



Management of Autism spectrum disorder (ASD) with Ayurveda- A Case Study

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Autism spectrum disorder is a Neurodevelopmental disorder with clinical features like difficulty in social communication, repetitive behaviour and lack of social interactions. The signs are usually seen between the age of 1-3 years. It is estimated that in 1 in 54 children, ASD is common and more likely to be seen in boys than girls. In Ayurveda, the disease can be diagnosed as Vata-Kaphaja Unmada based on the signs and symptoms and treated accordingly. This is a case report of an 8-year-old girl from a village in North Karnataka, suffering

from a delay in speech as per age and lack of eye contact associated with fear of unusual things and strangers for the past five years. After a full-term pregnancy followed by a C-section mode of delivery, the child did not cry immediately after birth and was in NICU for a week. The child was immunised as per the schedule with no significant similar family history. No significant incident in the past years could stimulate such symptoms in the child. The child was already on speech therapy for three years, and the parents reported mild improvement in speech with no improvement in the other symptoms. We devised a treatment for the overall development of the child. It included external therapies and internal medications to normalise metabolism, increase cognitive function, and improve social behaviour. In the 2nd follow-up after 14 days, the child could utter bi syllables and reciprocate the questions asked. There was a better improvement in digestion as well. Although no changes were reported in the 3rd follow-up (after 28 days), in the 4th follow-up (after 45 days), the fear of strangers had come down. There was

a noticeable improvement in eye contact and social behaviour. Many such Behavioural diseases like ADHD (attention deficit hyperactivity disorder), Developmental disorder (Global developmental delay), Mental retardation, Nutritional disorders and Cerebral palsy were managed with Ayurveda and found effective in physical and psychological problems and also in improving quality of life in such children. The good parental satisfactory index supports the results.



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EVENTS ORGANIZED

REPORT ON AWARD AND FELICITATION OF
DR SIDDESH ARADHYAMATH & DR ADITHYA J V

On 30th December 2022,

Maanava Hakkugala Sanga (Rgtd), Mysore, organised their 5th Annual celebration at Town Hall, Mysore. During the occasion, Dr Siddesh Aradhyamath, Professor and Head, Dept of PG & amp; PhD Studies in Shalya Tantra, was awarded the SADHAKA RATNA AWARD. Also, Dr Adithya J V, Assistant Professor, Dept of PG & amp; PhD Studies in Shalya Tantra, was felicitated.



4th-year BAMS students visited All India Institute of Ayurveda, New Delhi, as a part of an educational tour in December 2022.



National Pollution Prevention Day 2022 was observed on 2nd December 2022 by The Department of PG studies in Swasthavritta by organizing a guest lecture on Hazards and Prevention of Noise and Radiation by Dr. Chandrashekar, Assistant Professor & Chairman, Department of Environmental Science, KSOU, Manasagangothri, Mysuru.

Dr P Sudhakar Reddy, Professor and Head, Dept. Of PG Studies in Swasthavritta JSS Ayurveda Medical College and Hospital was the resource person at International Conference Series WINTER CARE - a talk held on handling Covid Variants. The conference was held on 26th December 2022.

Report of Seminar on Management of Individuals with Vestibular Disorders an Interdisciplinary Approach

The department of Shalakyata Tantra JSSAMC, Mysuru, along with the JSS Institute of Speech and Hearing, organised - a one-day seminar on the "Management of individuals with Vestibular disorders". It was held at Sri Rajendra centenary auditorium, JSS hospital, Mysuru.

Delegates from our college, the JSS Institute of Speech and Hearing, and the JSS College of Physiotherapy, Mysuru, participated in the event.

The dignitaries inaugurated the seminar with the divine invocation and the lightening of the lamp.

The inaugural address was rendered by Dr. Suma, Principal of JSS Institute of Speech and Hearing, Mysuru. Dr. Anuradha K, Associate professor and head of the Department of Microbiology Mysore Medical College and Research Institute, was the chief guest at the seminar.

Dr. Bharathi MP, Professor Department of ENT, JSS hospital, Mysuru, rendered the keynote address. She shared inputs on managing individuals with vestibular disorders.

The first session was by Dr. Niraj Kumar Singh, Associate professor of the Department of Audiology AIISH Mysuru, on the topic of Positional vertigo and Manoeuvres – Rationale, Procedure and Contraindication.

The second speaker was Dr. Sujeet Kumar Sinha, Associate professor of the Department of Audiology, AIISH, Mysuru. He spoke on Vertigo and Vestibular Rehabilitation therapy Rationale, Candidacy and Procedure.

The post lunch session was by Dr. Aparna Surendra, Senior consultant in the Department of Naturopathy and Yoga, on the topic of the Benefits of

Yoga on Individuals with Vestibular disorders.

