



JSS Ayurveda Medical College & Hospital, Mysuru
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JSS AYUR BULLETIN

Monthly Newsletter

Vol. 47 | November 2023 1

Successful Management of Mukhadooshika

- Cystic Acne Vulgaris

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The skin, being the largest organ of the body, acts as a protective barrier against various external factors such as microbes, dust, heat, cold temperature, and foreign particles. In India, more than 85% of adolescents and two-thirds of adults aged 18 years and older are affected by acne. Globally, it affects approximately 9.4% of the population, with the highest prevalence among adolescents. Cystic acne vulgaris specifically affects 1% of adult females and 3% of adult males.

Acne has a significant impact on the quality of life for patients, affecting

their self-confidence and self-esteem. As the face is considered the index of one's health, it requires utmost care.

The current lifestyle, irregular diet, and pollution directly affect the skin, leading to various skin diseases, with Mukhadooshika or Yuvana Pidika (Acne Vulgaris) being the most common among them. According to the Ayurvedic literature, Mukhadooshika is considered as a Swatantra Vyadhi (independent disease) and is characterized by the presence of thick or hard painful eruptions resembling thorns of the Shalmali Kantaka (silk cotton tree) on the face. This condition correlates with Acne Vulgaris as explained in modern science.

In modern medicine, acne is recognized as a chronic inflammatory condition of the pilosebaceous units, characterized by symptoms such as seborrhea, open and closed comedones, erythematous papules and pustules, and occasionally nodules or cysts.

मुखे पचन्ते अत एव मुखदूषिका ॥ (न्याय चन्द्रिका);
तेन मुखदूषिकित्तिथिता मुख कान्तहिरण्यत्वादस्य ॥ (आढमल्ल);
यूना आननं तस्य पडिका युवान पडिक । (न्याय चन्द्रिका)

According to Sanskrit English dictionary Mukha Dushika means an eruption disfiguring the face. Mukha Dushika is the synonym of Yuvana pidaka.

CASE REPORT

A 19-year-old patient presents with cystic lesions on her face, accompanied by pain and a slight discharge of blood-mixed pus for the past 3 months. Despite seeking treatment at a local clinic and completing a course of antibiotics, the symptoms persist, significantly affecting her daily activities.

MEDICAL HISTORY:

Menstrual History: Menarche at 14 years; regular menstrual cycle with a duration of 3/30 days and moderate flow. Last Menstrual Period (LMP): May 8, 2023.

PAST MEDICAL HISTORY:

The patient has no known history of Type 2 Diabetes, Hypertension, Thyroid Dysfunction, or any other comorbidities.

On Examination:

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GENERAL EXAMINATION:

- Moderately Built and well nourished, height – 158cm, weight – 48kg.
- PR: 88/min, BP:120/80mmhg, febrile 99°F.
- Pallor Absent
- P/A: Soft, NAD

LOCAL EXAMINATION – FACE

- Widespread cystic acne lesions noted all over face +++
- Inflammation ++
- Puffiness of face ++
- Redness ++
- Discharge ++
- Local rise in temperature ++

**INVESTIGATION**

- Hb% - 10.5gm%
- TC - 12,000 cells
- ESR - 26mm/hr
- RBS - 97mg/dl
- Urine routine - WNL

MANAGEMENT:**SHODANA CHIKITSA****VIRECHANA**

- **Deepana & Pacana** –

1. Tablet Agnitundi Vati 2-2-2 Before food x 3 days
2. Tablet Chithrakadi Vati 2-2-2 Before food x 3 days

- **Snehapana** with **Panchatikta Guggulu Ghrita** in Arohana krama till she attained Samyak Snigdha Lakshana – 4 days

- Sarvanga Abhyanga and Bhashpa Sweda with Maha manjistadi Taila – 3 days

- Virechana karma with,

Trivrith Lehya – 80gm ; Triphala Kashaya – 200 ml

- **Jalukavacharana** done 4 sittings – 15 days apart

SHAMANA CHIKITSA

- Mahamanjistadi Kashaya 15ml with water twice daily for 1 month
- Sarivadyasava 15ml with water twice daily for 1 month
- Tablet Aroghyavardini vati 1-1-1 for 15 days
- Triphala Choorna ½ tsp with warm water at bed time for 15 days

