

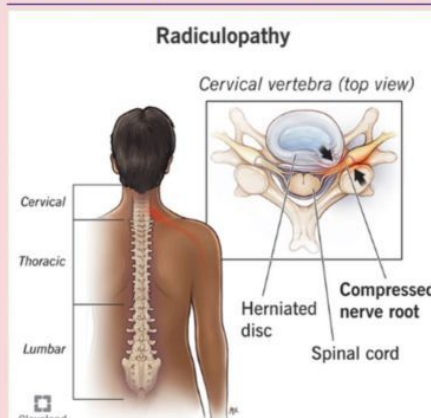
## The Effect of Acupuncture on Cervical Radiculopathy: A Review of Research and Clinical Insights

Cervical radiculopathy (CR), a condition caused by compression or irritation of the nerve roots in the cervical spine, commonly presents with symptoms such as neck pain, radiating arm pain, numbness, tingling, and weakness. This condition is most often attributed to herniated discs, foraminal stenosis, or degenerative changes in the cervical vertebrae.

Conventional treatments for CR include physical therapy, medications, and, in some cases, surgical interventions. However, acupuncture a key component of traditional Chinese medicine (TCM) has gained

**Dr Sushmitha C.T.**

*Assistant Professor Swasthavritta Department, JSS Ayurveda Hospital Mysuru.*



recognition as a potential adjunct therapy for managing cervical radiculopathy.

This article reviews current research and clinical findings on the efficacy of acupuncture in treating cervical radiculopathy.

### **Mechanisms of Action of Acupuncture in Cervical Radiculopathy**

Acupuncture involves the insertion of thin needles into specific points on the body to stimulate various physiological processes. It is believed to alleviate pain and improve function through the following mechanisms:

#### **1. Endorphin and Neurotransmitter Release:**

Acupuncture stimulates the release of endorphins and other neuropeptides, which act as natural pain relievers. These substances influence the central nervous system, reducing pain perception and enhancing overall functionality.

#### **2. Improvement of Blood Circulation:**

The therapy is thought to increase local blood flow, which may reduce inflammation and promote the healing of tissues affected by nerve compression.

#### **3. Modulation of Nerve Activity:**

Acupuncture can alter the activity of the spinal cord and brain, modifying pain signaling pathways and reducing nerve root hyperexcitability.

#### **4. Reduction of Muscle Spasm:**

Targeting specific acupuncture points may relieve muscle tension and spasms, which are common in cervical radiculopathy.

### **Research on Acupuncture for Cervical Radiculopathy**

Several studies have investigated the effects of acupuncture on cervical radiculopathy. Below are key findings from recent research:

#### **Patron**

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**1. Systematic Reviews and Meta-Analyses :**

A systematic review published in *The Clinical Journal of Pain* (2017) analyzed randomized controlled trials (RCTs) and concluded that acupuncture significantly reduced pain intensity and improved functional outcomes compared to no treatment or standard medical care. However, the review emphasized the need for larger, high-quality trials to better understand acupuncture's efficacy and mechanisms (Lee et al., 2017).

**2. Randomized Controlled Trials (RCTs) :**

A multicenter, double-blind RCT published in *The Journal of Alternative and Complementary Medicine* (2014) compared acupuncture with placebo treatment in cervical radiculopathy patients. Results demonstrated that acupuncture provided superior pain relief and functional improvements, with fewer side effects compared to placebo. Participants also reported significant reductions in neck and arm pain, along with improved grip strength (Zhao et al., 2014).

**3. Acupuncture for Chronic Neck Pain with Radiculopathy :**

A study in *Acupuncture in Medicine* (2016) assessed acupuncture's effectiveness for chronic neck pain associated with cervical radiculopathy. Findings showed reduced pain, improved range of motion, and long-term symptom relief, indicating acupuncture's potential for sustained benefits (Schwerla et al., 2016).

**4. Electroacupuncture vs. Manual Acupuncture :**

A 2018 study in *BMC Complementary Medicine and Therapies* compared electroacupuncture (EA) with manual acupuncture. Both were effective in reducing pain, but electroacupuncture demonstrated superior benefits in pain relief and functional mobility, suggesting electrical stimulation enhances therapeutic outcomes (Liu et al., 2018).

**5. Acupuncture and MRI Findings:**

A study in *Neuroimage* (2020) used MRI imaging to evaluate acupuncture's effects on cervical radiculopathy caused by disc herniation. Results showed reductions in inflammation and nerve root compression, supported by visible MRI changes. This provides objective evidence of acupuncture's ability to address structural abnormalities related to CR (Xu et al., 2020).

