



A case on Muscular Dystrophy - Helping Hands

By Dr. Deepa C Patil. (MD), Professor, Dept of Kayachikista

INTRODUCTION:

Muscular Dystrophy is a group of inherited disease that damage and weakens skeletal muscles over time. This damage is due to a lack of a dystrophin protein, which is necessary for normal muscle function. It is estimated that 1 in every 3500 live birth is affected with Muscular Dystrophy. The Muscular Dystrophy group contains 35 different genetic disorders, which are classified into nine main types. Initially, they are presented with developmental delays before diagnosis. Muscular dystrophy diagnosis is based on muscle biopsy results, raised creatine phosphokinase (CPK3), EMG, and genetic testing.

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Among Muscular Dystrophy, Facioscapular humeral Dystrophy affects the muscles of the face, upper and lower limbs. Facioscapular humeral Dystrophy is most typically slow disease progression, and life expectancy is not shortened. Symptoms appear before 25 years of age. It is an autosomal dominant genetic condition. The risk of passing the abnormal genes from affected parent to offspring is 50% for each pregnancy. In approximately 30% of individuals with fascio-scapular-humoral Dystrophy, there is no apparent family history of the disorder in these people. Facioscapular humeral Dystrophy is thought to be caused by new mutations. The estimated prevalence is between 4-10/1 lakh people.

SIGNS AND SYMPTOMS:

1. Weakness of face, shoulder girdle and arms.
2. Facial liability resulting in limited movement of lips, difficulty in whistling and mask-like face appearance.
3. Upper facial deficiency causes the inability to close the eyes-eyelid drooping completely.
4. Weakening and wasting of neck/shoulder muscles at front and back of upper limb. (biceps and triceps muscles)

5. Scapular winging- inability to lift the arms.
6. Collar bones appear sagging.
7. Wrist drop- due to weakness of finger and hand muscles.
8. Weakness of lower limbs leading to foot drop.
9. Spine curvature may be lordosis and kypho-scoliosis.

In 20% of these affected, disease prognosis may lead to severe muscle weakness that necessitates wheelchair and other mobility equipment. The life span in most of them is not affected. Currently, there is no cure for muscular Dystrophy in terms of management; physical therapy, orthotic intervention, speech therapy and respiratory therapy may be helpful.

In Ayurveda, Facioscapular humeral Dystrophy may be diagnosed as Dhatukshayavata having the beejabhaga avasthi. Ayurveda has proved to be the most effective form of treatment for improving the quality of life by adopting panchakarma treatment. A subject diagnosed with muscular Dystrophy of Facioscapular humeral dystrophy type approached JSS Ayurveda Hospital for Panchakarma treatment.

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A CASE REPORT

A female subject of age 26yrs came to JSS Ayurveda Hospital for OPD consultation and got admitted on 25/4/2019 to complain of loss of strength and weakness in both sides of an upper and lower limb for four years. This was associated with stiffness and pain in both upper and lower limbs, difficulty in walking, sitting, difficulty in speech, swallowing and breathlessness a few times after a slight activity.

HISTORY

The subject was healthy four years back when she noticed the loss of strength and weakness in both sides of the upper and lower limb one morning, which was progressive. Later she found difficulty in climbing and stepping down the stairs. She also couldn't get up from the sitting posture. Later on, she noticed stiffness and pain on both sides of the upper and lower limb. The symptoms worsened after few months, where she was not able to perform her daily routine activity.

She gradually noticed a decrease in muscle bulk of the shoulder and palm region along with these symptoms. She also experienced difficulty in speech, swallowing and breathing. In the past four months, she has difficulty walking and noticed that spine curvature has changed. Clinical symptoms and muscle biopsy diagnosed the subject as Muscular Dystrophy of Facioscapular humeral dystrophy type. She had consulted other systems of medicine for the same complaint and has undergone two courses of stem cell therapy, where she noticed no improvements.

INTERVENTION

At JSS Ayurveda Hospital, the subject was treated for signs and symptoms related to Muscular Dystrophy of Facioscapular humeral dystrophy type with Panchakarma treatment. During the first ten days, therapy like full-body medicated decoction pouring (Sarvanga Kashaya Seka) and total body shashkita pinda sudation on an alternate day was performed along with Nasya karma and Physiotherapy. At the time of discharge, in her condition, we noticed a marked improvement in relieving stiffness. The subject could sit and stand without support and walk, not a high stepping gait type. Drooping of eyes improved markedly. As she was under regular follow up, after a gap of one month again, the subject was re-admitted for a second course of treatment, where full-body powder sedation (Choorna Pinda Sweda) and whole-body shashkita pinda sudation on an alternate day followed by Enema (Matra Basti) and physiotherapy. By these therapies, muscle bulk and strength improved markedly. Improvement in speech and facial expression was observed. Overall, the subject was able to do her daily routine activities by about 50-75%. The further issue was on follow up repeatedly by rejuvenation, muscle strengthening drugs and physiotherapy.

