



Late Dr. Kurunji Venkatramana Gowda
Founder President



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CURRENT ISSUES, CASE STUDY, RESEARCH ACTIVITIES,
STUDENTS ARTICLES, COLLEGE ACTIVITIES, QUIZ, HOME REMEDIES

प्रज्वलितो ज्ञानमयो प्रदीपः ।

Editorial

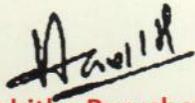


“न हि ज्ञानेन सदृशम्”

Knowledge is the foremost.

The blemishes pertaining to the mind, speech and body are corrected by three ancient wisdom bestowed by our great sages, they being Yoga, Vyakarana and Ayurveda.

Yoga though imparts physical fitness, the ultimate goal of it is to attain mental supremacy and Moksha. As the International Yoga Day is going to be celebrated throughout the world, we too contribute to it by publishing a scholarly article about Shat Chakra's apart from regular columns.


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TRADITIONS OF KUNDALINI(SHAT CHAKRAS) YOGA AND ITS PSYCHOLOGICAL HARMONY

Dr. Anusree M., M.D (Ayu), Lecturer
Department of Swasthavritta

Yogashastra is the one of the six orthodox system in Indian philosophy [Sankhya, Yoga, Nyaya, Vaisheshika, Poorva meemamsa, Uttara meemamsa]

Kundalini yoga is an indivisible part of yoga which treats kundalini shakti i.e, the six centers of physical energy (Shat Chakras). The word Kundalini is a familiar one to all as it is well known as the power, in the form of a coiled serpent, residing in Muladhara Chakra, the first of the seven Chakras the other six being Svadhishtana, Manipura, Anahata, Vishuddha, Ajna and Sahasrara, in order.

The tradition of kundalini yoga is not only a derivation of Hinduism but also deep rooted to all other religions in India. When the awareness towards different traditional aspects is explored, we can find the common factor in that 'is the uplifting of mental and social harmony'.

History

The evidence of the yogic tradition traced out in the earliest phase of **Indus valley civilization** [3500BC]. According to the archeologist Gregory possehl several seals and small statues excavated at Indus valley sites that the figures in the positions resembling as kayotsarga posture mentioned specially in kundalini yoga.



Hindu traditions of Kundalini yoga

It is believed in Hindu mythology that Shiva is the founder of yoga which is to be known as originated in 3000BC and in later centuries there were the two categories of followers of yogic tradition as Vamamarga [Leftist] and Dakshinamarga [Rightist]

Vamamarga [Leftist]

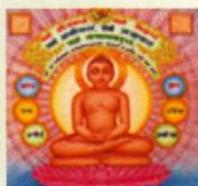
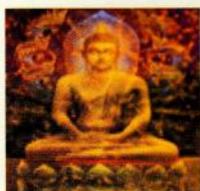
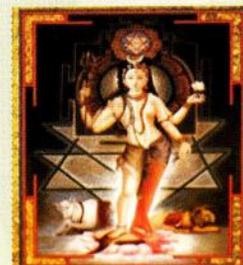
- The followers of hardest traditions like Tantrik yoga and the followers of shaiva
- They followed kundalini yoga for achieving supernatural powers

Dakshinamarga [Rightist]

- The followers of Yoga as a moksha marga like Patanjali yoga, Hatayoga etc.
- They followed kundalini yoga for achieving moksha

Tantric Yoga

Tantric yoga follows kundalini yoga that which considers shiva and shakti as supreme. Tantriks believe the essence of Shiva & Shakti lies in the body of man. For a normal human who is devoid of supreme power, Shiva is considered as static force that is seated in Sahasrara chakra and shakti is considered as dynamic force seated in muladhara chakra. By yoga sadhanas yogi can raise the shakti(dynamic force) from muladhara and making united with sahasrara is considering the stage of super natural powers.



Buddhism & Jainism yoga

The Buddhist and Jainist tradition is closely link with yoga. They used the term "Nirodha" The state of the activation of sahasrara chakra, which they belief only attains through meditation. Meditation is the technique mostly adopted by Mahayana Buddha's. The majority of Buddhist follows Patanjali yoga which indented to mental strength & moksha. Vajrayana Buddhas follow Hatayoga which indented to physical fitness.

