



## BOTTLE GOURD JUICE FOR WEIGHT LOSS

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### Introduction:

The bottle gourd, scientifically known as *Lagenaria siceraria*, is a versatile and mild-tasting vegetable widely used in cuisines around the globe. This elongated, bottle-shaped gourd belongs to the cucumber family (*Cucurbitaceae*).

With its tender, pale green flesh and subtle flavor, the bottle gourd is a popular choice for soups, stews, curries, and stir-fries. At only 14 calories per 100 grams, it is a low-calorie yet nutrient-dense addition to your diet. Its high water content promotes hydration and a feeling of satiety, making it especially beneficial for weight management.

Loaded with essential nutrients like

vitamins A and C, bottle gourd offers numerous health benefits. Beyond aiding weight loss, it boasts

detoxifying properties, helping cleanse the system and improve overall well-being.

### How to Prepare Bottle Gourd Juice



Here's a step-by-step guide to making fresh, healthy bottle gourd juice:

#### 1. Preparation:

- Wash the bottle gourd thoroughly and peel it.
- Cut it into smaller pieces, removing the seeds if they are large and hard.

#### 2. Blend the Bottle Gourd:

- Place the peeled and chopped bottle gourd pieces into a blender.
- Add ginger, mint leaves, and cilantro for added flavor.
- Pour in a little water (about  $\frac{1}{4}$  to  $\frac{1}{2}$  cup) to facilitate blending.
- Blend until smooth, ensuring the mixture is completely pureed into a green liquid.

#### 3. Strain the Juice:

- Use a fine mesh strainer or

muslin cloth to strain the pureed mixture.

- Separate the juice from any remaining pulp or solids, resulting in a clear and smooth liquid.

#### 4. Flavouring and Sweetening (Optional):

- Add lemon juice, honey, sugar, or black salt to enhance the taste according to your preference.

#### Nutritional Value Of Bottle Gourd:

Bottle gourd is more than just a delicious vegetable; it is a nutritional powerhouse packed with essential nutrients like vitamins A and C, along with minerals such as calcium and potassium. Below is the nutritional breakdown per 100 grams:

Nutrient	Amount per 100g calories
Bottle gourd	15
Water	92%
Protein	0.6g
Carbohydrates	3.4g
Sugars	1.4g
Fat	0.2g
Vitamin A	0.04mg
Vitamin C	8.8mg
Calcium	26mg
Iron	0.2mg

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## BENEFITS OF BOTTLE GOURD IN YOUR WEIGHT LOSS DIET

### 1. Low in Calories

Bottle gourd is extremely low in calories, with just 15 calories per 100 grams, allowing for generous portions without adding excessive calories to your diet. Its volume and ability to promote satiety help control hunger, making it ideal for maintaining a calorie deficit.

### 2. Promotes Detoxification

Bottle gourd's high water content supports detoxification by flushing out toxins and promoting kidney function. Additionally, its dietary fiber aids in regular bowel movements, helping eliminate waste and toxins from the body efficiently.

### 3. High Water Content

With a 92% water content, bottle gourd aids digestion, metabolism, and hydration. Its high water density reduces calorie intake while promoting fullness, preventing overeating. Proper hydration further supports skin health, organ function, and overall well-being, creating a conducive environment for weight management.

### 4. Rich in Dietary Fiber

The dietary fiber in bottle gourd enhances digestion, prevents constipation, and stabilizes blood sugar levels. It promotes prolonged fullness, reduces cravings, and aids in calorie control, making it a vital addition to a weight-loss-friendly diet.

### 5. Nutrient-Rich Profile

Bottle gourd is rich in vitamins A, C, and K, along with minerals like calcium and magnesium. These nutrients boost

metabolism, stabilize blood sugar, and prevent cravings while promoting satiety. Its low glycemic index further supports weight loss by maintaining steady blood sugar levels.

### 6. Supports Digestive Health

Its high fiber and water content promote healthy digestion and regular bowel movements while contributing to fullness. By enhancing gut health, bottle gourd supports calorie control and weight loss.

### 7. Low in Fat

Bottle gourd contains minimal fat, making it an excellent choice for those aiming to reduce fat intake without sacrificing nutrition. Its low-fat content aids in creating a calorie deficit and supports cardiovascular health by avoiding saturated fats.

### 8. Balances Blood Sugar Levels

The fiber and nutrients in bottle gourd prevent blood sugar spikes and crashes, reducing cravings and promoting steady energy levels essential for weight management.