**Conclusion**

Acupuncture demonstrates promising potential as a treatment for cervical radiculopathy, particularly in alleviating pain and enhancing functional outcomes. Although current evidence is encouraging, further large-scale, high-quality clinical trials are essential to establish definitive guidelines for its application in clinical practice. As a non-invasive and low-risk therapy, acupuncture offers considerable benefits, especially when incorporated into a holistic treatment plan for individuals managing cervical radiculopathy.

**References:**

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## MEDICAL CAMP AT JSS VRIDDHASHRAMA, ARAVINDANAGAR, MYSURU

On the occasion of "National Ayurveda Day," the Department of Post Graduate Studies in Kayachikitsa at JSS Ayurveda Medical College and Hospital, Mysuru, organized a one-day **Free Health Check-up Camp** and **Health Awareness Talk** on **26th October 2024** from 3:00 PM to 5:00 PM at **JSS Vriddhashrama**, Aravindanagar, Mysuru.

### Highlights of the Event:

#### 1. Health Awareness Talk:

- **Dr. Deepa C Patil**, Professor, delivered an insightful session on common disorders associated with old age and their management through Ayurveda.
- **Dr. Rachana A J**, a 2nd-year PG scholar, shared essential do's and don'ts for the elderly, along with tips on meditation techniques to improve mental well-being.
- **Dr. Sushmitha N G**, another 2nd-year PG scholar, emphasized personal hygiene practices to prevent skin disorders among the elderly.

#### 2. Health Check-up:

- A comprehensive general health check-up, including **CBG (Capillary Blood Glucose)** monitoring, was provided to the inmates of the Vriddhashrama.

A total of **17 individuals** availed of the services offered during the camp, gaining valuable insights and receiving professional health consultations.

### Participants:

1. **Dr. Deepa C Patil**, Professor, Department of PG Studies in Kayachikitsa.
2. **Dr. Rachana A J** and **Dr. Sushmitha N G**, 2nd-year PG Scholars from the same department.





## Inauguration Ceremony of JSS Ayurveda Satellite Clinic

The JSS Ayurveda Satellite Clinic inauguration took place at 12:00 PM on 14th October 2024 (Monday), with dignitaries from JSS Ayurveda Hospital and Vasavi Uchita Chikitsalya board members in attendance. The ceremony began with the lighting of the lamp by Sri. R Mahesh, Dr. Anjanaya Murty, Dr. Sabeshwar Kar, Dr. Om Prakash, and Dr. Nischitha M. S., followed by the Dhawantari Stotra.

Mr. Rajesh, Chairman of Vasavi Uchita Chikitsalya, delivered the welcome address, warmly greeting the dignitaries and highlighting the contributions of key individuals, including Sri. R Mahesh (Director, Medical Education Division, JSS Mahavidyapeetha), Dr. Sarbeshwar Kar (Principal and Medical Superintendent, JSS Ayurveda Medical College and Hospital), Dr. Nischitha M. S. (Resident Medical Officer, JSS Ayurveda Hospital), Mr. Prasad P (Customer Relationship Manager, JSS Ayurveda Hospital), and the Vasavi Uchita Chikitsalya members. He also discussed the operations and initiatives that Vasavi Uchita Chikitsalya has undertaken to provide healthcare services to the underserved.

The board members of Vasavi Uchita Chikitsalya then felicitated the dignitaries, including Sri. R Mahesh, Dr. Sarbeshwar Kar, Dr. Om Prakash, Dr.

Anjanaya Murthy, and Dr. Nischitha M.S.

Sri. R Mahesh, Director, delivered the presidential address, expressing his gratitude for the opportunity to open the satellite clinic. He assured the audience that the clinic would be developed in various ways to serve the community. Dr. Sarbeshwar Kar also addressed the gathering, emphasizing the role of marketing strategies in enhancing the clinic's reach and service to society.

Dr. Nischitha M. S. rendered the vote of thanks, expressing her appreciation for Vasavi Uchita Chikitsalya's support in launching the satellite clinic. The ceremony concluded with a high tea, served to all the dignitaries and attendees.