Islamic tradition of Kundalini yoga

In the era of Emperor Jahangir there was the tradition of practicing yoga specially Shatchakra sadhana and Hatayoga. The famous Arabic philosopher named Nisam-Al-Din was the follower of yoga and the eminent work done by him named as "Hawd Ma Al Hayat [Pool of the water of life] enlightens about meditation and pranayama for kundalini sadhana and in that era the entire community were practiced.

Physiological aspects of Kundalini yoga

All the traditions of kundalini yoga reveal its psychological effects. Apart from the extreme benefits the unstated aspect in kundalini sadhana is to control mind and to improve the mental status. It's not only for attaining supreme state of yoga but also for the physical and mental wellbeing of individual. Considering the present era of day-to-day hectic life it's a herculean task to balance the mind.

According to physiological & psychological aspects its considering that the muladhara chakra is the starting level of human consciousness and all other animals is having the status below muladhara. The proper training of shatchakras will help to lift up the human mental status.

The mind balancing yogasanas, pranayama and meditations are the techniques to activate the kundalini. Ashtanga sangraha sutrasthana reveals the symbolic representation of mind as Snake (चित्तोरग)

तृष्णादीर्घमसद्विकल्पशिरसं प्रद्वेषचञ्चत्फणम् ।
कीमक्रोधविषं वितर्कदशनं रागप्रचण्डेक्षणम् ॥
मोहास्यं स्वशरीरकोटरशयं चित्तोरगं दारुणम् ।
प्रज्ञामन्त्रबलेन यः शमितवान् बुद्ध्याय तस्मै नमः ॥

Serpent is the symbol of enlightenment immortality, dormancy and consciousness. For control all the functions of mind (तृष्णा, प्रद्वेष, काम, क्रोध etc) one can adopt kundalini jagarana. Its nothing but the way of improving lifestyle.

It is easy to awaken the Kundalini, but it is very difficult to take it to Sahasrara Chakra through the different Chakras. Different methods for awakening the Kundalini are Hatha Yoga, Bhakti Yoga, Raja Yoga and Jnana Yoga. Rousing of Kundalini and its union with Siva at the Sahasrara Chakra will affect the state of Samadhi and Mukti. Before awakening the Kundalini, you must have Deha Suddhi (purity of body), Nadi Shuddhi (purification of Nadis), Mana-Shuddhi (purity of mind) and Buddhi Shuddhi (purity of intellect). As a part of preliminary stages will attains physical and mental wellbeing by day to day practice.

RASNAERANDADI KASHAYA

3rd Prof BAMS (2011-2012 batch)

रासनैरण्डबलासहचरवरीदुःस्पर्शवासमृता!
देवाह्वातिविषाधनेक्षुरशठीविश्वैः कषाय श्रुतः!!
सर्पिस्तैल विमिश्रितं प्रशमयेद् वायुं स शूलं तथा!
जंघोरुत्रिकपृष्ठपार्श्वहनुगतंशोफं च वातास्रजम्!
(सहस्रयोगम. कषाय प्रकरणं. ६)

Rasnairandadi kashaya is also known as rasnadi kvatha. It is commonly used in backache, low back pain, pain in flanks and locked jaw. This medicine is more popular in South India.

Ingredients:

Rasna - *Pluchea lanceolata*, Eranda - *Ricinus communis*, Bala - *Sida cordifolia*, Sahachara - *Barleria prionitis*, Vari *Asparagus racemosus*, Duhsparsa - *Tragia involucrata*, Vasa - *Adathoda vasica*, Amruta (Guduchi) - *Tinospora cordifolia*, Devahva (Devadaru)- *Cedrus deodara*, Ativisha - *Aconitum heterophyllum*, Ghana (Musta) - *Cyperus rotundus*, Ikshuraka - *Asteracantha longifolia*, Sathi (Kachora) - *Hedychium spicatum*, Viswa (Sunthi) - *zingiber officinalis*.

Indication: vataroga, jangha, uru, trika, prishta, parswa, hanushula, vataja sopha, vatarakta.

Dose: 1 to 2 pala

Anupana: ghrta and tila taila



Dr. Lakshmeesha K.S., MD (Ayu)
Treating physician, Dept. of Panchakarma

CASE STUDY ON GRIDHRASI

Attending interne : **Dr. Divya M.M**
Dr. Aysha Shabnam

INTRODUCTION

Owing to multiple factors related with changing lifestyle, undue pressure to spinal cord plays keyrole in low back ache which later extends to radiating pain. Gridrasi, one among shoola pradhana Vata Vyadhi, by name itself it is clear that disease not only influence pain but also causes difficulty in walking. Chronic symptoms like these seldom satisfactorily addressed by western biomedicines, hence patients often seek complimentary therapy. Such a case study is given below.

