

Infertility management at JSS Ayurveda Hospital

Dr Usha, Reader, Dept of PG studies in Prasooti Tantra And Stree Roga

Infertility is defined as not able to conceive despite having frequent, unprotected sex for nearly a year or more. Ayurveda also defines infertility as being unable to give birth to a healthy baby.

Infertility is the most common problem seen in most couples. Infertility affects not only physical health but also has psychological consequences. For a couple, it's a difficult phase and disturbs the family environment.

Ayurveda explains the factors responsible for infertility healthy Uterus (Ksetra), fertile period (Ritu), proper nourishment (Ambu), healthy sperm and ovum (beeja). Any abnormality affecting these factors

causes infertility. The factors can be easily understood as

- Defect in ovulation- Problem in releasing healthy eggs, irregular period, PCOS, Hyperprolactinemia (increase in hormone which causes breast milk production), imbalanced level of thyroid hormone, etc.
- Tubal block- Blockage of the tube where egg and sperm fuse.
- Uterine Defect- Abnormality or Physical defects in Uterus by birth, Tumors in Uterus (Fibroids) or infections in Uterus.
- Certain gynaecological diseases, especially pelvic infections or endometriosis.

Fallopian tubes are tube-like structures attached to Uterus on both sides. Fertilization (meeting) of Sperm and Ovum take place in the fallopian tube; it later passes to Uterus for further growth. Any block in these tubes is called tubal block, which is a

significant problem to conceive a child.

Here I am briefing on a patient who is 27 years old. She reported to JSS Ayurvedas Hospital, Prasooti tantra and stree roga department with a complaint of infertility. She married three years ago and has regular menstrual flow. After physical examination, no detectable abnormalities were seen. Later the patient has advised for lab investigation and was diagnosed with bilateral tubal block. The most promising treatment of Ayurveda is Basti, mainly Uttara Basti (installation of medication inside the uterus) using a special alkaline medicine. After two courses of treatment, the tubal potency was achieved successfully.

Ayurveda has excellent treatment modalities to manage infertility leading to successful conception and a healthy baby from a healthy mother.

Patron

- Sri. R. Mahesh

Editor-in-chief

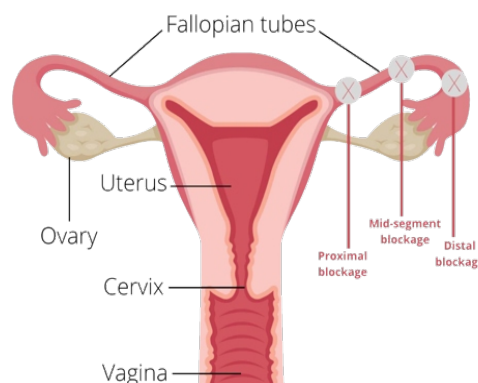
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STRESS AND DAY-TO-DAY STRESS MANAGEMENT

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

In the modern age, human life is full of various mental stresses and strains. Struggle for existence is increasing day by day thereby increasing mental tension. The end result is the increased incidence of psychosomatic diseases in this civilized world.

In the long run, due to the continuous and persistent stimulation of sympathetic system by stress, one may land up in disease like Diabetes Mellitus, Coronary Artery diseases, Hypertension, Bladder Incontinency, Peptic Ulcer, Irritable Bowel Disease, Myalgia, Skin diseases, Neuralgia, gastritis, etc.

Management of Stress by Yoga:



Yoga easily achieves voluntary control over Autonomous nervous system by relieving stress

1. Yogasanas at physical level rectify the functions of all organs, muscles and nerves.
2. Yogasanas at mental level resolve the emotional conflicts and neurotic tendencies.
3. Yoga brings emotional balance and equilibrium of mind.
4. By doing Pranayama one can easily get control over the mind and will power. The view towards the life can be changed.
5. Relaxation methods in Yoga like Shavasana and Yoganidra help to

cope up with stress and teach how to relax the mind.

6. Meditation increases the self awareness and a person starts unraveling the inner self which in turn bestows the practitioner mental health.

Meditation is an unbroken flow of thoughts towards the object of concentration or prolonged concentration. When in meditation the practitioner merges himself in the



object of concentration, he visualizes only the true nature of the object shining-forth with no distortion of his mind, called Samadhi or absorption.

Dhyana and Samadhi land up the practitioner in the abode of knowledge. All worldly thoughts are excluded from the mind. The mind is saturated with divine glory, divine thought and divine presence. There will be continuous flow of God consciousness.

Benefits:



1. One and only way to attain eternal bliss and immortality.
2. One attains self realization. All knowledge is showered upon him (Intuition knowledge and wisdom).
3. If food is for body and prayer is for mind, this meditation is the food for the soul.
4. All negative tendencies vanish. One gets peace of mind, discipline, self control and equipoise.
5. Alleviates all pain, sufferings and sorrows.
6. One attains sense of oneness in all beings.
7. Its holy vibration penetrates all cells and cures diseases.