LEPA

- Papaya pulp Paste + Yastimadhu Churna + Rose Water weekly twice for 1 month

Before Treatment

Widespread cystic acne lesion on face

**After Treatment**

Active reduction of cystic acne lesion on face after 3 months treatment



In Ayurvedic literature, the management of Mukhadooshika involves two main therapeutic approaches: Shodhana and Shamana therapy. Shodhana therapies, including Vamana (Therapeutic emesis), Virechana (Therapeutic purgation), and Raktamokshana (Bloodletting therapy through Jalukavacharana), aim to expel aggravated doshas from the body. On the other hand, Shamana Chikitsa utilizes oral formulations like vati, kwatha, and rasoushadhi. Among the external treatments, Lepa, a form of Bahya Chikitsa, is particularly effective in addressing skin ailments. In the case of Mukhadooshika, lepa aids in dosha removal from lesion sites, acting as both an anti-inflammatory and antibacterial agent. The holistic approach of Shodhana, Shamana, and lepa chikitsa not only cures Acne but also enhances skin complexion.

Our hospital has a specialized Skin Clinic and a Department of Ayurvedic Obstetrics and Gynecology. Here, individuals receive personalized treatment plans to their skin type and gynecological conditions.

EVENTS ORGANIZED



JSS Ayurveda College students enthusiastically participated in the Yoga Dasara event that took place on October 15th, 2023, at Senate Bhavan in Mysuru.



Dr. Anushree was awarded at the KASHYAPI 2023 International Conference held at V S Khandekar Bhavan, Vidyanagar, Kolhapur during October 27th to 29th, 2023. Her paper on Integrated Women's Health Care was recognized for its excellence.



Saraswathi Pooja conducted at Jss Ayurveda Medical college Library.



JSS Ayurveda and Medical College, Mysuru organized a Guest Lecture on October 16th at 3:00 pm specifically for second and third year undergraduate students, postgraduate scholars, and teaching faculty of the department. The event began with an invocation by Miss. Amala, a second year undergraduate student. Dr. P. Sudhakar Reddy, Professor and Head of the Department of PG studies in Swasthavritta, warmly welcomed the guest and the gathering.

During the lecture, Dr. Rajesh A Udupudi, the Dean, addressed the

attendees and emphasized the significance of food. Dr. Sushma, a first-year postgraduate scholar from the Department of PG Studies in Swasthavritta, introduced the esteemed guest speaker, Dr. P. Vanitha Reddy. Dr. P. Vanitha Reddy, Assistant Professor and Coordinator of the Department of Nutrition & Dietetics at JSS Academy of Higher Education & Research, Mysuru, delivered a captivating talk on the topic of "Food Safety." This informative session resonated with over 170 students, inspiring thought and reflection.



Accompanying the guest speaker were esteemed faculties of the Department of Nutrition & Dietetics, Dr. SudhaSai Ram and Dr. Rashmi. Dr. Janavi, a first-year postgraduate scholar in the Department of PG Studies in Swasthavritta, expressed gratitude by delivering the vote of thanks.

The event was also attended by Dr. Sowmya.M.N, a Reader in the Department of PG studies in Swasthavritta, and Dr. Shalini.S, also a Reader in the same department. Finally, Dr. Krishnanunni, a first-year postgraduate scholar from the Department of PG Studies in Swasthavritta, successfully coordinated and executed the entire ceremony.



Dr. P Sudhakar Reddy, a renowned expert in Swasthavritta from JSS Ayurveda Medical College, Mysuru, shared his expertise as a resource person at the AYUSH SAMRIDHI International Webinar Series.