## JSS AYURVEDA MEDICAL COLLEGE AND HOSPITAL, MYSORE

## ON ACCOUNT OF NATIONAL AYURVEDA DAY- 2024.

## REPORT ON GENERAL HEALTH CHECK UP CAMP AT KSRTC BUS DEPOTS, MYSORE.

Department of PG and Ph.D Studies in Shalya tantra conducted 4 free medical health check up camps at Vijayanagara - 2<sup>nd</sup> stage, Kuvempunagara, Nanjanagudu and Satagalli KSRTC Bus depots, Mysore on account of national Ayurveda day 2024 on 16/10/2024, 21/10/2024, 23/10/2024 and 26/10/2024 respectively from 7.00 am to 12.00pm.

On 16/10/2024 Wednesday free general health check up camp conducted from the Department at Vijayanagara 2<sup>nd</sup> stage KSRTC Bus depot from 7.00 am- 12.00pm by Doctors -Dr. Aiyanna P.P Associate professor, Dr. Meghana Final Year Pg Scholar, Dr. Raghavendra Second Year Pg Scholar & Dr. Vinay Gowda Dr. Sanjana 2 Interns From The Department Participated in the Camp, total 73 health seekers Benefited by the camp..

On 21/10/2024 Monday free general health check up camp conducted from the Department at Kuvempunagara KSRTC Bus depot from 7.00 am- 12.00pm by Doctors -Dr. Poornima P.K.M, Assistant professor, Dr. Priyadarshini Final Year Pg Scholar, Dr. Raghavendra Second Year Pg Scholar & Dr. Darshan Dr. Shradda Dr. Ashmitha, DR. Shravya 4 Interns from the Department Participated in the camp, total 85 health seekers Benefited by the camp.

On 23/10/2024 Wednesday free general health check up camp conducted from the

Department at Nanjanagudu KSRTC Bus depot from 7.00 am- 12.00pm by Doctors -Dr. Adithya J.V, Assistant professor, Dr. Sushmitha U.M Dr. Raveendranath Final Year Pg Scholar & Dr. Chandan Gowda Dr. Ashmitha 2 Interns from the Department Participated in the camp, total 78 health seekers Benefited by the camp..

On 26/10/2024 Saturday free general health check up camp conducted from the Department at Satagalli KSRTC Bus depot from 7.00 am- 12.00pm by Doctors -Dr. Poornima Jalawadi,

Associate professor, Dr. Meghana Final Year Pg Scholar, Dr. Raghavendra Second Year Pg Scholar And Dr. Vinay Gowda Dr. Sneha Dr. Shalini 3 interns from the Department participated in the camp, total 65 health seekers Benefited by the camp.

All the camp beneficiaries were screened for basic vitals like BP, PR, Temp, Weight and CBG as well. Awareness given for all the employees regarding the treatments available in our hospital and surgical specialities available.

S.No	Date	Place	No. of Beneficiaries
1	16-10-2024	KSRTC Bus Depot -Vijayanagara	73
2	21-10-2024	KSRTC Bus depot-Kuvempunagara	85
3	23-10-2024	KSRTC Bus depot- Nanjanagudu	78
4	26-10-2024	KSRTC Bus depot- Satagalli	65

## FREE HEALTH CHECK UP CAMP AT KSRTC BUS DEPOT VIJAYANAGARA





### FREE HEALTH CHECK UP CAMP AT KSRTC BUS DEPOT – KUVEMPUNAGAR



### FREE HEALTH CHECK UP CAMP AT KSRTC BUS DEPOT – NANJANGUDU



### FREE HEALTH CHECK UP CAMP AT KSRTC BUS DEPOT – SATAGALLI



## Health Awareness Talk on National Ayurveda Day at Devalapura

On the eve of National Ayurveda Day, on 24th October 2024, the Department of PG Studies in Swasthavritta, in collaboration with the Department of PG Studies in Prasooi Tantra and Stree Roga, organized a health awareness talk at the Gram Panchayat, Devalapura.

Dr. Vidyashree M and Dr. Krishnanunni M.S. were present for the session. Dr. Vidyashree M shared valuable insights on diet and lifestyle modifications during menopause. The talk benefitted 35 women from the community.



## Yoga Dasara 2024: Participation by Department of PG Studies in Swasthavritta

The Department of PG Studies in Swasthavritta actively participated in the Yoga Dasara events organized jointly by the Mysuru Dasara Organizers and the Department of District AYUSH, Mysuru. These events provided a platform for promoting the benefits of yoga and holistic health as part of the grand Mysuru Dasara celebrations.