CASE DESCRIPTION

A 52 year old female patient named Mrs. Bhavani visited our hospital on 7/4/15 for the treatment.

PRESENTING COMPLAINTS

- Severe low back ache radiating to left lowerlimb since 3 months.
- Numbness with difficulty in walking.

HISTORY

Patient was apparently normal before 5 years, then gradually developed lowback ache which later radiates to left lower limb. Patient had undergone many Allopathic & Ayurvedic treatments, but did not get relief. So got admitted in our hospital for better management.

EXAMINATION

Darsana: Dehapravakratha- absent

Sakthi Ukshepa Nigraha (SLR)-Right leg -ve Left leg +ve at 400

Sparsana : Tenderness at L4-L5(++)

Prashna : Ruk, toda, spandana-present

MEDICATION

Internal medication

- Rasna Erandadi Kashayam(50ml-0-50ml)B/F
- Kaishora guggulu(2-0-2)with Kashaya
- Ksheerabala101 -10 drops along with Kashaya
- Cap palsinuron(1-0-1)

Panchakarma treatment

- Sadhyo virechana with Gandharvahasthadi Eranda taila
- Sarvanga Abhyanga with Sahacharadi taila+Kottumchukkadi Taila
- Kati pichu with Murivenna
- Bashpa sweda
- Ardhamathrika yoga Basthi

Date	9thApr	10thApr	11thApr	12thApr	13thApr	14thApr	15thApr	16thApr
Basthi	A	N	A	N	A	N	A	A

Anuvasana Basthi-moorchitha tila taila (100 ml); Niruha Basthi-Ardhamathrika Basthi :madhu (100ml), saindava (10g), madanaphala(1), moorchitha tila taila (100ml), dashamoola kashaya(250ml)

- Agni karma-Snigdha Agni karma(single sitting)-18/4/15

OBSERVATION AFTER TREATMENT

	Before treatment	After treatment
Sakthi Ukshepa Nigraha	+ve(400)	-ve
Tenderness	++	Resolved
Ruk, Toda, Spandana	++	Reduced

CONCLUSION

Disorders effecting locomotor system, those conditions considerably reduce human activities in terms of social and professional life . Gridrasi mentioned under 80 Nanathmaja Vikaras, when the treatment modality has choosen as per the Chikitsa soothra mentioned in classics(Charaka Samhitha, Chakradatha) acted appropriately towards Dosha & Guna helped to achieve the goal of resolving the disease.

PHARMACO-CLINICAL EVALUATION OF KRISHANA TILA & SHVETA TILA [SESAMUM INDICUM Linn.] IN KASHTARTAVA W.S.R. TO PRIMARY DYSMENORRHOEA



Dr. NISHA PHOGAT
P. G. Scholar

Dr. YALLAPPA G.K., M.D (Ayu)
Co-Guide

Dr. KAVITHA B.M, M.D (Ayu)
Guide

Background & Objective :

Sesame is a condiment which is used in every house hold for culinary, religious and medicinal purposes. In all living beings pain is one of the nature's earliest sign of morbidity. First and foremost duty of a physician is to help a patient to get rid of pain.

Kashtartava is a condition mentioned in various arthava vyapat's, and other diseases related with female reproductive system. On analysis, one can make out that, it is a result of vata vrudhi, apana vata margavarodha, arthava dushti and dhathukshaya. Kashtartava being painful menstruation is commonly compared with the concept of dysmenorrhoea in conventional science.

The conventional science tries to find a cure for this through analgesics and hormonal therapy which often results in ill effects. Here comes the importance of herbal remedies of Ayurveda. Tila (Sesamum indicum Linn.) show a wide range of therapeutic usage. Because of its properties like, Madhura, katu-tikta rasa, ushna veerya, katu vipaka, vatahara, deepaka, etc, might help in samprapti vighatana of Kashtartava.

