



JSS Ayurveda Medical College & Hospital, Mysuru

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JSS AYUR BULLETIN

Monthly Newsletter

Vol. 38 | February 2023

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Mukhadooshika - Acne Vulgaris

Dr Ashwini A, Assistant Professor, Department of PG Studies in Kayachikitsa,
JSS Ayurveda Medical College and Hospital Mysuru.

The face is one of the body's most exposed parts, reflecting a person's self-esteem, personality and confidence. "Face is the index of mind". Thus, the nature of a person is demonstrated through his face. The face is the most important and beautiful organ, reflecting joy, sorrow, anger, and all expressions. Such an essential and beautiful face may get vitiated and indirectly affect a person's personality. Among them, one of the ailments which affect the face is *Mukhadooshika*. It is one among the *Kshudra rogas* and has parlance with Acne Vulgaris. Acne is a chronic

inflammatory disease of pilosebaceous units, characterized by the development of comedones in papules, pustules and less commonly nodules. There are important factors are involved in the pathogenesis of Acne; 1) Increased sebum production, 2) Hyper-keratinization of pilosebaceous ducts and 3) Inflammation. The effects of Acne are not limited to the skin. Acne lesions among adolescents and young adults generally occur during heightened emotional sensitivity and may contribute to significant psychological distress, depression and even increased risk of suicide.

Acne. In middle age, 12% of women and 3% of men develop Acne. The development of Acne in females is earlier than in males, as young as 8 to 9 years. The range peaks between 14 to 17 years and 5 % are affected at 40 years in females.

In modern cosmetology, acne treatment depends on the grade and severity of Acne. Topical retinoids like adapalene, tretinoin etc., are used in topical therapy. Topical antibiotics for Acne include erythromycin and clindamycin or combined with benzoyl peroxide. Some lipophilic antibiotics such as doxycycline and minocycline are used, which usually cause adverse effects like skin irritation, peeling, and redness and are associated with sun sensitivity. *Mukhadooshika* is caused due to *Svabhava* of the particular age, excess production of *Sukra Dhatu* and its *Mala*, i.e. *mukha snigdghata* and *Yuvan Pidika*, is a natural process, which along with the imbalanced state of *Tridosha*, and *Rakta*.

In Ayurvedic classics, many *shodhana* and *shamana* therapy are considered effective treatments for

Patron

- Sri. R. Mahesh

Editor-in-chief

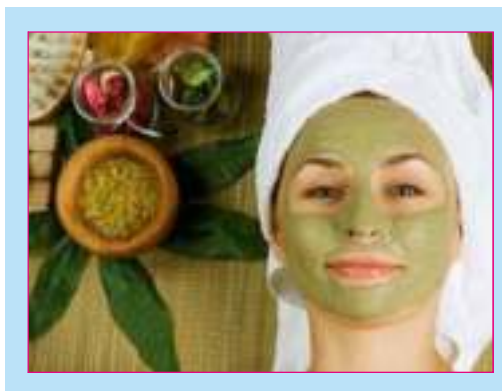
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The incidence rate in adolescence is about 85%, and 15% develop Acne ranging from mild to severe. Men and women older than 25 have 40-54% of



Mukhadushika. *Sodhana* therapies such as *Vamana* (therapeutic emesis), *Virechana* (therapeutic purgation), and *Rakthamokshana* (bloodletting therapy) in the form of *jalowkavacharana* to expel the aggravated *dosha* from the body. *Shamana Chikitsa* includes using oral formulations such as *vati*, *Kwatha* *Rasoushadhi* etc.

Lepa, one of the *Bahya Chikitsa*, is considered the best line of treatment for skin ailments, and in *mukhadooshik*, *lepa* helps remove the *doshas* from the site of lesions. It acts as an astringent, anti-inflammatory and antibacterial agent. *Lepas* treat not only Acne but also increase the skin complexion.

Our hospital has a specialized skin clinic where every individual gets customized treatment according to their skin type and disease conditions.

BREAST ABSCESS AND LEECH THERAPY

Dr. Usha, Associate Professor and Consultant, Department of Prasoothi and Sthree Roga JSS Ayurveda Medical College – Mysuru.