## Gandhi Jayanti and Swachh Bharat Divas Celebration at JSS Ayurveda Medical College, Mysuru

On Wednesday, 2nd October 2024, the NSS Unit of JSS Ayurveda Medical College, Mysuru, celebrated Gandhi Jayanti and Swachh Bharat Divas at JSS Ayurveda Hospital, Mysuru, in front of the Dhanvantari Statue at 10:00 AM.

Dr. Vishal S. Kumar, Assistant Professor, led the Swachhata Oath, inspiring NSS volunteers to embrace

the core values of cleanliness, hygiene, and community service.

The event also featured the distribution of prizes to winners of various competitions held in conjunction with the Swachh Bharat Abhiyan. The celebration was organized under the leadership of NSS Officer Dr. Shashbindu.



JSS Ayurveda Medical College, Mysuru, was awarded the first prize in the Ornamental Garden category by the Nursery Department, Mysuru District, during the Dasara 2024 celebrations.



## Yoga Dasara 2024: Inauguration and Yoga Sarapali

**Yoga Dasara Inauguration** The inauguration of Yoga Dasara 2024 took place on 04/10/2024 at the Platinum Jubilee Auditorium, MMC&RI, Mysuru. The event was graced by Dr. P. Sudhakar Reddy, Dr. Sowmya M N, Dr. Shalini S, Dr. Vidyashree M, and Dr. Sushmitha C T, along with PG Scholars and II BAMS students. Around 100

students participated in the inaugural ceremony, marking the beginning of a series of yoga-related events for the Dasara celebrations.

**Yoga Sarapali** On 07/10/2024, the Yoga Sarapali event was held at the Palace Grounds, Mysuru, as part of the Yoga Dasara 2024 celebrations. Dr.

Sowmya M N, Dr. Vidyashree M, and Dr. Sushmitha C T participated in the event along with PG Scholars, II BAMS Juniors, and I BAMS students. A total of 150 students actively participated in the Yoga Sarapali, emphasizing the importance of yoga in maintaining holistic well-being.

### Yoga Charana and Durga namaskara



On 09/10/2024, the Yoga Charana and Durga Namaskara event was held at Chamundi Hills, Mysuru, as part of the Yoga Dasara 2024 celebrations. Dr. Sowmya M N, Dr. Shalini S, Dr. Vidyashree M, and Dr. Sushmitha C T participated in the event along with PG Scholars, II BAMS Juniors, and I BAMS students. A total of 100 students joined in performing Yoga Charana and Durga Namaskara, enhancing their spiritual and physical well-being during this auspicious occasion.



## Yoga Dance - Yoga Dasara 2024

On 11/10/2024, the Yoga Dance event took place at the Torch Light Parade Ground, Bannimantapa, Mysuru, as part of the Yoga Dasara 2024 celebrations. The event saw the active participation of I and II-year PG Scholars, along with UG students, who came together to showcase the blend of yoga and dance in promoting wellness and harmony.





## "AYURDENTOCON - 2024"

### A National Conference on Oro-Dental Diseases – An Integrated Approach

The Department of PG Studies in Shalakya Tantra, JSS Ayurveda Medical College, Mysuru, in collaboration with JSS Dental College, Mysuru, hosted the national conference "Ayurdentocon - 2024" on October 18th, 2024. This event, held at the Sri Rajendra Centenary Auditorium, JSS Hospital, Mysuru, marked the 109th Jayanthi celebration of His Holiness Jagadguru Rajagurutilaka Dr. Sri Shivarathri Rajendra Mahaswamiji.

#### Inaugural Ceremony Highlights

The event commenced with a warm welcome by **Dr. M.R. Dhakshaini**, Principal of JSS Dental College, Mysuru. Following this, **Dr. Sarbeswar Kar**, Principal of JSS Ayurveda Medical College, Mysuru, outlined the conference's objectives, emphasizing the importance of collaborative research.

The **Chief Guest, Sri Arvind Varchaswi**, Managing Director of Sri Sri Tatva, Bengaluru, spoke on the critical role of oral hygiene in overall health. He highlighted the adverse effects of fast foods, unhygienic diets, and adulterated foods on oral health and recommended adopting healthy eating habits alongside practices like oil pulling with medicated oils or decoctions.

The **Guest of Honour, Dr. Manjunatha B**, Registrar of JSS AHER, Mysuru, advocated for integrating diverse medical systems to provide better healthcare. He emphasized how maintaining good oral hygiene could prevent numerous diseases.