ಜೆಎಸ್‌ಎಸ್ ಆಯುರ್ವೇದ ವೈದ್ಯಕೀಯ ಕಾಲೇಜು ಮತ್ತು ಆಸ್ಪತ್ರೆಯ, ಕಾಯಚಿಕಿತ್ಸಾ ಸ್ವಾತಂತ್ರ್ಯ ವಿಭಾಗದ ವತಿಯಿಂದ ವಿಶ್ವ ಹಿರಿಯ ನಾಗರಿಕರ ದಿನಾಚರಣೆ ಮತ್ತು ವಿಶ್ವ ಆಸ್ವಿಯಾಪೊರೋಸಿಸ್ ದಿನಾಚರಣೆ (ಅಸ್ಥಿರಂಧ್ರತೆ)ಯ ಅಂಗವಾಗಿ ಉಚಿತ ಮೂಳೆ ಖನಿಜ ಸಾಂದ್ರತಾ (BMD) ಪರೀಕ್ಷಾ ಶಿಬಿರವನ್ನು ಗುಫಿಕ್ ಬಯೋಸೈನ್ಸ್ ಹೆಲ್ತ್‌ಕೇರ್

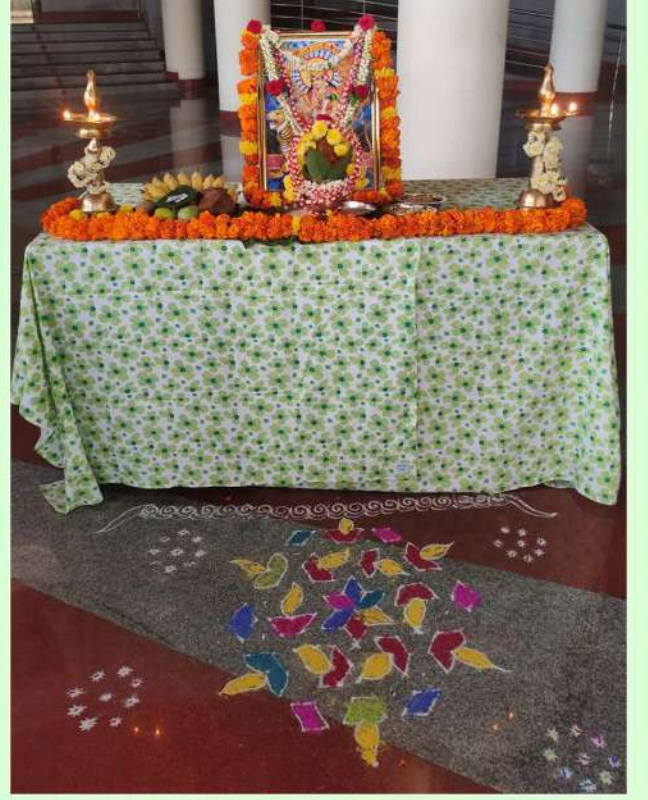
(Gufic Bioscience-Health Care) ಇವರ ಸಹಭಾಗಿತ್ವದೊಂದಿಗೆ ದಿನಾಂಕ: 20.10.2023ರ ಶುಕ್ರವಾರದಂದು ಜೆಎಸ್‌ಎಸ್ ಆಯುರ್ವೇದ ಆಸ್ಪತ್ರೆಯಲ್ಲಿ ಹಮ್ಮಿಕೊಳ್ಳಲಾಗಿತ್ತು.

ಈ ಸಂದರ್ಭದಲ್ಲಿ ಕಾಯಚಿಕಿತ್ಸಾ ವಿಭಾಗದ ವೈದ್ಯರುಗಳಾದ ಡಾ. ರಾಜೇಶ್ ಎ ಉದಪುಡಿ, ಡಾ. ಬೀನಾ ಎಂ ಡಿ, ಡಾ. ಉನ್ನಿಕೃಷ್ಣನ್ ಹಾಗೂ ಡಾ. ಅನುಕೃಷ್ಣಾ ಇವರುಗಳು ಉಚಿತ ವೈದ್ಯಕೀಯ ಸಲಹೆಗಳನ್ನು ನೀಡಿದರು.