### 9. Boosts Metabolism

Packed with essential nutrients, antioxidants, and minerals like potassium, bottle gourd stimulates metabolism and supports efficient calorie burning. Potassium, in



particular, aids fluid balance and metabolic processes, ensuring optimal energy utilization.

### Conclusion

Incorporating bottle gourd into your diet not only helps manage weight but also provides essential nutrients, supports digestion, balances blood sugar, and enhances metabolism. This low-calorie, nutrient-dense vegetable is a versatile and beneficial choice for achieving and maintaining your weight loss goals.



## EVENTS ORGANIZED - SHOURYA 2024



Annual college Sports was conducted from 14th to 17th November 2024 at JSS Ayurveda Medical College. The sports event was formally inaugurated by lighting the Sports Torch Light by the Chief Guest Miss Nandini, Athlete and Karate Belt Holder, Mysuru. Students actively participated in various events like Volley Ball, Throw Ball, Kabaddi, Tug of War, etc.

## AARAVA AND ALANKARA 2024



College Cultural and Literary competitions were conducted successfully on 11th, 12th and 13th of November 2024 at JSS Ayurveda Medical College, Mysuru. Students participated in different events like Group song, Group dance, T-shirt painting, Poem writing, Mono-act, etc and won various prizes.





## KANNADA RAJYOTSAVA & INSTITUTIONAL COLLEGE DAY



Kannada Rajyotsava and Institutional College Day was celebrated on 28-11-2024 in the College campus. The celebration started with the Kannada Rajyotsava Procession followed by offering flowers to the Jagadambike



Devi. The Chief Guest for the event was Dr. H Basavanagowdappa, Vice-Chancellor, JSSAHER, Mysuru. Sri R. Mahesh, Director Medical Education Division, was the Guest of Honour. Dr. Sarbeswar Kar, Principal, JSSAMC,



Mysuru presided over the function. The winners of Academic, Cultural, Literary and Sports events were awarded with the prizes. The event was later continued with various Cultural events by the students.

## PHARMACY VISIT BY FACULTY & STUDENTS

As a part of the academic curriculum of UG & PG studies, Department of Rasashastra and Bhaishajya Kalpana of our institution had organized a visit to B.V Pandith Sadvaidyashala Ayurvedic Pharmacy, Nanjangudu on 25/11/2024 and 26/11/2024.

Faculty of the Department of Rasashastra and Bhaishajya Kalpana, Dr. Jagadeesh Mitti, Professor and Head, Dr. V. Shreeshananda Sharma, Professor, Dr. Rajendra Prasad, Reader and Dr. Subrahmanya Puranik, Assistant Professor, and the PG Scholars and II BAMS (Senior) Professional students visited to B.V Pandith Sadvaidyashala Ayurvedic Pharmacy at Nanjangudu.

Initially Dr Rajesh, Managing Director, briefed the history and the development of the B.V Pandith Sadvaidyashala

Ayurvedic Pharmacy. After this we visited the production unit, Dr. Anuradha, Production In charge accompanied us and explained the process of manufacturing of different medicines, which consists of pre-processing unit including raw material storage, cleaning, and drying section. The processing unit consists of different operational sections like Kashaya preparation section, Avaleha preparation section, Tablet manufacturing section, Choorna and granule preparation section etc. It also has a separate section for preparation of Bhavana Shunti, Arka preparations, packing, labelling and quality control unit. There is a separate section for Finished Drugs Storage.

More than 100 students, PG Scholars and Staff were benefitted by this Visit.



## DR. RAJENDRA PRASAD M.L. FELICITATED WITH "ZILLA RAJYOTHSAVA PRASHASTHI"



On 01/11/2024, on the eve of 69th Kannada Rajyotsava celebrations held at Mysuru University Oval Grounds, Dr. Rajendra Prasad M L was felicitated with "Jilla Rajyotsava Prashasthi" in the field of Yoga & Karate in the esteemed presence of Minister Dr H C Mahadevappa, MLA Tanveer Seth and other guests.