The ceremony concluded with a vote of thanks by **Dr. Gavimath Shivanand**, Organizing Secretary of Ayurdentocon 2024.

#### Scientific Sessions

The conference featured engaging scientific sessions with eminent speakers:

##### 1. Keynote Address:

Delivered by **Dr. M.R. Dhakshaini**, who discussed oral health opportunities in Ayurveda and highlighted the possibilities and challenges of collaborative research.

##### 2. Session 1:

**Dr. Suhas S**, Professor at Sri Siddhartha Dental College, Tumkur, presented Ayurvedic approaches to oral care, including herbal mouth rinses and oil pulling for managing ulcers and gum diseases.

##### 3. Session 2:

**Dr. Rajesh Srinivasan**, Director at Sadvaidyasala Pvt Ltd, Nanjangud, provided an overview of Ayurvedic

products for oral health, analyzing decoctions, tablets, and medicated oils.

##### 4. Session 3:

**Dr. Vivek J**, Professor at SSCASR, Bengaluru, shared experiences of managing oro-dental cases with Ayurveda, including oral carcinoma. He also demonstrated a painless tooth extraction technique using Jalandhara Bandha Yoga.

##### 5. Session 4:

**Dr. Sarbeswar Kar** presented the evolution of oral health practices, highlighting Ayurvedic procedures like Dantadhavana, Pratisarana, Kavala, and Gandusha, with practical demonstrations and standardization techniques.

#### Scientific Presentations

The conference featured 140 scientific paper and poster presentations by undergraduates, postgraduates, Ph.D. scholars, and faculty members from Ayurveda and dental colleges. These presentations showcased innovative collaborative research and diverse approaches to oro-dental care.

#### Valedictory Ceremony

The valedictory event was graced by **Dr. Madhu C.P.**, Medical Superintendent and Medical Director (I/C), JSS Hospital, Mysuru. Awards



were presented for the best scientific presentations. Dr. Madhu commended the organizing team for bridging the gap between Ayurveda and dentistry, emphasizing the importance of integrative healthcare approaches.

### Participation

The conference saw enthusiastic participation from 600 delegates across Karnataka, Kerala, Maharashtra, and Gujarat, making it a resounding success.

**Ayurdentocon - 2024** effectively highlighted the potential of integrated healthcare in addressing oro-dental diseases, paving the way for future collaborations between Ayurveda and modern dentistry.



### Special Achievement

#### Dr. Veena G. Rao Honored with International Best Researcher Award

**Dr. Veena G. Rao**, Professor and Head, Dept. of PG Studies in Panchakarma, received the **International Best Researcher Award for Excellence in Ayurveda** at the **International Science, Technology, and Research Awards 2024** for outstanding results and conduct in his / her research field & academics. It serves as proof of competence and excellent application of academic standards and Technical methods. Issued on 20 October 2024. Certificate Number: ISTA0210280



The final-year BAMS students participated in the 'Intercollegiate Debate Competition' held on National Ayurveda Day at Government Ayurveda Medical College, Mysuru on October 28, 2024.

Puran P Jain won the First Prize, while Chinmay B Patil secured the Third Prize.



Preeti, a student from 2nd Prof BAMS, won the First Prize in the State-level Essay Writing Competition organized by the National Integrated Medical Association in Kodagu on October 29, 2024.



## Ayurveda Day Celebration by the Department of PG Studies in Dravyaguna

The Department of PG Studies in Dravyaguna at JSS Ayurveda Hospital celebrated **Ayurveda Day** on **October 29, 2024**, by educating patients and visitors about common herbal drugs and their uses.

A medicinal plant display showcasing commonly used plants along with their medicinal values in Kannada was organized for hospital patients and visitors.

**Dr. Noor Fathima** explained the utility of medicinal plants in daily life, including their role in managing common ailments, food preparation, and as home remedies.

**Dr. Sarbeswar Kar** addressed students in the hospital, providing insights into the legacy of JSS Institutions and the importance of single herbs in treating common diseases. Medicinal plant saplings

were distributed to in-patients and out-patients of the hospital.

Students actively participated, posing questions about plant uses. The session highlighted plants like **Vaasa, Guduchi, Kumari, Tulasi, Shatavari, Pippali, Brahmi, Mandukaparni, Yashtimadhu, Aragvadha, and Ashoka**, explaining their medicinal significance.