1. Pharmacognostical study: Macroscopic, microscopic and powder microscopic study of Seeds of Tila.
2. Analytical study: Organoleptic study, physico-chemical analysis, and H.P.T.L.C.
3. Clinical study : For clinical study, Kalka of Krishna Tila and Shveta Tila were administered to the patients of Kashtartava, for a period of 12 days starting from 5 days prior to menstruation for 3 consecutive cycles. 30 patients were selected, 15 in each group. 10 gm kalka was given internally, both morning and night prior to food with hot water.

Result:

The trial drugs have shown significant action in relieving Kashtartava (Primary dysmenorrhoea).

Conclusion:

The present clinical study has shown that, the drug is having significant action in relieving Kashtartava or primary dysmenorrhoea. Both the varieties of Tila can be used as they are equally effective in treating dysmenorrhoea.

Key words:

Primary dysmenorrhoea, Tila (Sesamum indicum Linn.), Pharmacognostical, Analytical, Physico-chemical, Analgesics.



“A COMPARATIVE PHARMACEUTICO-ANALYTICAL STUDY OF NARIKELA TAILA MURCHANA WITH DIFFERENT MODALITIES”

Dr. Geethu Sudeesh
P.G. Scholar

Mr. Atul Kumar Ohja M., Pharm (Ayu)
Co-Guide

Dr. Rohini D. Bharadwaj, M.D. (Ayu)
Guide & H.O.D, Dept. of RS & BK

Background:

Coconut - Cocos nucifera adored as “Kalpavriksha” occupies a special and a higher place because of its health, medicinal, cosmetic value. It is an inevitable part of rituals in India. Coconut oil is being used as a culinary oil in southern part of India. Short coming of coconut oil is that it is very much susceptible to rancidity. Much references of Narikela Taila are not found in our ancient classics probably due to non-availability and less usage in parts of country other than west coast, hence its preservation method is not mentioned in classics of Ayurveda. Later by 18th century in Bhaishajya Ratnavali, Jwaradhikara, preservation of Snehas have been mentioned in the name as Sneha Murchana. Main aim of this process is to remove the bad characters like Durgandha, Amadosa and Ugrata and thereby increase the Virya of the Sneha. Here an attempt has been done to carry out Murchana on Narikela Taila by different modalities to find out the most suitable Murchana Vidhi for it. Thus to promote Narikela Taila by increasing its shelf life and thereby its usage.

Methodology:

Four samples were taken and named as Market sample, Heated sample and Ghrita Murchita Narikela Taila and Taila Murchita Narikela Taila. Murchana was carried out as per reference in Bhaishajya Ratnavali. As Narikela Taila resembles both Taila as well as Ghrita in properties, both Ghrita Murchana and Taila Murchana drugs were selected. Organoleptic and Kries test were carried out monthly, up to one year to find the Saveeryatha avadhi. All samples were analyzed based on parameters like Refractive Index, Viscosity, specific gravity, Acid value, free fatty acids, Iodine value, Peroxide value, Saponification value, Unsaponifiable matter and GCMS.

Result:

Prepared samples differ with each other organoleptically, Result of GCMS shows that Murchana is a process which helps in slightly decreasing the percentage composition of unsaturated fatty acids. Heating of the sample was not considered good. All the samples were not rancid up to 12 months, all other parameters were within the normal limits. It is concluded that both methods are beneficial, but Ghrita Murchana drugs are more advantageous. Container has got the role to play in the Saveeryatha avadhi.

Key words:

Narikela Taila, Murchana, Bhaishajya Ratnavali



“EVALUATION ON EFFECT OF AGNI KARMA AND UPANAHA SWEDA IN VATAKANTAKA - A COMPARATIVE CLINICAL STUDY”

Dr. Sandeep S.
P.G. Scholar

Dr. Harshavardhan K.
Co-Guide

Dr. G. K. Prasad
Guide, Dept. of Shalyatantra

BACKGROUND AND OBJECTIVES

Pain is the symptom that interferes with our day today activities, affecting quality of life. A quick remedy is the need of today's fastest era. Vatakantaka, a well known Vatavyadhi, produce pain in Gulpha and Pada. This leads to difficulty in walking more over painful heel disturbs daily routine. The 'prick by thorns' kind of pain in pada due to Vata residing in Gulpha Predesha attributes to the name Vatakantaka.

The treatment of Vatakantaka is Sneha, Upanaha, Agnikarma, Bandana and Unmardhana. In which Agnikarma relieves pain quickly. In painful conditions like Vatakantaka, Swedana karma is indicated. Swedana relieves the

pain, stiffness and heaviness. Upanaha Sweda is very effective in localized painful condition. So here in this clinical study two treatment modalities are considered, Upanaha and Agnikarma.

