

## Acupuncture

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In the Chinese Language,

Acu = Needles

Pungue = Prick

Acupuncture is a therapy where sterilised needles are pricked to specific points on the human body to treat various diseases. The history of Acupuncture dates back to the stone age. The primitive man, while hunting and chasing animals, used to get pricks of thorns or sharp stones accidentally. As a coincidence, his one or the other illness started getting healed within the few days of that prick. This promoted him to correlate and invent Acupuncture to cure many



diseases as a treatment. He could find relief from specific conditions by pricking particular points on the body. Later, as days and years passed, this science got "Rajashraya" (King's Support) in the northeastern part of India during Buddhism. As a result of Buddhists migration worldwide, Acupuncture is well established and practised in China and Srilanka and is recognised as Chinese Acupuncture.

### Hypothesis:

The 'Prana', the body's vital energy, is called "Qi" (Chi) in Chinese. It has two aspects, "yin" and "yang" which is negative and positive energy. Both are equal and opposite in their features. This energy is the vital fuel to conduct all biological activities of the human body. The harmony between these two aspects of power is the state of health. This energy flow is channelised in the body through "Meridians", which

Indians call "Nadis". According to the Chinese, there are 12 paired meridians in the human body. Whenever a person doesn't follow natural laws, follows wrong food habits, has an improper lifestyle and leads a stressful life, his energy channels get blocked. This leads to pathological alterations in the tissues and biochemical changes in body fluids leading to disease. Hence, to channelise the energy, one can select specific points on the meridian, prick the needles into them and release the block to make energy flow easily. Such energy points are more than thousands all over the body. The physician's skill and experience enable him to treat the disease with minimum pricks, not more than 15 to 20 needles. According to modern science, due to Acupuncture, there will be minor tissue injury, activating the defence and healing mechanism of the body, leading to repair and healing. The pain stimulus also triggers the immune agents, healing enzymes and happy hormones naturally to combat the disease condition.

### Procedure:

To conduct Acupuncture, sterilised needles of 36 gauge with metals like stainless steel, silver, or gold can be

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used. Once used, needles can be disposed or reused with the same patients after dipping them in surgical spirit for 24 hours. Depending on the site of the prick, needles can be pricked at three angles 90, 45 and 15 degree. Duration pieces of papers of the treatment is daily 20 to 30 minutes, about a maximum of 45 minutes for continuously seven days to a maximum of 15 days. After 15 days, a short gap of 1 month can be given to conduct another sitting of 15 days.

Indications and contraindications Acupuncture is beneficial to alleviate pain during Headache, Low backache, Cervical spondylosis, Migrain, Pain abdomen due to gastritis or menstrual cycle, OA of Knee joint, Poly arthritis, Rheumatoid Arthritis, Sports Injuries, Muscle Spasm, Neuralgia, Frozen shoulder, and other conditions like Paralysis, Neurogenic, Bladder, Diabetic neuropathy, varicose veins, Calcaneal spur, Menstrual irregularities, Dental field for tooth extraction without local anaesthesia, painless childbirth during normal labour, There are many pieces of papers evidence of conduction of C-section without anaesthesia, with Acupuncture in countries like Srilanka and China. It is also helpful in vertigo, Irritable bowel syndrome, infertility, Bronchial asthma etc. Acupuncture is contra-indicated in all malignancies, infectious diseases and pregnancy.

## Inauguration of national nutrition week at Govt Higher primary school, Uttanahalli Mysuru



## KRIYA KAUSHALAM 2022 WORKSHOP ON NETRA KRIYAKALPA

The Department of Postgraduate Studies in Shalakyta Tantra, JSS Ayurveda Medical College, organised a one-day KRIYA KAUSHALAM 2022 workshop on Netra Kriyakalpa for Interns and Postgraduates on 27/08/2022 at the premises.

The workshop was inaugurated by Dr. S K Prabhakar, Professor and HOD, Department of Ophthalmology, JSS Medical College and Hospital, Mysore. During his inaugural speech, he called upon the junior doctors and postgraduates to focus on the research areas through which they

should help humanity. He emphasised that Susruta's ancient contributions are still relevant in the present era and must be validated with current scientific protocols.