A breast abscess is a pus inside the breast due to infection. It is a painful condition and needs time management. It is a common problem, especially in lactating women. Breast abscesses in non-lactating women are likely due to Trauma (accidental hit), Infection (Bacterial infection), or malignant (cancer).

Symptoms:

- A tender swelling lump in the area of the breast
- Varying degrees of pain
- Fever, redness, warmth feeling

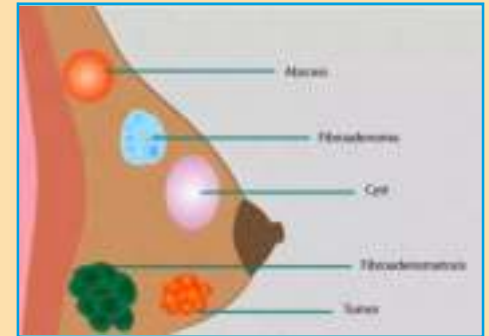
Management:

Effective management of breast abscesses needs a medical and surgical/Para surgical approach. Medical leech therapy or *Hirudo* therapy is an integrated choice and part of multidisciplinary treatment. Many researchers have studied its possible effect on the diseases like abscess, Varicose veins, Joint pain, Psoriasis and other inflammatory conditions.

The medical leech therapy is one among them blood letting therapy is a part of the para surgical procedure in ayurveda which is mainly helpful in inflammatory conditions.

One probable mode of action of medical leech therapy will be, the saliva of Leeches contains *hirudin*, inhibiting blood clotting and thus allowing easy blood circulation.

This normal circulation helps to heal the tissue.



Hirudins are a compound in the leech saliva that acts as an anti inflammation and helps reduce infection.

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SUCCESS CASE STORY

A patient of 28 yrs old came to JSS Ayurveda hospital OBG Outpatient department with complaints of pain and swelling in the right breast. Her child accidentally hit her, and she developed pain. Eventually, there was swelling and a collection of pus. she underwent surgery for drainage two times and was in antibiotic therapy for almost three months, but still pain and swelling did not subside; hence she approached JSS Ayurveda Hospital Mysuru. After examination, the patient was treated Medical leech therapy for three sitting on alternate days. At the end of the treatment, pain and swelling reduced completely, and the patient was comfortable. No adverse effect was seen.

EVENTS ORGANIZED



Proud Moment for our esteemed Institution to receive blessings from His Holiness on the occasion for bagging 3rd Prize in exhibition stall at Sutturu Jatra Mahotsava 2023



Exhibition Inauguration at Sutturu Jatra Mahotsava by Poojya Jayarajendra Swamiji on 18th January 2023.



A glimpse of awareness created to the visitors at Sutturu Jatra Mahotsava 2023 by JSS Ayurveda Medical College and Hospital staffs.



JSS Ayurveda Medical College, Mysuru, celebrated 74th Republic Day on 26th January 2023.

Dr. B. Gurubasavaraja, Senior Consultant JSS Ayurveda Medical College and Hospital, Dr. Sarbeswar Kar, Principal and Medical Superintendent, JSS Ayurveda Medical College and Hospital, Dr. Rajesh A Udupudi, Dean, JSS Ayurveda Medical College and Hospital, Mysuru were present in the program along with other Consultants, faculties, PG Scholars and UG students of the college.



Dr. B. Gurubasavaraja, Senior Consultant JSS Ayurveda Medical College and Hospital Mysuru has delivered keynote at Aptopadesha Programme at Gulbarga University.



Anatomy workshop (Bridge course) for Physiotherapy Post Graduate Students was organised and conducted by department of Rechana Shareera (Anatomy) on 30th and 31st January 2023.



Anatomy workshop for Master's Physiotherapy Students on 30th and 31st January 2023.



Our students and teaching staff of JSSAMC, Mysuru, participated in Yogathon 2022 at Mysuru Race Course Ground organized by Govt. Of Karnataka.

॥ श्री गणेशाय नमः ॥

RAAAUOS 28TH WEBINAR

Topic: Clinical experience in management of Lung Cancer (stage IV)

Speaker: Dr. Beena, M.D.
MD (Ayur), (PGD)
Asst. Professor, JSS Ayurveda college

Moderators: Dr. Shikharika Patil, Dr. Geetha Puthur, Dr. Anshya, Dr. Kanchana

6th January 2023
3pm to 4.30pm
@ Google meet

Dr. Shikharika Patil - 7795548404
Dr. Geetha Puthur - 9591259553

Dr. Beena, M.D, Reader, Dept of PG and PhD studies in Kayachikitsa, JSSAMC, Mysuru was the Guest Speaker for the topic "Clinical experience in the management of Lung Cancer (stage IV) at RAAAUOS 28th Webinar on 6th January 2023.