Cautions:

- It must be practiced preferably in the mornings between 3:30 am and 5:30 am.
- Two obstacles for meditation are Sleep and Thoughts which can be removed by doing Pranayama before meditation and also by continuous practice.
- The place where meditation is done should have silent atmosphere.
- Eye ball can be -
 - a) Closed eye lid.
 - b) Gazing between eye brows.
 - c) Gazing at the tip of the nose.
- Mudras can be practiced with meditation.
- Practitioner should take light diet with milk.



Patients Speak

My stay began as comfortably as possible with proper treatment. The nurses, doctors, interns have all been valuable and supportive. Housekeeping is efficient. The Place is peaceful. Massage therapists Savitha and Sumangala, and others are nice and made me feel comfortable. For me, JSS Ayurveda is like a family. Everyone here is warmest with a smile and positivity. My best wishes to the JSS Ayurveda team, and I would recommend this for all looking for Ayurveda treatment.

- Brinda Dubey

Excellent treatment. Thank you for the homely atmosphere and for taking care of me. My special Thanks to Nanditha Madam, Dr Beena Madam, Dr Pooja Unnikrishnan Madam and all supporting staff. My special Thanks to Mr. Siddaraju, who takes care of my needs and Sushma Madam. I appreciate all therapists, nurses, housekeeping and the food department for their dedication to work. Thanks to the whole JSS Ayurveda team for "Excellent Service".

- B R Padmavathi

JSS Ayurveda Hospital has provided me with excellent treatment. I was here for skin treatment. I felt like my skin problem was reduced very quickly and effectively during my treatment. My Thanks to my Doctor and nursing department for the care they showed on me. I also want to thank massage therapists for their excellent work. Thanks to the JSS Ayurveda team for the "Excellent Treatment Service".

- Vinayak R H

I was recommended by my son, who is in the USA. He underwent treatment a few years ago. I was admitted on 16th Feb and discharged on 22nd Feb 2022 for SCIATICA? The lively and efficient Administrative officer put me under the efficient and well-versed doctor. They took personal care on all seven days and ensured that trained therapies delivered the necessary treatment. The entire team was Good. The supportive staff, nurses, technicians, housekeeping staff extended good services. In a nutshell, this organisation is committed to serving humanity at an affordable cost. I sincerely pray God blesses them.

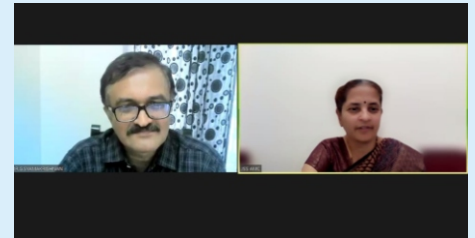
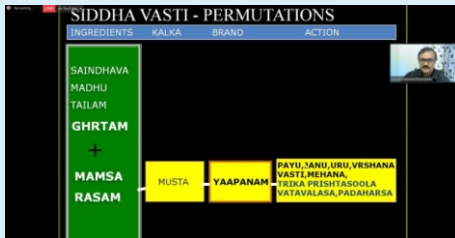
- S K Ramachandra Iyer

Events Organized

On World Cancer Day, the Department of PG studies in Kayachikitsa organized a **guest lecture on Etiopathogenesis and diagnosis** of Cancer on 4th February 2022 by **Dr. Ravi Krishnappa, Assistant Professor and Surgical Oncologist, JSS Medical College and Hospital, Mysuru.**



The Department of PG studies conducted **Yukti 2021-22** Online case discussion series in Panchakarma from 15-12-2021 to 23-2-2022 between 3pm-4pm. Various guest speakers shared their clinical experiences.



PARTICIPATED AS RESOURCE PERSONS

On the Occasion of Azadi ka Amrit Mahotsav Health in February 2022, the Faculty of JSSAMCH held a promotion talk and an **AYUSH awareness programme** at four schools of Mysuru District in February 2022.



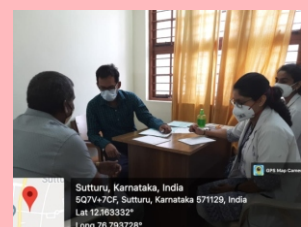
Dr. Hrishikesh, Department of Samhita and Siddhantha, JSS Ayurveda Medical College, Mysuru, was a resource person at **SINGAPORE WEBINAR**. The International Association of AYUSHPATHI organized it. He spoke on the Role of Suppressible and Non-Suppressible urges WSR to Health and Disease on 12th February 2022



Dr. Beena, MD, Reader, Department of PG Studies in Kayachikitsa, JSS Ayurveda Medical College, Mysuru was a resource person at **Fitness and Nutrition Club, Dept. of Swasthavritta, SSUAYH Orissa**, on Cancer awareness on 4th February 2022 at 9.30 am



JSS Ayurveda Hospital conducted a **medical camp at Suttur** on 10-2-2022 and distributed free medicines. 54 patients were benefited.





Dr. Beena. MD, the Reader, Department of PG Studies in Kayachikitsa, JSS Ayurveda Medical College, Mysuru, was a resource person at IRES AYUSH SAMRIDDHI International Webinar conducted by Independent Research Ethics Society & Med Pharma on 4th February 2022 at 6 pm and spoke on the topic- Best Remedy For CANCER Support.

