



JSS Ayurveda Medical College & Hospital, Mysuru

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JSS AYUR BULLETIN

Monthly Newsletter

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Naturopathic & Yogic remedy for Low back pain

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JSS Ayurveda Hospital Mysuru.*

Low back pain is a prevalent global musculoskeletal condition and the leading cause of disability worldwide. It affects a large number of individuals, making rehabilitation crucial. The signs and symptoms of low back pain include tenderness, stiffness, radiating pain into the buttocks or legs, difficulty standing erect, weakness and leg fatigue while walking, and a constant nagging dull or achy pain in the back.

Causes of Low Back Pain:

1. Sudden twisting or bending of the back.
2. Occupations involving lifting, twisting, or bending.

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3. Rheumatoid arthritis or osteoarthritis causing joint pain and inflammation.
4. Compression fractures in the spine, particularly in older women with osteoporosis.
5. Poor posture and lack of exercise.
6. Weak abdominal muscles and obesity.
7. Disc herniation.
8. Pregnancy-related back pain.
9. Spondylolisthesis.
10. Scoliosis.

Complementary and Alternative Therapies:

Several complementary and alternative therapies can aid in preventing and treating low back pain. These include acupuncture, massage therapy, regular exercises, yoga, stretching, weight loss, and proper lifting techniques.

Yogic Postures to Reduce Low Back Pain:

1. Trikonasana
2. Veerabhadrasana
3. Ardakatchikrasana
4. Katichakrasana
5. Uttitha Padasana
6. Lumbar Stretching



7. Sethu Bandhasana
8. Paranamukthasana
9. Bhujangasana
10. Shalabhasana

Self-Care Tips:

1. Balance rest and exercise.
2. Use ice packs or heat for temporary relief.
3. Avoid prolonged sitting; use a chair with good back support.
4. Support the lower back with a pillow when driving.
5. Wear low-heeled comfortable shoes.
6. Sleep on your side with a pillow between your knees or use a pillow under your knees when lying on your back.
7. Take short breaks when sitting for extended periods.
8. Change lifting techniques, using your legs rather than your back for power.



SAMSKARA-2023

PG TRANSITIONAL CURRICULUM – INAUGURATION on 21-12-2023

The inaugural function of the orientation program for the newly joined PG scholars of the institution – SAMSKARA – 2023, was held on Wednesday, 21/12/2023. Dr. S. P. Dhanabal, Principal JSS College of Pharmacy, Ooty, was the Chief Guest.

PG Coordinator Dr. Beena M. D. proposed a welcome to the gathering, followed by the formal inauguration of

the program by lighting the lamp by the dignitaries. All the newly inducted PGs were introduced and welcomed with a floral greeting by the seniors.

Dr. Nimmi A. N, Final Year PG Scholar, Dept of Swasthavrutta, Dr. Anushree A. B. C - Second Year PG Scholar, Dept of Prasoothi Tantra and Stree Roga, and Dr. Shashikala - Second Year PG

Scholar, Dept of Kayachikitsa shared their opinions and experiences in this college during their studies.

In his Chief Guest Address, Dr. S. P. Dhanabal stressed the need for research, multidisciplinary research, and a holistic approach. Dr. Sarbeswar Kar, Principal of our institution, delivered the Presidential Address.



EVENTS ORGANIZED



Our students Sapana, Priyadarsini, Atria, Spandana, Tejaswini, and Dr. Shashikala received certificates of appreciation for being the toppers in Shareera Kriya and Rachana at the Garbhakruti International Seminar.

Ms. Sapana S. Kagale, a student of our institution, received a gold medal for being the University topper in Rachana Sareera and Kriya Sareera. The award was presented by AISRI (All India Shareera Research Institute) during

the valedictory ceremony of Garbhakruti, the International Conference on embryogenesis organized by the Department of Rachana Shareera, SDM Hassan, on 16/12/2023.

Upcoming Camps February 2024

Yoga Classes for Public
01.02.2024 to 29.02.2024

Varicose Veins
01.02.2024 to 29.02.2024

Hypothyroidism
01.02.2024 to 10.02.2024

Diabetic Foot Ulcer
05.02.2024 to 12.02.2024

Diabetes and its Complications
06.02.2024 to 29.02.2024

Migraine head ache
07.02.2024 to 17.02.2024

All Skin Diseases
11.02.2024 to 20.02.2024

PCOS
12.02.2024 to 17.02.2024

Depression
13.02.2024 to 20.02.2024

Eye and ENT Diseases
19.02.2024 to 24.02.2024

Diabetes
21.02.2024 to 29.02.2024



Raghupati Bhatt, Assistant Professor in the Department of Samhita and Siddhanta at JSS Ayurveda Medical College and Hospital, delivered a talk at the Suvarna Sankalpa program on Suvarna TV, focusing on astrology.



On the occasion of World AIDS Day, the Department of PG Studies in



Swasthavritta conducted a guest lecture on Anti-Retroviral Treatment for the control of HIV/AIDS. The lecture was delivered by Dr. B.K. Srinivas, Medical Officer at the ART (Anti-Retroviral Therapy) Centre, JSS Hospital, Mysuru.



Our students participated in an Inter Ayurveda college competition organized by the Ayurveda Academy for Swasthya Masa and Dhanvanthari



Jayanthi. They secured the 3rd prize for group song, and Dr. Kavya won the 2nd prize in the quiz.