There is need of cheap, safe and effective treatment for this disease therefore this treatment is selected.

METHOD

The effects of Agnikarma with suchi & Upanaha with Kottanchukkadi Choorna procedures are evaluated clinically in 30 patients, having Vatakantaka, 15 in each group. Agnikarma with suchi procedures carried out for single sitting & Upanaha with Kottanchukkadi choorna once daily for continuous seven days. The assessment & evaluation of the symptoms of the disease ie pain and tenderness were done before treatment, after 7 days and 14th day.

RESULT:

The Agnikarma with Suchi showed highly significant result than Upanaha with Kottanchukkadi Choorna in the treatment of Vatakantaka.

CONCLUSION:

The Agnikarma with Suchi was highly effective on both the symptoms of Vatakantaka.

KEY WORDS:

Vatakantaka; Vatavyadhi; Agnikarma; Upanaha; Kottanchukkadi Choorna.



Dr. Smrithi Venugopal K.
P.G. Scholar

Dr. Sanath Kumar D.G., M.D. (Ayu.)
Co Guide

Dr. Krishna Prakash M.
Guide, Dept. of Panchakarma, M.D. (Ayu.)

"A COMPREHENSIVE STUDY OF KULATTHA PINDA SWEDA IN GRIDHRASI"

Gridhrasi comes under 80 types of Nanatmaja Vatavyadhi. Modern life style has a significant role in the occurrence of this disease, the causes being from stressful life style and lack of exercise. Though it is not a life threatening Vyadhi, it causes significant impairment in terms of the daily activities of the affected person.

Ayurveda has a great role in the management of this disease. Swedana Chikitsa is indicated in the management of Gridhrasi. The present clinical study is intended in evaluating the effect of Kulattha Pinda Sweda in the management of Gridhrasi and critically analyzing the results.

Objectives of the study:

- To evaluate the efficacy of Kulattha in the form of Pinda Sweda in Gridhrasi.
- To know the appropriate condition of the disease in which Kulattha Pinda Sweda is effective.

Study duration:

The study design selected for the present study was comprehensive clinical trial. 30 patients were randomly selected irrespective of sex and were treated with Kulattha Pinda Sweda for 7 days. The signs and symptoms were on the proforma designed for the study and assessment was done before and after the treatment and after 14 days. Results obtained were analyzed.

Materials & Methods:

Kulattha was collected from the local market and cleaned properly. 500 gm of Kulattha soaked in water for one night and next day the soaked Kulattha was properly cooked in adequate amount of water. Cooked kulattha is tied into two Pottalis.

100 gm of properly cleaned Kulattha made into coarse powder. And these coarse powder boiled with 1600 ml of water over a mild fire till the Kashaya is reduced to 200 ml.

Subjective Criteria:

- Ruja
- Gourava
- Arochaka

Objective Criteria:

- Uthkshepa Nigraha (sthabdatha)

Result:

Kulattha Pinda Sweda gives improvement in Uthkshepa Nigraha (Stabdatha) (43%), Ruja (3%), Gourava (100%), Arochaka (100%). This result shows that the present study of Kulattha Pinda Sweda has given moderate improvement in treating Gridhrasi.

Among the 30 patients taken for the study, even though there was no complete remission of the disease, 12 patients has got Prayika Samana (40%), 16 patients got Amshika Samana (54%), 1 patient got Kinchit Samana (3%) and 1 patient got Guna Alabha (3%).

Discussion:

Laghu, Rooksha, Theekshna, Ushna and Kapha Vatahara properties of Kulattha is effective in the management of Gridhrasi.

Conclusion:

Kulattha Pinda Sweda is effective in Vata Kaphaja Gridhrasi.