Our College 12 U.G. Students participated in a Paper presentation at "SIDDARASADYUTI-2023", A National

Seminar Organized by P.G. Department Rasashastra & Bhaishajya Kalpana at N.K. Jabshetty Ayurvedic Medical College & P.G. Centre, Bidar, held on 7th January 2023, among which Miss. Ganavi, Miss. Yashaswini, Miss. Srishti and Mr. Nrupatunga, II BAMS UG scholars, bagged the Best Paper in the scientific session. Dr.

Jagadeesh Mitti, Professor and Head, Dr. Shreeshananda Sharma, Professor, Dr. Rajendra Prasad. M.L, Assistant Professor, Dept of P.G. and PhD studies in Rasashastra & Bhaishajya Kalpana, JSSAMC, Mysuru, were the Chairperson in various parallel scientific sessions in this National Seminar.



A condolence meeting was observed at JSSAMCH, Mysuru, for the sudden demise of Parama Poojya Sri. Siddeshwara Mahaswamigalu, Jnanayogahrama, Vijayapura, on 3rd January 2023 at 4.00 pm.

GINGER LIME JUICE

Dr Aparna Surendra, Physician Grade I Dept of Naturopathy and
Yoga JSS Ayurveda Medical College and Hospital Mysuru.



Ginger:

Its scientific name is Zingiber officinale, is a spice consumed worldwide for culinary and medicinal purposes.

Rhizome of ginger is a type of underground modification of stem which grows horizontally underground. It is mainly used in cooking as a spice with many medicinal properties. It is a digestive, carminative, antitussive, anti-inflammatory, antibacterial, antifungal and anticancerous herb.

Preparation:-

Ginger squash can be prepared and stored to make instant juices.

Ingredients required:-

Ginger ½ Kg, Jaggery ½ Kg, Lemon 4 No's, Elaichi – Cardamom 10 No's in powdered form. Wash 500gm ginger in clean water and remove its skin by peeling. Make it into small pieces. Add the required amount of water and grind to make a paste. Later strain it to get its juice (extract). With 500gm of ginger, one can extract almost 300 to 400ml of liquid. Now add 500gm of organic jaggery and cardamom powder to the juice. We must boil this juice for 5-10 minutes until the jaggery melts. Put off the flame and allow it to cool. After it gets cooled, mix juice

extracted from 4 lemons. The ginger lime squash is ready and can be kept inside the refrigerator for 1 or 2 months.

How to get ready for juice? Take 50ml of ginger lime squash, add 100ml of water, preferably warm water; mix well and drink. This juice can be consumed on an empty stomach, before breakfast or after food. Nutritional value of ginger lime juice - per 100gm of ginger squash, it contains 80-kilo calories, and it also includes:-

| | |
|---------------------|----------------|
| Total Fat – 0.8 gm | Calcium – 1% |
| Sodium – 13mg | Vitamin C – 8% |
| Potassium – 415mg | Magnesium 10% |
| Carbohydrate – 18gm | Calcium 1% |
| Dietary Fibre – 2gm | Iron 3% |
| Sugar – 1.7gm | Vitamin B6 10% |
| Protein – 1.8gm | |

Ginger juice can be taken during fasting days for energy balance and detoxification. Ginger is also rich in antioxidants; hence, it combats free radicals and detoxifies the body.

It is helpful in Colds, Cough, Fever, Gastritis, Headache, nausea, vomiting, diarrhoea, constipation, Arthritis, cancer, sinusitis, Mouth ulcer, indigestion etc. The same ginger squash can be prepared in the same manner, without jaggery can be consumed by Diabetes patients also. Non-diabetic patients can instantly take such sweet ginger squash after adding honey while preparing juice.

There is no contraindication for this ginger lime juice. It can be consumed at any age, any condition by all universally.