Dr. Subhash Chandra Bose, Professor in the Department of PG Studies in Roga Nidana at JSS Ayurveda Medical College, Mysuru, was awarded a Doctor of Philosophy from Parul Institute of Ayurved, Vadodara, Gujarat, for the completion of Ph.D. work in Roganidana.



Dr. Gavimath Shivanand, Professor in the Department of PG Studies in Shalaky Tantra at JSS Ayurveda Medical College, Mysuru, was awarded a Doctor of Philosophy from Parul Institute of Ayurved, Vadodara, Gujarat, for the completion of Ph.D. work in Shalaky Tantra.



The Department of PG Studies in Panchakarma organized Vrutti Darshan 2023 on the topic "Raktachapa - Ayurvedic Perspective in Understanding & Management of Hypertension" on 04.12.2023. Dr. Gurubasavaraja, former Senior Professor and consultant of JSS Ayurveda Medical College, presided over the event as an expert.



Dr. P. Sudhakar Reddy, Professor and Head of the Department of PG Studies in Swasthavritta, actively contributed as a Plenary Session Speaker at the Global Ayurveda Festival in Thiruvananthapuram held from 1st to 5th December.



JSS Academy of Higher Education & Research, Mysuru, India & South Kazakhstan Medical Academy, Kazakhstan Host Institution: JSS College of Pharmacy, Rocklands, Ooty, India		
International Conference on "Exploring the Potential of Ayurveda in Promoting the Well-Being of Human Beings, Animals, Environment, Plants and Animals" on the 8 th Ayurveda Day (Theme: Ayurveda for everyone on every day)		
Students E-Poster Winners		
Name	College	Prize
Lahari Priya M	JSS College of Pharmacy Ooty	I
Kolhe Prajwal Vilas	Anurathavilini OF Pharmacy Ooty	I
Rachira Salunkhe	Prin K M Kundnani College Of Pharmacy, Cuffe Parade, Mumbai	I
Yamuna K	JSS College Of Pharmacy Ooty	II
Pavan Kumar Singh	Prin K M Kundnani College Of Pharmacy, Cuffe Parade, Mumbai	II
Neeru Dagar	JSS College Of Pharmacy Ooty	II
Vinodhini	SRM Dental College, Chennai	II
Vishnu Kumar Malakar	JSS College Of Pharmacy Ooty	II
Ganavi C.V	JSS Ayurvedic Medical College and Hospital, Mysuru	III
Raju Wadekar	Shri Vile Parle Kelavani Mandal's Institute of Pharmacy, Maharashtra	III
KV Anjali	JSS Ayurvedic Medical College and Hospital, Mysuru	III
Sara Sultana	JSS Dental College and Hospital, Mysuru	III
Shuma Fayera	Dambi Delle University, Ethiopia	III
Sannet Patricia	Kangri Naturopathy and Yoga Medical College	III
Anu	CSIR-NIScPR Academy of Scientific and Innovative Research (AcSIR)	III

Congratulations to all the winners

Our college's PG scholars, Dr. Ganavi (Swasthavritta) and Dr. KV Anjali (Roga Nidana), achieved the third prize in the e-poster presentation at the International Conference on "Exploring the Potential of Ayurveda in Promoting the Well-Being of Human Beings, Animals, Environment, Plants, and Animals." The conference was held on the 8th Ayurveda Day, organized by JSS Academy of Higher Education & Research, Mysuru, and South Kazakhstan Medical Academy, Kazakhstan. The event was hosted by JSS College of Pharmacy, Ooty, on 28th November 2023. Congratulations to the scholars for their outstanding achievement!



The Department of Research and Development at JSS Ayurveda Medical College, Mysuru, organized a seminar on Recent Research Trends on 5th December 2023. Dr. B. Ravishankar, former head of the Pharmacology Laboratory at IPGT & RA Jamnagar, served as the resource person for the seminar.



Presentation in the faculty session of GARBHAKRUTI-International seminar on embryogenesis held at SDM College of Ayurveda, Hassan, from 14-12-2023 to 16-12-2023. The topic of his presentation was "A pragmatic review on the Ayurveda concepts and implications of Reproductive and Developmental Toxicity."

Additionally, Dr. Visal S Kumar was honored with the Best Scientific Oral Paper Presenter award at the Global Ayurveda Festival Kerala - 2023, an International Conference held in Thiruvananthapuram from 01-12-2023 to 05-12-2023. The topic of this presentation was "Case report on twins with Neuronal Ceroid Lipofuscinoses - A neurodegenerative disorder and its integrated approach." Congratulations to Dr. Visal S Kumar for these remarkable achievements!



Dr. Visal S Kumar, Assistant Professor in the Department of PG Studies in Kaumarabhritya, achieved notable recognition. He received the FIRST PRIZE in Scientific Oral Paper



Dr. Shashikala. V, a 2nd Year PG Scholar in the Department of PG Studies in Kayachikitsa, has received the Best Poster Presentation Award at the National seminar on Dermatology and Cosmetology, "TVAKSHUDDHI 2023." The seminar took place on 9th December 2023 at Muniyal Institute of Ayurveda Medical Sciences, Manipal. Congratulations to Dr. Shashikala. V for this well-deserved recognition!