“A COMPARATIVE CLINICAL STUDY ON EFFICACY OF AGNIKARMA AND UPANAHA SWEDA IN THE MANAGEMENT OF SNAYUGATHA VATA W.S.R TO GOLFER'S ELBOW”



Dr. Durgaprasad A. V.
PG Scholar

Dr. Harshavardhana. K
Co-guide

Dr. G. K. Prasad
Guide, Dept. of Shalyatantra

Introduction :

The most common symptom that brings a patient to a doctor is pain. Pain is universally understood as a signal of disease which affects quality of life. Golfer's elbow is one such condition. It is a painful inflammation in the origin of the common flexor tendon of the medial epicondyle of the elbow caused by the over use of forearm muscles. Since it is a tendinitis it can be considered as *Snayugata vata*. Presently in modern medicine, the treatment methods are counter straps, NSAID's, analgesics and surgery. According to Ayurvedic classics the treatment of Snayugata vata is *Sneha, Upanaha, Agnikarma, Bandhana* and *Unmardana*. As we know *Agnikarma* relieves pain quickly due to its *Ushna Guna* eliminating the vitiated *Vata Dosha*. It is simple and OPD basis treatment. *Upanaha sweda* is indicated in localised painful conditions like *Snayugata vata* as it is effective in relieving stambha and shoola caused by vitiated *doshas*.

Objectives:

1. To study about Golfer's elbow in detail.
2. To study *Agnikarma* and *Upanaha sweda* in detail.
3. To evaluate the efficacy and compare the results of *Agnikarma* and *Upanaha sweda* in Golfer's elbow.

Procedure:

GROUP A: Treated with Agnikarma

Materials required: Loha shalaka for agnikarma

Poorvakarma :

- Maximum tenderness point at the elbow joint is elicited and marked

Pradhanakarma :

- The Loha shalaka is heated to red hot.

- Agnikarma is performed with red hot *Loha shalaka* at marked points.

Paschatkarma :

- After *Agnikarma* the mixture of *Ghruta* and *Madhu* is applied over the site.

GROUP B: Treated with *Upanaha sweda*

MATERIALS REQUIRED: Drugs for *upanaha- kushta, shatahwa, vacha, yava. Tila taila and amla dravya, Eranda Patra*. Thick cloth for bandaging.

Poorvakarma :

- Cleaning of elbow joint is done.
- *Sthanika snehana* with *tila taila*.

Pradhanakarma :

- *Upanaha* is prepared out of above mentioned drugs and is applied over the affected site.
- Then covered with *Eranda patra* and bandaged with thick cloth.

Paschatkarma

- After 12 hours of application, it is cleaned and washed with luke warm water.

Total Study duration - 14 days.

Agnikarma: Treatment-Single sitting

Follow up- after treatment ,7th day and 14th day.

Upanaha sweda: Treatment-Once daily for 7 days,

Follow up-7th and 14th day.

Assessment criteria

SUBJECTIVE - Pain

OBJECTIVE - Tenderness

Range of movements



A COMPREHENSIVE CLINICAL STUDY OF PIPPALYADI MODAKA IN SUSHKARSHAS

Dr. P. R. Ranjima
PG Scholar

Dr. Bhagyesh. K
Co-guide

Dr. Prashanth. G. S.
Guide, Dept. of Kayachikitsa

Introduction:

The busy lifestyle and improper food habits and travel of people today have led to increase of gastrointestinal diseases. Most commonly seen disease that people hesitate to reveal is Arshas. Symptoms of Arshas are very similar to Hemorrhoids (piles). Sushkarshas is one of the types of Arshas which is Vatakaphaja in nature. It is characterized by presence of Mamsa Ankura in Guda, Toda, Kandu, Vibandha, Agnimandya etc.

Pippalyadhi Modaka is a simple yoga that contains Pippali, Guda and Abaya. It has Vatanulomaka and Agnideepaka Guna which helps in treating Sushkarshas.

A comprehensive clinical study is done in which 30 patients will be administered with Pippalyadhi Modaka for 14 days morning before food and further follow up will be noted after 7 days i.e on 21st day.

Objectives:

To study about Sushkarshas in detail.

To study the comprehensive action of Pippalyadhi Modaka in Sushkarshas.

To study the appropriate condition to administer the yoga in Sushkarshas

Medicine:

Pippalyadi modaka

Ingredients:

- 1) Ghrita Barjitha Abaya- 1 part 2) Pippali- 1 part 3) Guda- 2 parts
 Dose ½ Karsha - Time of administration-morning before food (Pragbhaktha)

Assessment criteria:

Subjective parameters:

- 1) Mass per rectum 2) Toda 3) Kandu 4) Vibandha 5) Agnimandya 6) Nature of Pureesha

Objective parameters:

- 1) Proctocopic information- size 2) Nature of pile mass(on touch)

The above parameters will be assessed and clinical data will be collected by suitable statistical tests.