Achievements

Dr. Sukanya Chathanath, PG Scholar, Department of PG studies in Rasa Shastra Bhaishajya Kaplana, received Best paper presentation award in International Webinar "Sattvaanveshanam-2022" on the theme "Ayurveda -Psychological 7 Psychiatry" conducted by N.K. Jabshetty Ayurvedic Medical College & P.G.Centre, Bidar, Karnataka. It was held on 21st and 22nd January 2022.



AYUSH and Health awareness program at JSS Public school, Siddhartha nagara, Mysuru, was held on 22-02-22 by Dr Unnikrishnan, Assistant Professor Department of Kayachikitsa, JSSAMC&H, Mysuru.



AYUSH and Health awareness program at JSS Public school, Siddhartha nagara, Mysuru, was held on 22-02-22 by Dr Tejaswini K R Assistant Professor Department of Prasooti tantra and streeroga, JSSAMC&H, Mysuru.



AYUSH and Health awareness program was held at Raghavendra High school, Mysuru on 21-02-22 by Dr Rajendra Prasad, Assistant Professor Department of PG in Rasashastra



AYUSH and Health awareness program was held at Raghavendra High school, Mysuru on 21-02-22 by and Dr Shashibindu, Assistant Professor Department of Agada Tantra, JSSAMC&H, Mysuru.

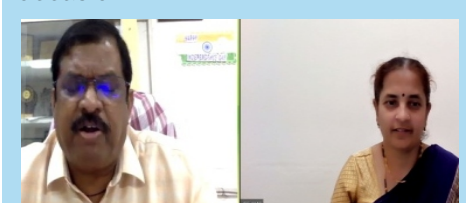


Valedictory program of Yukti 2021-22 Online case discussion series was held on 23.02.2022.

CHIEF GUEST : Dr Ashok Kumar Panda, Research officer, Central Ayurveda Research Institute Bhubaneswar, Odisha.

Principal : Dr Sarbeswar Kar, Principal and Medical Superintendent, JSS Ayurveda Medical College & Hospital Mysuru.

Dean : Dr Rajesh A. Udayapudi, Dean, JSS Ayurveda Medical College Mysuru.



- Drumstick tree

Botanical Name : Moringa oleifera

Family : Moringaceae

Drum stick has good benefits in Hypertension, Hyper cholesterol, Sexual debility. 1 drum stick is taken, and cut into pieces and decoction is made. Salt is added according to one's requirement.

In Dysmenorrhea – To one part Leaves add 16 parts of water, boil it and reduce to 1/8th and this decoction in the dose of 50-60ml twice a day is helpful.



“ನುಡಿ-ನಮನ”



ಅಗಲದ ಜೀವನ

ಡಾ|| ಚನ್ಯಬಸಪ್ಪನವರಿಗೆ


ನಿವೃತ್ತ ನಿರ್ದೇಶಕರು
ಆಯುಷ್ ಇಲಾಖೆ, ಕರ್ನಾಟಕ ಸರ್ಕಾರ
ಸ್ಥಾಪಕ ಪ್ರಾಂಶುಪಾಲರು
ಜಿಎಸ್‌ಎಸ್ ಆಯುರ್ವೇದ ವೈದ್ಯಕೀಯ
ಮಹಾವಿದ್ಯಾಲಯ, ಮೈಸೂರು

ದಿನಾಂಕ : 18-02-2022 ಶುಕ್ರವಾರ
ಸಮಯ : ಸಂಜೆ 4.00 ಗಂಟೆಗೆ
ಸ್ಥಳ : ಯೋಗ ಸಭಾಂಗಣ
ಜಿಎಸ್‌ಎಸ್ ಆಯುರ್ವೇದ
ವೈದ್ಯಕೀಯ ಮಹಾವಿದ್ಯಾಲಯ
ಲಲಿತಾದ್ರಿಪುರ ರಸ್ತೆ, ಮೈಸೂರು




Upcoming Camp

JSS Ayurveda Hospital Suttur Srikrishetra *organizes*



SUKSHEMA

Wellness Camp



Modern lifestyle, food habits, indirect consumption of chemicals, fertilizers, pesticides through food, polluted environment, physical strain and mental stress has brought negative impact on immunity and health.

SuksHEMA - a Residential Wellness Camp
at Srikrishetra Suttur - from 9th April 2022 to
15th April 2022 to restore and maintain health

Make some time out of your routine for health maintenance and
avail the healthy lifestyle benefits of the camp

Camp Features

Ayurveda Daily Regimen

Yoga, Dhyanam and Pranayama

Panchakarma Therapies Including
Abhyanga, Shirodhara, Udvartana,
Banga Procedures, Eye Pacts


Fellippona

Lifestyle & Health - Oriented Lectures/Interactions

Tariff


Rs- 14,000/-
single accommodation

Rs- 17,000/-
large accommodation



JSS Ayurveda Hospital

Lalithadriapura Road, Mysuru 570028, Ph: (0821-2548231, 2548299)
 email: contact@jssmch.org | website: www.jssmch.org



For Further Information Contact: 8095233526 / 9741197007

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