ಶಿಬಿರದಲ್ಲಿ 100 ಜನರು ಪಾಲ್ಗೊಂಡಿದ್ದು, ಎಲ್ಲಾ ರೋಗಿಗಳ ಮೂಳೆಯ ಖನಿಜ ಸಾಂದ್ರತೆಯನ್ನು ಪರೀಕ್ಷೆ ಮಾಡಲಾಗಿದ್ದು - ಸಾಂದ್ರತೆ ಕಡಿಮೆ ಇರುವ ರೋಗಿಗಳಿಗೆ ವಿಶೇಷವಾದ ಸಲಹೆಗಳನ್ನು

ನೀಡಲಾಯಿತು. ಆಹಾರ ಹಾಗೂ ಔಷಧಿಯ ಸಹಾಯದಿಂದ ಯಾವ ರೀತಿ ಮೂಳೆಯ ಬಲವರ್ಧನೆಯನ್ನು ಮಾಡಬಹುದು ಎಂದು ತಿಳಿಸಿಕೊಡಲಾಯಿತು.

ಉಚಿತ ವೈದ್ಯಕೀಯ ತಪಾಸಣೆಯನ್ನು ಅತ್ಯಂತ ಮುತುವರ್ಜಿಯಿಂದ ನಡೆಸಲಾಗಿದ್ದು, ಡಾ. ರಾಜೇಶ್ ಉದಪುಡಿ ಮುಖ್ಯಸ್ಥರು ಕಾಯಚಿಕಿತ್ಸಾ ವಿಭಾಗ ಇವರು ಶಿಬಿರದ ಕೊನೆಯಲ್ಲಿ ಮೆಚ್ಚುಗೆಯನ್ನು ವ್ಯಕ್ತಪಡಿಸಿ ಶಿಬಿರವನ್ನು ನಡೆಸಿಕೊಟ್ಟ ಎಲ್ಲರಿಗೂ ವಂದನಾರ್ಪಣೆಯನ್ನು ಸಲ್ಲಿಸಿದರು, ಹಾಗೂ ಈ ಶಿಬಿರದ ಆಯೋಜಕರಾದ ಗುಫಿಕ್ ಬಯೋಸೈನ್ಸ್ ಹೆಲ್ತ್‌ಕೇರ್‌ರವರಿಗೆ ವಿಶೇಷ ಕೃತಜ್ಞತೆಯನ್ನು ಸಲ್ಲಿಸಲಾಯಿತು.



ಪೂಜೆಯನ್ನು ಸಾಂಕೇತಿಕವಾಗಿ ಆಚರಿಸಲಾಯಿತು. ಆಯುಧ ಪೂಜೆಯಲ್ಲಿ ವೈದ್ಯಕೀಯ ಅಧೀಕ್ಷಕರು, ಕಾಲೇಜು ಮತ್ತು ಆಸ್ಪತ್ರೆಯ ಎಲ್ಲ ಆಡಳಿತ ಮತ್ತು ಸಿಬ್ಬಂದಿ ವರ್ಗದವರು ಹಾಗೂ ವಿದ್ಯಾರ್ಥಿಗಳು ಭಾಗವಹಿಸಿದ್ದರು, ಮತ್ತು ಪ್ರಸಾದ ವ್ಯವಸ್ಥೆಯನ್ನು ವರ್ವಡಿಸಲಾಗಿತ್ತು.

ಫಾರ್ಮಸಿ, GMP, ಜನರೇಟರ್ ರೂಂ ಮತ್ತು ಆಸ್ಪತ್ರೆಯ ಎಲ್ಲ ವಿಭಾಗಗಳಲ್ಲಿ ಪೂಜಾ ಕಾರ್ಯವನ್ನು ನೆರವೇರಿಸಲಾಯಿತು.

ಜೆಎಸ್‌ಎಸ್ ಆಯುರ್ವೇದ ಆಸ್ಪತ್ರೆಯಲ್ಲಿ ದಿನಾಂಕ: 21.10.2023ರ ಶನಿವಾರದಂದು ಆಸ್ಪತ್ರೆಯ ಧನ್ವಂತರಿ ವಿಗ್ರಹದ ಮುಂದೆ ಆಯುಧ



On October 15, 2023, our college's 3rd and 4th-year students actively took part in the Yoga Nritya during the inaugural function of Yoga Dasara at the Senate Bhavan. The captivating performance was choreographed by Dr. Sushmitha. T.C, an Assistant Professor in the Department of Postgraduate Studies in Swasthavritta.