Though Muscular Dystrophy is a genetic disorder, challenging management by Ayurveda can be provided to alleviate the symptoms. Early intervention of panchakarma therapy will give the progress of symptoms and enhance better quality of life.



Muscle wasting –Before Treatment



Improved Muscle Bulk After Treatment

Report on online lectures

Guest lecture on "Drugs Update"

As a part of academic activity, the department of P.G. Studies in Research and Development had conducted an online guest lecture on 27/05/2021 on the topic "Drugs Update".

The session started at 12:30 pm. Dr. Madhusudhan, Reader, Department of Roganidana, mastered the ceremony.

Invocation was done by Dr. Lavanya, Internee. Principal Dr. Sarbeswar Kar welcomed everyone to the session.

Ravi Kumar Reddy, chief guest, chief science officer, Sri Sri Tattva, briefly addressed the advantages of different dosage forms.

Dr. Shivaprasad Huded, Professor, Head, P.G. Studies, Department of Dravyaguna, delivered the keynote address. He highlighted the conduction of research and explained elaborately the steps involved in basic drug research its advantages and disadvantages.

The guest speaker Dr. Hari Venkatesh K.R., Head Research and Development Health care, Sri Sri Tattva, explained elaborately on clinical trials of herbal-based drugs, standardization techniques what they adopt in pharmacy, source of herbal medicines that is they buy directly from the farmers and guide them regarding cultivation, harvesting, preservation of medicinal plants. He also highlighted the ongoing clinical trial on osteoporosis.

The session was concluded by Dr. P. Sudhakar Reddy, Professor and head of, Department of Swasthavritta.

Guest lecture on Principles and Practice of Swedana

Department of PG studies in Panchakarma has organized a guest lecture on Principles and Practice of Swedana by Dr. Rajalaxmi MG, Associate professor, Dept of PG studies in Panchakarma, SDMCA, Udupi, on 28/5/21 @ 11 am. Madam shared her vast clinical expertise on different varieties of Swedana, their indications and contra-indications and their practical applicability, which was well accepted by all our UG, PG Scholars and Staff. Dr. Sarbeswar Kar, the Principal, gave concluding remarks.



Guest Lecture by Dr. Gavimath Shivanand on "Management of Adhimantha, an Ayurveda Perspective" in Parul Institute of Ayurveda, Parul University, Vadodara, Gujarat, on 12th March 2021.