Another guest Dr. Mohankumari K M, HOD Department of Shalakyta Tantra, GAMC Mysore, spoke about the significance and adaptability of traditional ophthalmic treatments while treating difficult disease conditions of the eyes.

Dr. Sarbeswar Kar, Principal JSSAMC, who gave the introductory message



on Kriya Kaushalam 2022, reiterated the adaptability and validation of Netra Kriyakalpa with a more scientific base. He also spoke about different conditions of the eyes and their management with ancient Kriyakalpa. Nearly 100 delegates participated from various colleges across Karnataka. The workshop demonstrated the classical Ayurvedic ophthalmic treatment modalities effectively to the delegates and faculties. Few delegates also underwent hands-on training. Certificates were distributed in the concluding session.



## Report on KARMA KOUSHALYA - 2022

Department of PG studies in Panchakarma, JSS Ayurveda Medical College, Mysuru in Commemoration with 107th Jayanti Celebration of his holiness Jagadguru Raja Gurutilaka Dr. Sri Shivaratri Rajendra Mahaswamiji organised "**Karma Koushalya 2022**" a three days Panchakarma Hands-On Training from 24/8/2022 to 26/8/2022 for Internees of various Ayurveda Colleges across Karnataka. Thirty delegates from different colleges of Karnataka, like KTG Bengaluru, TMAE Bagalkot and KAMC Mangalore, participated in the program.

The inauguration was on 24th August 2022. To start with invocation was by Dr. Abhilasha, Panchakarma PG Scholar. Dr. Veena G Rao, Professor and HOD, Department of PG studies in Panchakarma, welcomed the guest & gathering. Chief Guest Dr. Pushpa lighted the lamp with other dignitaries.

Dr. Gurubasavaraj, former CMO & Chief Physician of our hospital, gave opening remarks. Principal Dr. Sarbeswarkar did the appraisal of the programme. Chief guest, Dr. Pushpa, DAO, Mysuru, explained the importance of Panchakarma & Ayush Doctors for the well-being of society. The presidential address was by the Dean of Academics, Dr. Rajesh Udupudi. Dr. Seetha Devi P., Reader, Department of PG studies, Panchakarma, proposed a Vote of Thanks. Dr Shalini, final year PG Scholar of Panchakarma Department was the master of Ceremony.



After the inaugural program, therapy demo sessions were organized. The staffs of the Panchakarma Department Dr. Veena G. Rao, Dr. Seetha Devi P., Dr. Jyoti, Dr. Manasa S. D. & Dr. Vineeth C. P. were the resource persons & gave hands-on training for the delegates through the PG Scholars with a professional touch.



First demo session was on Pinda Swedas like Valuka, Churna pinda sweda, Patra pinda sweda, Jambeera Pinda Sweda & Shashtika Shali pinda sweda.



The third demo session was the demonstration of Vamana Karma and Anuvasana Basti, and Niruha basti on 25th August.



Fourth session was on Shirodhara, Raktamokshana and especially Jaloukavacharana.



The second demo session was on Sthanika Bastis like Greeva basti, Janu basti, Kati basti, Ekanga Pichu & Nadi Sweda.





Fifth session was on 26<sup>th</sup> about Nasya Karma. Then Sarvanga Abhyanga, Kashaya Seka & Udvartana were demonstrated.



In all the sessions, under the guidance of our department staff, all Panchakarma PG Scholars actively participated in the demonstration of therapy & every delegate joined their hands in learning the treatment. After every session, there was a panel discussion in which the delegates addressed the queries on therapy & the treatment protocol for various diseases, were answered.



It was an excellent opportunity to witness practical sessions from our PG Scholars & our expert staff.

The hands-on training programme "Karma Koushalya – 2022" was successful regarding academic sessions, food and accommodation facility.

The three days sessions concluded with a valedictory function on 26<sup>th</sup> August 2022. Dignitaries Dr Vijaya Mahantesh Hugar, Associate Professor, Dept. Of PG Studies in Panchakarma, Govt. Ayurveda Medical College, Mysuru and Deputy Medical Superintendent, Govt. Hi-Tech Panchakarma Hospital, Mysuru, Dr. Sarbeswarkar, Principal, Dean Dr. Rajesh Udupudi, and organizing secretary Dr. Veena G Rao expressed their pleasure.