The Department of PG Studies in Shalakya Tantra organized a Guest Lecture on the Management of Refractive Errors by Dr. Mahesh Kumar, an Ophthalmic Surgeon, on October 12, 2023, at JSS Ayurveda Medical College, Mysuru. The event, in celebration of World Sight Day-2023



under the theme "Love your Eyes at work," aimed to raise awareness among students, teachers, and service providers. Dr. Mahesh Kumar discussed Preventable Blindness, recent updates in Refractive Errors management, Lasik, and other techniques.

National Level Essay Writing Competition
Topic: "आमलकी वयःस्थापनानां श्रेष्ठं"
 Through the prism of Anti-aging and Regenerative Medicine and Gerontology
 Elaborate by citing classical literatures & latest researches

Congratulations

OUR WINNERS	
• Miss. Amala Sunil	JSS Ayurvedic Medical College And Hospital, Mysuru, Karnataka.
• Miss. Kruti Jaxesh Bhavsar	Aarohant Ayurvedic Medical College and Research Institute, Kalol, Gujarat
• Mr. Yash Kaliya	Aarohant Ayurvedic Medical College and Research Institute, Kalol, Gujarat
• Mr. Rohit Biswas	Sri Satya Sai University of Technology and Medical Sciences, Bhopal

Candidates in waitlist
 1. Vid. Radhikaba Zala
 2. Anusree TS
 3. Ananya Mishra
 4. Arijit Kumar Asht

Winners are hereby invited to appear for the Final Round at **AMALAKI MAHOTSAVA**, 4 Day Residential Ayurveda & Hands on Training Panchakarma Workshop to be held at Prasargh from 20-23 Oct 2023.
 (Workshop, Accommodation, Meals are complimentary for the 4 winners)
 Note: No T.A. Any allowance will be provided.

Organized by:
 The Tatva Group
 NitigVann Ayurveda
 Mokshaya Yatra



Miss. Amala Sunil, a 3rd Year BAMS student from our college emerged victorious in the National Level Essay Writing Competition held in October

2023. The competition focused on the topic "Amalaki Vayah Sthapananam Shrestaha."



Mr. Vikas Nandy, Assistant Administrative officer, JSS Ayurveda Medical College, Lalitadripura Road, Mysuru has successfully completed the Ironman 70.3, Indian's third edition triathlon held in Goa on October 8, 2023.



Vidwan Raghupathi Bhat, a Sanskrit faculty member at JSS Ayurveda Medical College, Mysuru, was honored with the 'Dasara Vaibhav Puraskar.'

Upcoming Camps December 2023

Yoga Classes for Public

01.12.2023 to 30.12.2023

Diabetic Neuropathy

02.12.2023 to 30.12.2023

Sciatica (Gridhrasi)

04.12.2023 to 09.12.2023

Female Infertility

05.12.2023 to 11.12.2023

Respiratory Disease

06.12.2023 to 12.12.2023

Migraine Headache

07.12.2023 to 17.12.2023

Kampavata

11.12.2023 to 16.12.2023

Diabetic complications of Eye

12.12.2023 to 19.12.2023

Anti obesity

16.12.2023 to 26.12.2023

Depression

18.12.2023 to 23.12.2023

Rejuvenation Camp

19.12.2023 to 25.12.2023

Skin Diseases (Acne)

25.12.2023 to 30.12.2023



JSS Ayurveda Medical College, Mysuru, commemorated Gandhi Jayanti on October 2, 2023, at JSS Ayurveda Hospital in front of the Dhanvantari Statue. Dr. Shashibindu, Assistant Professor in the Department of Agada Tantra and NSS Officer, extended a warm welcome to the dignitaries and the gathering.