## 2ND PRIZE FOR DR. JYOTHSNA N.B. IN E-DRAWING COMPETITION



Dr. Jyothsna N.G., PG scholar, Dept of Swasthavrutta, won 2nd prize in the E- Drawing competition organised by D.Y. Patil Deemed to be University School of Ayurveda Nerul, Navi Mumbai, on the occasion of 9th National Ayurveda Day (Ayurveda innovation for Global Health) on 29th Oct 2024. Theme for the competition was "Ayurveda Ahara And Innovations"

## REPORT ON CHILDREN'S DAY CAMP AT CHANDRAMOULESHWARA MALLIKARJUNA SWAMY HIGHER PRIMARY SCHOOL, MADAPURA, MYSURU ON 13-11-2024



A free health check-up and free medicine distribution camp was organized on 13th November 2024 at Chandramouleshwara Mallikarjuna Swamy Higher Primary School, H.D. Kote, Mysuru. The event was a collaborative effort by the Department of PG Studies in Kaumarabhritya, PG Studies in Prasuti Tantra and Stree Roga, and PG Studies in Shalakyatantra from JSS Ayurveda Medical College, Mysuru, in association with NSS, JSSAMC, and the Lions Club, H.D. Kote, Mysuru.

The camp was inaugurated at 10:00 AM following breakfast, in the presence of

Lions Club President Baskar, Institute Administrator Mahesh, and NSS Administrator Dr. Shashabindu, along with the consultants and participants. During the inaugural session, students were addressed on the objectives and benefits of the camp. Following the inauguration, Dr. Lakshmi (Assistant Professor) conducted an awareness session for female students on menstrual hygiene.

The medical team comprised of Consultants: Dr. Visal S. Kumar, Dr. Preethi H. M, Dr. Vaisakh K., Dr. Lakshmi, and Dr. Chaya (Assistant Professors). PG Scholars: Dr. Guru Bhagwathi, Dr. Harsha

D. S, Dr. Rajashekar, and Dr. Aishwarya and Interns From the respective departments.

The camp benefited 160 students, addressing health conditions such as generalized weakness, anaemia, skin ailments, respiratory issues, and menstrual problems. Necessary medications were provided to students in need. Additionally, consultants emphasized the significance of a balanced diet, highlighting the health implications of dietary deficiencies.

The event concluded successfully, with positive feedback from the beneficiaries and organizers.



## REPORT ON CHILDREN'S DAY CAMP AT JSS SAHANA SPECIAL SCHOOL, SARASWATHIPURAM, MYSURU ON 14-11-2024

The health check up camp was conducted at JSS SahanaSpecial School on 14-11-2024by the department of PG Studies in Kaumarabhritya, JSS Ayurveda medical college, Mysuru on the occasion of children's day to physically challenged children.

Dr.Jyothy K.B (Professor), Dr.VisalS Kumar (Assistant professor), Dr. Preethi. H.M (Assistant professor), Dr.Vaisakh.K.(Assistant professor), Dr.Harsha D S (PG Scholar), and interns took part in the camp.

Inauguration of the camp was started at 10 am, the students were addressed regarding the camp and then bucket in the ball game was played and prizes were distributed among the children.

Awareness about these physically challenged conditions are explained.

The total beneficiaries were 36 students. The commonly seen conditions were ASD, ADHD, genetic diseases, global developmental delay

etc .and the free medications were given for the children in need. As there was lack of proper diet the consultants advised the importance of proper diet and advised to visit opd at our hospital for further management.



## PRAGATHI 2024- Transitional Curriculum

(as prescribed by NCISM, New Delhi) for 1st Prof BAMS 2024-25 Batch students was conducted from 11-11-2024 to 28-11-2024, and Shishyopanayana (Induction Ceremony) on 28-11-2024.

Induction programme for 2024- 2025 Batch has started on 11-11-2024. 75 students have reported in college. Programme started by 11.00 am with invocation by Ms. Shobha and Ms. Maithri followed by welcome speech by Dr. Sarbeswar Kar, Principal, JSS Ayurveda Medical College, Mysuru. Lighting the lamp was done by dignitaries with Ashwini Shloka Patana by Dr. Vinay & group. Dr.Usha D T, UG Co-ordinator has welcomed freshers. From 2nd day to 14th Day of

Transitional Curriculum, various Activities , Guest Lectures and Orientation programmes were conducted according to the transitional curriculum schedule.

Day 15 started with Dhanwanthari pooja at 5.45am in JSS Ayurveda Hospital, Mysuru. Valedictory programme started at 11am in the Yoga Hall. Chief Guest for the programme was Dr. Suma R, Principal, JSS Institute of speech & Hearing, Mysuru.