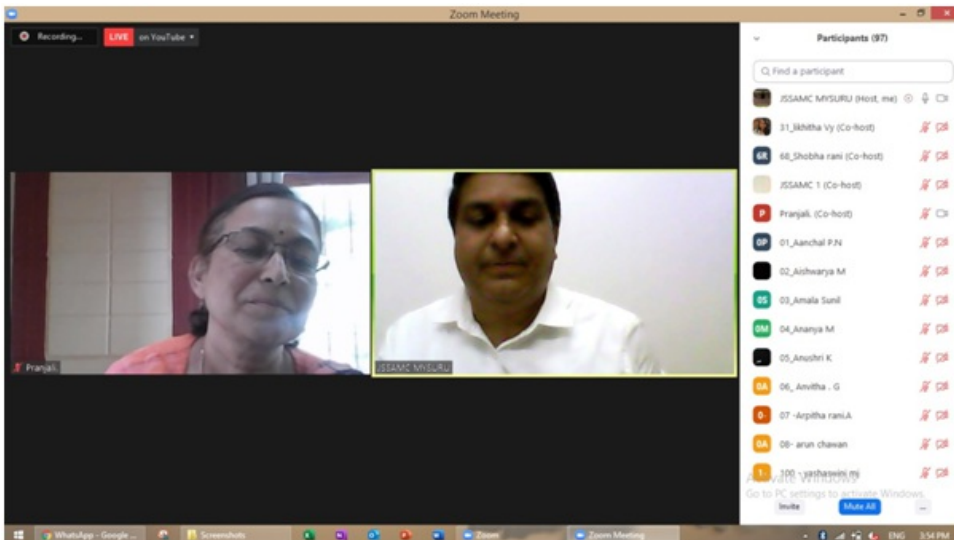


Sanskrit Saptaha

Sanskrit Sambhashana Shibira, Sanskrit Learning Programme 2021, is organised by the Department of Samhita and Siddhanta. The inaugural function was held on 26th May 2021 at 3.00 pm in Yoga hall. Principal Dr. Sarbeswar Kar sir, Dean, Academics Dr. Rajesh A Udupudi sir, UG Coordinator Dr. Deepa Patil, IBAMS class coordinator Dr. Chaitra S, HOD, Department of Samhita and Siddhanta Dr. Santoshkumar Utlaskar, Dr. Hrishikesh OK, Mrs Shruti Aiyer and Dr. Mashusudan were present. MS Shobha Rani, the IBAMS student, invoked the ceremony by Saraswati prayer. Mrs. Shruti Aiyer introduced the Chief guest- Dr. Pratibha Satyanarayana. Chief Guest was Dr. Pratibha Satyanarayana, Head and member of Core Committee, Samskrita Bharathi. She spoke about the importance of Sanskrit shibari. Dr. Hrishikesh introduced guest- Mr. Vinay Kiran, Faculty, Kendriya Vidyalaya, and Dr. Chaitra introduced another guest- MS Kalpana, Volunteer, Samskrita

Bharathi. Dean Dr. Rajesh Udupudi inspired the gathering by his speech. Presidential speech delivered by Dr. Sarbeswar Kar, Principal. Dr. Santoshkumar rendered a vote of thanks. Mrs. Shruti Aiyer mastered the function.

This Sanskrit Saptaha will be celebrated for ten days i.e. from 26/05/2021 to 04/06/2021, for I-BAMS students. Batch A and B will be conducted by MS Kalpana and Mr. Vinaykiran, respectively.



Patients Speak

Medical care treatment Dr. Beena Madam is excellent in treating the patients, and therapist Nandini and Sowjanya also treated me well.

- Vidya A N

Excellent Doctors, Nurses, Staffs and Therapists. They know their jobs very well and very experienced. Excellent stay! I will come back.

- Anulal

It has been two years since I came to JSS and sought treatment for migraine and obesity. For the first time, I stayed for seven days and took treatment for around 4-5 months. I didn't get any headache during my stay. So this time, I came specifically to migraine and back pain treatment. Dr. Aparna takes care of her patients in an excellent manner. Her diagnosis helped me to lose weight and get rid of the headache.

All the room facility are well organised. Staff take care of even small things and issues and try to resolve them as soon as possible.

All the treatment rooms are maintained clean and healthy. All treatment room squads are very supportive and take good care of patients.

- Rachana

My mom has since Arthritis pain. We consulted Dr. Aparna and took treatment for ten days. The pain has reduced, and more importantly, weight also reduced much, which will help the suffering of pain for some time.

Dr. Aparna provided excellent care and treatment. The junior doctors and hospital staff all were beneficial and appreciable. Thanks for the wonderful treatment, service and amenities.

- Nisha

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Report on Kayachikitsa online Guest Lecture series

As a part of academic activity, the Kayachikitsa department at JSSAMC has started online Guest lecture series. The first guest lecture was on 19/05/2021 on the "Clinical diagnostic approach to Gridrasi and Katishoola" for IV year BAMS students. Dr. Ajantha Shivaji Kotekar, Professor & Head, Department of Roganidana, Sharada Ayurveda Medical College, Mangalore, was the Guest speaker.

The session was started at 3.45 pm. Dr. Unnikrishnan P M, Assistant professor, Department of Kayachikitsa, mastered the ceremony. Dr. Beena MD, Reader & Head, Department of Kayachikitsa, delivered the Welcome speech and Dr. Deepa C Patil, Professor from the department, introduced the guest speaker.

The Speaker explained in detail Etiological diagnosis, Anatomical diagnosis, Pathological diagnosis, Clinical diagnosis and Laboratory diagnosis of disease Gridrasi and Katishoola, and differential diagnosis. It was a highly informative session with a practical approach and benefitted 90 students.