The function was inaugurated by lighting the lamp, with Dr. Sudhakar P Reddy, Professor, Dr. Nischita (RMO), and Dr. Shashibindu (NSS Officer,

JSSAMC) participating. Following the inauguration, a patriotic bhajan was performed by Gopika and Team. Internees shared their thoughts on the celebration during the Prerana and Zabil session.

Dr. Nischita, RMO at JSS Ayurveda Hospital, served as the Guest Speaker, recalling Gandhiji's sacrifices and discussing significant events such as the salt revolution and Dandi March in the freedom struggle.

Dr. Sudhakar P Reddy, Professor & HOD of the Department of PG Studies in Swastavritta, delivered the presidential address. He extended wishes for Gandhi Jayanti, emphasizing the importance of Gandhiji's contributions to the nation, non-violence, and Swaccha Bharata.

The Vote of Thanks was expressed by Bindya, an internee at JSSAMC. Sanjana, another internee, served as the Master of Ceremony for the event.



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वासागुदुच्यादि
कषाय

• वासा, गुदुचि, हरीतकी, विभीतकी,
आमलकी, कटुकी, भूमिम्ब, निम्बवक्

Syp. Nirocil

• एरण्ड, गुडुची, भूम्यामलकी, जशदभस्म

Syp. Vimliv

• कटुकी, त्रिफला, भृङ्गराज, गुडुचि,
चित्रका

Dr. Mithal R. Jain, a 2nd Year PG Scholar in the Department of PG Studies in Roga Nidana at JSS Ayurveda Medical College, Mysuru, achieved the SECOND PRIZE in CHARAKA NIRUPANAM, a National Level Case Presentation Competition.

The Magical Drink Bottle Guard Juice

Dr. Nirmala A.R., Physician(Yoga & Naturopathy), JSS Ayurveda Hospital Mysuru.

Introduction:

Scientifically known as Lagenaria Siceraria, Bottle Gourd, or Calabash, is a versatile vegetable with various shapes, including the bottle-shaped variety. This article explores the nutritional value, preparation, properties, benefits, and potential side effects of Bottle Gourd Juice.

Nutritional Value of Bottle guard :-

Nutritional component	Value
• Carbohydrates	3.39g
• Proteins	0.62g
• Lipids	0.02g
• Fibre	0.5g
• Iron	0.2g
• Calcium	26mg
• Potassium	150mg
• Sodium	2mg
• Magnesium	11mg
• Phosphorus	13mg

Preparation of Bottle Gourd Juice:

1. Wash and peel the bottle gourd.
2. Cut into cubes and blend with ginger.

3. Add mint leaves, coriander leaves, and freshly squeezed lemon juice.
4. Season with black salt, pepper powder, and regular salt.
5. Blend again and strain the juice using a strainer.
6. Garnish with mint leaves and serve.

Properties of Bottle Gourd Juice:

- Antioxidant
- Anti-inflammatory
- Painkilling
- Laxative
- Cooking properties
- Diuretic action
- Lipid-lowering activity
- Anti-helminthic properties

Benefits of Bottle Gourd Juice:

1. Weight Management:
 - Low in calories and rich in dietary fiber.
 - Aids in weight loss.
2. Skin Health:
 - Source of Vitamin C and zinc for skin benefits.
 - Helps prevent signs of aging.
3. Acidity Relief:
 - Alkalinity eases stomach acids, providing relief from acidity.
4. Diabetes Management:
 - Low in carbohydrates and



glycemic index.

- Suitable for diabetics.
5. Constipation Treatment:
 - High water content and fiber promote bowel movement.
 6. Hydration:
 - 96% water content replenishes the body.
 7. Cholesterol Control:
 - Dietary fiber aids in lowering cholesterol levels.

Side Effects of Bottle Gourd Juice:

Bitter bottle gourd juice contains cucurbitaceous, which may harm the upper digestive system, leading to side effects like diarrhea, abdominal pain, bleeding, severe vomiting, and a drop in blood pressure.

Note: It's advisable to consume bottle gourd juice in moderation and consult a healthcare professional, especially if bitter varieties are used.