The next session was by Dr. Sandhya Rani, Associate professor department of Shalakyata Tantra, Mysuru, who enlightened us regarding the importance of Ayurvedic treatment in managing individuals with Vestibular disorders.

The final session was by Ms. Shruthi Patil, Assistant professor, Department of Physiotherapy, JSS College of Physiotherapy, Mysuru, on the topic of the Role of physiotherapists in the Management of individuals with Vestibular disorders.

Dr. Sarbeshwarkar Sir, Principal JSS Ayurveda Medical College and Hospital, Mysuru, was the valedictory chief guest. He addressed the delegates about the importance of various Ayurvedic formulations in the Management of Vestibular disorders.



The seminar concluded with the delegates' feedback and an online E - certificate distribution to all the delegates.

Dr. P Sudhakar Reddy, Professor and Head, Dept. Of PG Studies in Swasthavritta, JSS Medical College and Hospital was the resource person at International Conference Series WINTER CARE - a talk on handling Covid Variants. The conference was held on 26th December 2022.





Rasadarshana 2022-23 - Dept of PG & Ph.D. studies in Rasashastra and Bhaishajya Kalpana held exam orientated Guest lecture series from on 13.12.2022 to 16.12.2022
Dr Bandeppa Sangolge, Professor and Head NKJAMC, Bidar, was the guest speaker and shared inputs on Parada Murchana.



Charaka Purvardha Swadhyay guest lecture series by Dr. Arpana P V, Associate professor, Department of Samhitha and Sidhant, Sri Sri College of Ayurveda, Bengaluru.



Dr Nimmi AN, Second year PG scholar Dept of PG Studies in Swasthavritta, secured First Prize in the National Essay writing competition held by EASY Ayurveda on World Heart Day 2022.



Non-lecture classes for 1st year BAMS Students held by Dr Santosh Asst. Prof Dept of PG Studies in Dravyaguna.



Free Medical Camp held at Kalmalli on 30.12.2022



Free Medical Camp held at Beligere on 21.12.2022



On World AIDS Day, 1st December 2022, the Department of PG studies in Swasthavritta organized a guest lecture on the topic, Equalize Achieving Equality to End HIV, by Dr. Amoghashree, Assistant Professor, Department of Community Medicine, JSS Medical College, Mysuru.



A guest lecture was organised for PG scholars and II BAMS students by the Department of PG studies in Dravyaguna and the Department of PG and PhD studies in Rasashastra Bhaishajya Kalpana on 2nd December 2022 by Dr. Latha Damle, Chief Scientific Officer, Atrimed Biotech, Bangalore on the topic, "Pharmacokinetics and Drug interactions".



An interactive session for UG and PG scholars was organized at JSS Ayurveda Medical College, Mysuru, on 6th December 2022. The program was inaugurated by Dr Girish Tillu, Scientist and fellow of Complementary and Integrative Health Savitribai Phule, Pune University, Pune.



The ball badminton team of JSS Ayurveda Medical College, Mysuru, bagged 4th place at the JSS Inter Institute state-level sports event held at Suttur Sri Kshetra, Mysuru.



Our 2nd year UG scholar Mr. Puran, participated in state-level open Karate championship, organised by Anil Martial Arts Academy and won second place (silver) held at Bengaluru on 4th December 2022, under the guidance/ training by Sensai Dr Rajendra Prasad Assistant Professor Department of RSBK, JSS Ayurveda Medical College and Hospital, Mysuru.



Dr. Sushmita and Dr. Apurva, PG Scholars of Dept of PG studies in Panchakarma, JSS Ayurveda Medical College, Mysuru, bagged 2nd and 3rd Prizes in offline oral paper presentations at National Seminar Praketha-22, held at Govt Ayurveda College, Thiruvananthapuram.



As part of Graha Chikitsa (Daiva Vyapashraya), Agnihotra Homa was performed in JSS Ayurveda Hospital, Mysuru, in December 2022 for the total well-being of the patients.

Upcoming Camps - February 2023

Sl No.	Date	Department	Name of the Camp
1	06.02.2023 to 11.02.2023 13.02.2023 to 18.02.2023 20.02.2023 to 25.02.2023 27.02.2023 to 04.03.2023	KAYACHIKITHSA	Neck and Back Pain Multiple Joint Pain Amlapitta/GI Disorders Hypothyroidism
2	01.02.2023 to 10.02.2023	PANCHAKARMA	Arogya Ayushya
3	13.02.2023 to 18.02.2023	SHALAKYA	Infectious Diseases of the Eyes
4	01.02.2023 to 28.02.2023 01.02.2023 to 13.02.2023	SWASTHAVRITHA	Anti Obesity Camp Diabetes
5	13.02.2023 to 18.02.2023	PRASOOTHI AND STHREE ROGA	PCOD
6	06.02.2023 to 11.02.2023	SHALYA	FISTULA-IN-ANO
7	05.02.2023	BALAROGA	Swarnaprasana