JSS MAHAVIDYAPEETHA
JSS AYURVEDA MEDICAL COLLEGE & HOSPITAL, MYSURU

DEPARTMENT OF KAYACHIKITSA
Presents Online Guest Lecture On
Clinical Diagnostic Approach & Management of Katishula & Gridrasi
On 19th & 26th May 2021 @ 3.30pm
LIVE ON YouTube Zoom Facebook

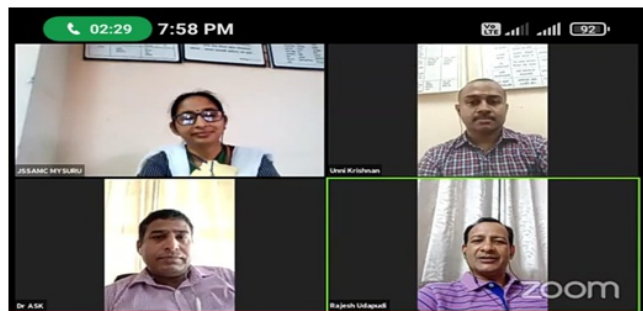
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Professor & Head,
Dept. of Roganidana,
Sharada Ayurveda Medical college,
Mangalore



JSSAMC KC WEBINAR on KATI SHOOLA-PART 1

246 views · Streamed 14 hours ago

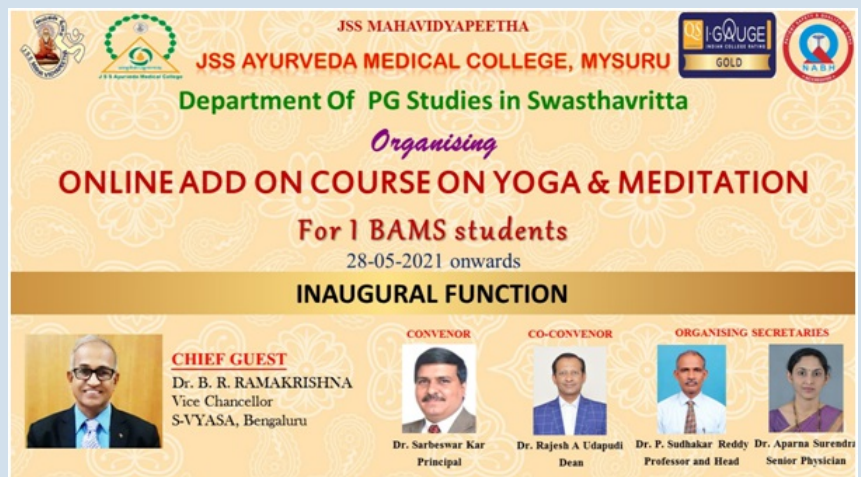
Dept of Swasthavritta Add on program on Yoga and Meditation for 1 year BAMS



511, J C Nagar 8th Cross Rd, Netaji Nagar, Mysuru, Karnataka 570011, India

28 May 2021, 16:36 PM

Clouds
34°C
93.2°F



JSS MAHAVIDYAPEETHA
JSS AYURVEDA MEDICAL COLLEGE, MYSURU

Department Of PG Studies in Swasthavritta
Organising
ONLINE ADD ON COURSE ON YOGA & MEDITATION
For 1 BAMS students
28-05-2021 onwards
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Guest Lecture: Healthy lifestyle during Covid-19

Guest Lecture on the topic - Healthy lifestyle during Covid-19 was arranged for students of 1st BAMS on 24-05-2021 at 11 am. Dr. Chaitra. S, I BAMS Class Coordinator, welcomed the guests and students.

The principal addressed the students and gave some advice regarding maintaining good health by adopting a healthy lifestyle.

Speaker Dr. P.Sudhakar Reddy, Prof and HOD, Dept of Swastavritta and Yoga, spoke about activities that can be adopted in our day to day activities to achieve a healthy life. Also mentioned about regimen and foods that can be included in our routine during this pandemic situation.

All the listeners well accepted the speech

Kavala/Gandusha - Mouth gargling

- Luke warm / cold water
- Medicated decoction
- Holding liquid in mouth for few minutes
- Rinsing mouth / gargling mouth



Guest lecture: Importance of immunization in preventive child health care

Guest lecture organized by the Dept. of Kaumarabhritya, JSSAMC on the special occasion of National Immunization Day on "Importance of immunization in preventive child health care" on 16/03/2021.

The Resource person for the programme was Dr. Nagaratna S Jartarghar Asst. Prof. PG Dept. Of Kaumarabhritya, SDM College of Ayurveda, Udupi spoke about Ayurvedic immune-enhancing methods like prakaradi yoga, swarnaprashana, etc.