Upcoming Camps March 2023



Yoga Classes for Public

01.03.2023 to 31.03.2023

Janu Sandhigata Vata

01.03.2023 to 10.03.2023

Abnormal Vaginal Discharge

01.03.2023 to 11.03.2023

Swarnaprasana

04.03.2023

Skin Disorders

06.03.2023 to 11.03.2023

Refractive Errors in Children

06.03.2023 to 11.03.2023

Pilonidal Sinus + Diabetic Foot Ulcer

10.03.2023 to 20.03.2023

Depression

13.03.2023 to 18.03.2023

Neck and Back Pain

13.03.2023 to 18.03.2023

Multiple Joint Pain

20.03.2023 to 25.03.2023

Vasanth Vamana

20.03.2023 to 31.03.2023

Obesity

27.03.2023 to 01.04.2023

Patients Speak

The best service provided by all here at JSS Ayurveda Hospital. Doctors, Nurses, Treatments, Housekeeping etc. I go back as very Happy Customer. I have recommended JSS to my family and friends.

- Shilpa Iyanna

Very Good service in all Departments. Excellent service in treatments, Housekeeping and Nurse Station. A Big Thanks to Dr Aparna Mam and Nanditha Mam for being really helpful to us.

- Ranjitha D

Excellent Service by Treatment Department. A very polite staff's. I would also like to appreciate all the team members, Dr Satish Pai Sir, Dr Poornima Mam, Dr Aparna Mam and Dr Kusuma for providing guidance and being supportive of my entire stay at the Hospital.

- Divya Thakkar

Outstanding service from all the Departments like Registrations, Canteen etc. All the staff's were polite and humble. I would like to appreciate and Thankful to Admininstration and Dr Beena Mam for providing guidance. Thank the entire team for the very good Service and Hospitality.

- Mahesha M

I am very Happy to stay in JSS Ayurveda Hospital. Doctors, Staffs, Paramedical peoples were very polite and humble. It is situated in the Holy place of God Chamundeshwari. I was very much Thankful to all the staff's. The best treatment I have never received rather than this Hospital. I have decided to visit every 6 months for this excellent treatment.

- Ashwini

Suvarnaprashana Calendar-2023

| Sl. No. | Month | Date | Day |
|---------|-----------|------|-----------|
| 1 | January | 8 | Sunday |
| 2 | February | 5 | Sunday |
| 3 | March | 4 | Saturday |
| 4 | March | 31 | Friday |
| 5 | April | 27 | Thursday |
| 6 | May | 25 | Thursday |
| 7 | June | 21 | Wednesday |
| 8 | July | 18 | Tuesday |
| 9 | August | 14 | Monday |
| 10 | September | 11 | Monday |
| 11 | October | 8 | Sunday |
| 12 | November | 4 | Saturday |
| 13 | December | 2 | Saturday |
| 14 | December | 29 | Friday |

Suvarnaprashana Centres

- JSS Ayurveda Hospital, Lalithadripura Road, Alanahalli, Mysuru.
- Rajendra Auditorium, JSS Hospital Building, Mysuru.
- JSS Urban Health Centre, MedarBlock, Bamboo Bazar, Bannimantap, Mysuru.
- JSS Law College, New Kantharajurs Road, Kuvempunagar, Mysuru.
- JSS High School, Mettagalli, Mysuru.
- JSS Public School, J P Nagar, Mysuru.
- JSS Public School, Siddarthanagar, Mysuru.
- JSS Public School, SJCE, Campus, Mysuru.
- JSS Public School, Teachers Layout, Mysuru.
- VijayaVittalaVidyashala, Saraswatipuram, Mysuru.
- Maharshi Public School, Industrail Subrub, Vishweshwaranagar, Mysuru.
- JSS Ayurveda OPD, Suttur.
- JSS School of Nursing, Kollegal
- JSS High School, K R Nagar
- JSS English Medium Girls High School, Nanjangudu.
- JSS English Medium School, Hullahalli.
- JSS Public School, Chamarajanagar.
- JSS Arts & Commerce college, Gundlupet.
- Abhinava Bharathi Vidya Kendra, Behind D C Office, Mandya
- JSS High School, Jayanagar, Bengaluru
- JSS Public School, Banashankari, Bengaluru
- JSS Public School, HSR Layout, Bengaluru