## National Ayurveda Day 2024 Observed by Dept. of PG Studies in Swasthavritta and Dept. of Prasooti Tantra & Stree Roga

In celebration of National Ayurveda Day 2024, the Department of PG Studies in Swasthavritta & Dept. of Prasooti tantra & Stree Roga organized the following events:

### 1. Diabetic and Pregnancy Diet Expo

On October 28, 2024, at 10:30 AM, the Department of PG Studies in Swasthavritta and Prasooti Tantra & Stree Roga hosted a Diabetic and Pregnancy Diet Expo at JSS Ayurveda

Hospital, Mysuru. The expo showcased dietetic preparations beneficial for diabetic individuals and pregnant women.

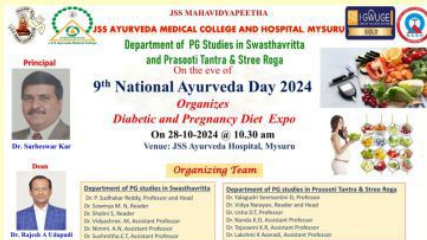
- For Diabetic Individuals: Various preparations such as millet upma, yava rotika, thepla, moong dal soup, horse gram soup, methisiddha takra, millet dosa, bitter gourd stir fry, cluster bean stir

fry, salads, fruits, vegetables, and green leafy vegetables were displayed.

- For Pregnant Women: Dietetic preparations like ksheeranna payasa, moong dal soup/palya, milk and milk products, dhanyaka hima, takra, dry fruits laddoo, fruits, vegetables, and green leafy vegetables were featured.



A diabetic dietetic menu chart was also distributed to the public during the expo.



## 2. Non-Flame Cooking Competition of Ayurveda Recipes

On October 28, 2024, at 2:00 PM, the Department of PG Studies in Swasthavritta organized a Non-Flame Cooking Competition for Ayurveda recipes at the Rasashastra and Bhaishajya Lab. A total of 12 teams participated in the event.

The competition was judged by:

- **Dr. Alka Jayavanth Kumar**, Professor & Head, Department of Shareera Rachana
- **Dr. Shreeshananda Sharma**, Professor, Department of PG and Ph.D. Studies in Rasashastra and Bhaishajya
- **Dr. Sathish Pai**, Professor & Head, Department of PG Studies in Dravya Guna

Winners:

- **1st Prize:** Miss Bhuvana & Team (II BAMS Senior)
- **2nd Prize:** Miss Revathi & Team (II BAMS Junior)
- **3rd Prize:** Miss Indhumathi & Team (II BAMS Junior)





## World Food Day 2024

On **October 23, 2024**, the **Department of PG Studies in Swasthavritta, JSSAMC, Mysuru** organized a **Guest Lecture** to mark **World Food Day 2024**. The event, held at **2:00 PM**, was attended by **second-year UG students, PG scholars, and teaching faculty** of the department.

**Dr. P. Sudhakar Reddy**, Professor & Head of the Department, welcomed the guest and the attendees.


**Dr. Hemalatha M.S**, Assistant Professor in the Department of Food Science and Nutrition, KSOU, Mysuru, served as the **Guest Speaker**. She

delivered an insightful lecture on **"Right to Food For a Better Life and a Better Future,"** offering a thought-provoking session that benefitted over **160 students**.




**JSS MAHAVIDYAPEETHA**  
**JSS AYURVEDA MEDICAL COLLEGE, MYSURU**  
**Department Of PG Studies in Swasthavritta**  
On the eve of  
**World Food Day 2024**  
**Organizes Guest Lecture on**  
**Right to food for a better life and a better future**  
On 23-10-2024 @ 2.00 pm

**Principal**



**Dr. Sarbeswar Kar**

**Dean**




**Dr. Rajesh A Udupadi**

**Organizing Team**

Dr. P. Sudhakar Reddy, Professor and Head  
Dr. Sowmya M. N, Reader  
Dr. Shalini S, Reader  
Dr. Vidyashree. M, Assistant Professor  
Dr. Nimmi. A.N, Assistant Professor  
Dr. Sushmitha.C.T, Assistant Professor


**GUEST SPEAKER**



**Dr. HEMALATHA, M.S.**  
Assistant Professor  
DOS&R in Food Science  
and Nutrition  
Karnataka state Open  
University,  
Mukthagangothri, Mysore



For overall health and development of the Child  
**Swarna Prashana Campaign**  
**ಸ್ವರ್ಣ ಪ್ರಾಶನ ಅಭಿಯಾನ**  
December 18, 2024  
Wednesday | 8.00 am to 5.00 pm



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