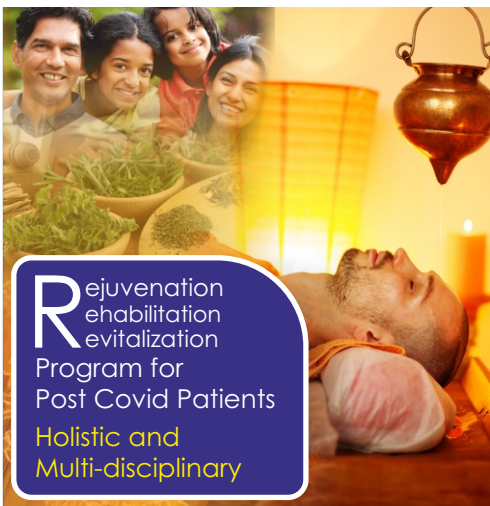
Post Covid Rehabilitation Programme

JSS Ayurveda Medical College and Hospital conducts a Covid Prevention and Post Covid Rehabilitation Programme from 21.06.21 to 21.07.21. The programme's objective is to help patients who have recovered from Covid to cope better with the emotional and physical impact of the disease and return to their daily baseline activities.

People with symptoms of fatigue, headache, stomach upset, mental tension, depression, sleeplessness,

neurological and muscle-related complaints after recovering from Covid infection can benefit from the programme. The programme is designed to improve the quality of life of Covid recovered patients. Even those who want to enhance immunity to protect themselves from Covid may enrol for the programme.

For more information please call:
9538367282 / 9886485005 / 9591433944



Rejuvenation
rehabilitation
revitalization
Program for
Post Covid Patients
Holistic and
Multi-disciplinary

Bhadrasana – A Gracious Pose

Dr Aparna Surendra, Physician G I, Dept of Naturopathy and Yoga



BHADRASANA

"Bhadrasana" – is a sitting pose in yogasana. Here "Bhadra" means auspicious. Hence, the meaning of "Bhadrasana" is a pose that is auspicious leading to divine grace and success in yoga.

This asana is also called as "Baddha Konasana". Here, "Baddha" means "Bound, "Kona" means "Angle" and can be translated as "Bound Angle Pose" means sadhaka will be fixing his/her legs-hips-lower spine to activate the root chakra "mooladhara". This in turn also stimulates the Kundalini Shakthi and helps one to attain divine grace.

How To Do:

1. Sit in sthithi, with stretched and joined legs and straight back. Hands are kept just beside the body on floor.
2. Now, fold one leg followed by folding of another leg to attach both soles near the perineum.
3. At this step, your heels are kept near your pubis, down on the floor, soles facing and touching each other.
4. Hold the toes with your hands, while covering them with your both palms and fingers.

5. Back-neck-head are straight in one single line.
6. Close eyes, gaze in between your eyebrows Start deep breathing. Sit and maintain the pose for 2 to 3 minutes.
7. Exhale and come back to "Sthithi" by releasing hands and legs.

Physiological effects:

There will be increased blood circulation to the pelvic organs. Agni or digestion improves. Alleviates constipation by improving peristalsis. There will be contractions of lower limb muscles and stretching of the muscles of lower spine and hips. Above all, there will be stimulation of mooladhara chakra, which in turn help in kundalini awakening spiritually and balances the hormones related to genital and reproductive system.

Benefits:

'The Best' posture for all females during pregnancy, as it promotes normal labour. Also useful to regularise the menstrual cycle, highly indicated in dysmenorrhoea, prevents Inguinal Hernia in men, also prevents and cures umbilical Hernia.

It is indicated in Varicose Veins, Gastritis, Constipation, Backpain, Ankylosing Spondylosis, Infertility, Diabetes Mellitus, Hypertension, Headache, Bronchial Asthma, Recurrent UTI, Renal Calculi etc.

There is no contraindications for this asana from age 8 to 80 years, all male and females can do this asana easily. It can be practised morning in empty stomach or even after 4 hours of food intake daily.

HINGU (ASAFOETIDA)



Botanical Name – Ferula foetida

Family – Apiaceae

Useful part - Resin

- **Colic Pain:** Stomach pain by gas accumulation will be relieved by consuming Hingu, Cumin seed and Rocksalt powder with warm water.
- **Ear Ache:** Mustard oil is cooked with Hingu and Ginger. Filtered and filled in ears in lukewarm condition. It helps to relieve earache. (Should not use in infection and tympanic membrane tear conditions).
- **Hingu** is also helpful in Indigestion, Worm infestation and other conditions.