Dr. Abhilasha, final year Panchakarma PG Scholar gave the invocation, Dr. Seetha Devi P., Reader, Dept. of PG Studies in Panchakarma, welcomed the guests and the gathering, Dr. Veena G. Rao, Professor and HOD, Dept. of PG Studies in Panchakarma, put forth comprehensive report of the program. Dr. Jyoti, Reader, Dept. of PG Studies in Panchakarma, introduced the guest to the gathering. Chief Guest, Dr. Vijay Mahantesh Hugar, spoke on the importance of practical skills for a successful practice and praised the



department for organizing such a unique program, Dr. Rajesh Udupudi, Dean of academics, delivered the Presidential address. Dr. Manasa S. D., the Assistant professor, Dept. of PG studies in Panchakarma, rendered a Vote of Thanks. Master of Ceremony was Dr Vineeth, Assistant professor, Dept. of PG studies in Panchakarma.





**The Ganesha festival celebrated at JSS Ayurveda Medical College, Mysuru**



**Thiru Onam celebrated at JSS Ayurveda Medical College, Mysuru.**



**Dr. P Sudhakar Reddy, Professor and HOD Dept. of PG Studies in Swasthritta receiving National Award as Best Teacher by Ayurveda Teachers Association (Reg) at 4th National Conference, Pune on 16.08.2022**





## Female infertility – effective and safe treatment through Ayurveda

**Dr Vidya Narayan** Associate Professor, Dept of PG Studies in Prosoothi and Sthree Roga, JSS Ayurveda Medical College and Hospital Mysuru

Infertility is one of the predominant health issues that married couple face. It is the inability to conceive after a year of uninterrupted intercourse of reasonable frequency. Causes of infertility in women include ovarian, tubal, age-related, uterine problems, PCOS, endometriosis, etc. Among anovulatory causes of infertility, Polycystic Ovarian Syndrome (PCOS) plays a significant role. Polycystic Ovarian Syndrome (PCOS) is a common endocrinopathy which is a multifactorial and polygenic condition. It is manifested as oligoovulation or anovulation with signs of hyperandrogenism and multiple small ovarian cysts. Signs and symptoms vary among individuals over time. The exact cause of PCOS is unknown. Insulin resistance and hyperandrogenism play an essential role. The normal function of the Hypothalamic-Pituitary Ovarian axis is masked by inhibition of ovarian follicular development and inappropriate feedback to the pituitary.

Ayurveda, the science of life. States that who has Balanced Doshas, Balanced Agni, properly formed Dhatus, Balance of mind and proper excretion of malas is a Healthy person. PCOS is a disorder involving vata, pitta, Kapha, medas, ambuvaha srotas and artava dhatu. Which are all deranged. The popularity of fast foods is increasing in diet, and Guru, Madhura, Sheeta, Pichchila, and Snigdha properties are dominant with Jala and Prithvi Mahabhootas. This increases the quantity of Meda and Kapha in the body.

Faulty food habits, stress and anxiety, lead to vitiation of Jatharagni, which

further directs the production of Ama, which starts the pathogenesis of obesity leading to PCOS.

Lack of exercise, day sleep and overnight work increases Kapha. Vitiation of Vata, Kapha, and Pitta with Artava Dhatu. Dushti, mainly involves in the disease pathogenesis of PCOS as mentioned. Disturbed dietary pattern vitiates Agni, which can lead to the production of Ama. This results in the obstruction of Artavavaha Srota and Artava Dhatu Dushti arises.

These all events together affect the standard system and

Medo Dhatu Dushti leads deposition of fat in the form of cysts in the ovary. All these should be considered in treatment. PCOS can be prevented/treated with the help of Ahara (Balanced Diet), Vihara (Mode of Life) And Aushadha (Proper Medications).

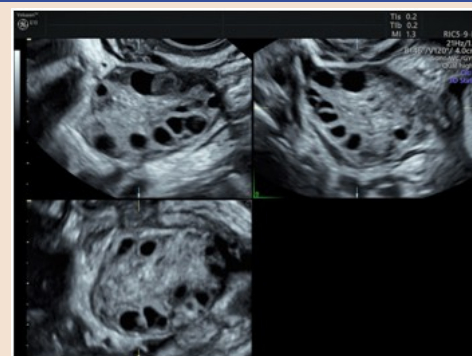
Below is a case report treated for secondary infertility.

