment facilities.



For further information  
& Enrolment Contact:

**9844549152**  
**8431444499**

## Upcoming Camps

### October 2023

#### Yoga Classes for Public

01.10.2023 to 31.10.2023

#### Refraction Errors in children

02.10.2023 to 07.10.2023

#### Amlapitta

04.10.2023 to 31.10.2023

#### Respiratory Disease

05.10.2023 to 11.10.2023

#### Paralysis Treatment Camp

05.10.2023 to 31.10.2023

#### Anti Obesity

06.10.2023 to 21.10.2023

#### Hypothyroidism

07.10.2023 to 14.10.2023

#### Depression

09.10.2023 to 14.10.2023

#### DM & Its Complications

11.10.2023 to 18.10.2023

#### Vaginal Infection

16.10.2023 to 21.10.2023

#### Kampavata

23.10.2023 to 28.10.2023