Patient aged 26 years, female, c/o of irregular cycles since six months and anxious to conceive for the second baby since 8 – 9 months. She had taken allopathic treatment for about 7 to 8 months, but later she wanted to take Ayurveda treatment and approached our hospital for treatment. She was normal with normal menstruation since menarche. She had not experienced any difficulty conceiving for the first time and had conceived naturally. The ultrasonography reports showed the normal position and size of the uterus. The endometrial thickness was also average. The ovaries showed multiple follicles, especially in the periphery indicating mild bilateral PCOS. HSG

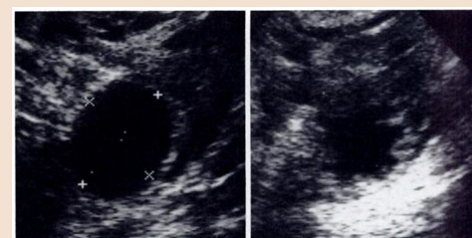
was normal, indicating regular bilateral tubes. A follicular study done 6 months back did not show a dominant follicle in two consecutive cycles.

She was treated for ovulation which aids conception. For Shodhana Karma, she was given Snehapana for five days. After that she was given Sarvanga Abhyanga and Bashpa Sweda. Finally, Virechana (Purgation). After that, she was treated with Ayurvedic Shamanaushadhis (Oral medications). After taking treatment for four months, she finally conceived and delivered a healthy male baby weighing 2.8 kg.

### BEFORE TREATMENT



### AFTER TREATMENT – DOMINANT FOLLICLE AFTER OVULATION



### SCAN AT 6 WEEKS OF PREGNANCY



## EVENTS ORGANIZED



An awareness rally was observed during World Breast Feeding week on 4-8-2022. It was organized by the Department of Prasooti tantra and Streeroga, Department of Koumarabhritya and the NSS unit of JSS Ayurveda Medical College Mysuru in association with Zilla panchayat Mysuru.



In connection with World Sanskrit Day, the Department of Samhita and Siddhanta, JSAMC, Mysuru, organised Sanskrit Saptah from 11th August 2022. Shloka recitation competition, Sanskrit conversations and Skit competitions were conducted for I BAMS students.



School Children's health check up at JSS Ayurveda Hospital Mysuru

NSS Unit of JSS Ayurveda Medical College, Mysuru, conducted the Har Ghar Tiranga campaign in the college and nearby villages as a part of Azadi ka Amrit Mahotsav on 12th August 2022.



## GHRITA (Medicated Ghee) Kannada – Tuppa



Benefits of Herbal Ghee:- Because of its unique ability to penetrate cells and cross the blood-brain barrier, Ayurveda considers Ghee a highly effective medium for transporting the healing nature of herbs very deep into our body tissues.

### 1. Brahmi Ghrita:

- Improves intelligence
- Enhance memory and higher mental functions.

### 2. Shankhapushpi Ghrita:

- Excellent nootropic herbal Ghee.



### 3. Panchatikta Guggulu Ghrita :

- Skin diseases

There are several medicated Ghrilas available in Ayurveda, and one has to consult a doctor to get the best benefits of medicated Ghee.



## Azadi Ka Amruth Mahotsav

Azadi Ka Amrutha Mahotsav-75th Independence day was celebrated at JSS Ayurveda Medical College with the union of all the JSS Health Science Institutes of JSS Mahavidyapeeta on 15th August 2022. Dr. C. G. Betsurmth, Executive Secretary, JSS Mahavidyapeetha, hoisted the flag. Sri. M.B. Halegowda, Freedom Fighter, Mysuru, was Chief Guest, Sri. R Mahesh, Director, Medical Education Division, JSS Mahavidyapeeta, Mysuru, was the President of the event.



JSS Ayurveda Medical college students bagged second prize in Inter-Institutional Competition held on the eve of Azadi Ka Amruth Mahotsav.