RASNA

Students: II yr BAMS (2013-14)

BOTANICAL NAME	:	1. Alpinia officinarum 2. Alpinia galanga
FAMILY	:	ZINGIBERACEAE
SOURCES	:	1. Pluchea lanceolata (COMPOSITAE FAMILY) 2. Vanda roxburghii (ORCHIDACEAE FAMILY)
MAIN ACTION	:	VEDANA STHAPANA
SYNONYMS	:	Elaparni, Yukta, Sugandha
MORPHOLOGY	:	It is a herb growing upto 5-6ft height bearing attractive red coloured inflorescence
PHYTOCONSTITUENTS	:	Galangin, Kaempferide, Diarylheptanoids
PROPERTIES	:	GUNA - Guru RASA - Tikta VIRYA - Usna VIPAKA - Katu KARMA - kapha-Vata Hara, Vayahsthapana
INDICATIONS	:	Vata vyadhi, Arshas, Sotha, Kasa, Shwasa, Jwara, Visha.
PART USED	:	Rhizome, Leaves
YOGAS	:	Rasnadi kwatha, Rasnadi Taila, Rasnadi Ghrita.



SAHASRAYOGAM

Students: III yr BAMS

Sahasrayogam is a famous compiled textbook which is widely used among practitioners of Ayurvedic medicine, mainly in Kerala. In the name of Sahasrayogam many textbooks have been published in various languages. As the name suggests "SAHASRAYOGAM" i.e, 1000 Yogas, none of these texts have mentioned the total number of Yogas to 1000.

This text is believed to be compiled by S.GOPALA PILLAI, by the inspiration of Sri K V KRISHNA VAIDYAN who is the disciple of His Highness Anantapurath Mootha Koyithamburan. This book was first published in the year 1122 by Vidyarambham publications. This book is also known as "Chikitsa Sara Sarvasvam" is published along with Sujanapriya commentary and is readily available in the market.

This compiled text contains almost 1250 Yogas which are described under different formulations like Kashaya, Gutika, Churna, Bhasma, Kshara, Lehya, Arista, Asava, Taila and Ghrita Yogas. Under the heading of Kashaya yogas, the medicines are mentioned under separate headings.

But in all other Kalpana forms, Yogas are explained without mentioning separate disease headings. Apart from these Yogas it also has a vivid description of Urdhwaroga, along with its Chikitsa. It has a description of various Shodhana karma of different metallic and nonmetallic drugs, along with a short description of various Panchakarma therapies. In the later editions the publishers also included Nidana of various diseases along with description of various Vargas.

In total this book is a treasure for the followers of Ayurveda.

Achievements

STAFF ACHIEVEMENT



Dr. Vijayalakshmi P.B., M.D (Ayu)
Reader, Dept. of Dravyaguna
Awarded PG Diploma in Nutrition and Dietics
by Mukta Gangotri University, Mysore.

STUDENT ACHIEVEMENT

Distinction in 3rd Professional BAMS



Ms. Parmar Khyatiben Dilipsinh
77.06%



Ms. Meenu S. Kamal
76.55%



Ms. Steny C. John
75.23%

3rd Rank in Anatomy, RGUHS, Bangalore



Ms. Shahana E.U

77% in Anatomy, for the year 2013.

PG Scholars of Dept. of Rasashastra & Bhaishajya Kalpana

Presented papers in National Seminar "PRATISHTHAPANA-15" conducted by
KLE'S Shri B.M.K Ayurveda Mahavidyalaya College, Belagavi on 12-13 March 2015.



Dr. Satheesh S. Warriar
Final Year PG
Topic- Evidence based
research in Ayurveda



Dr. Sreejith E.G
II Year PG
Topic- Patent
system in Ayurveda



Dr. Renju S
II Year PG
Topic- Conservative methods
in raw material management.



Dr. Vishwanath Roy
I Year PG
Topic- modifications
of kashaya kalpana

College Activities



C.C.I.M members inspecting different department and hospital



Healthy kidney campaign conducted by Nephro-Urology Charitable Trust in collaboration with K.V.G.A.M.C



C.M.E conducted by KSHEMA, Manglore in collaboration with K.V.G.A.M.C and A.F.I branch Sullia



N.S.S Volunteers team of trekking



N.S.S Volunteers at health check up camp

College Activities



N.S.S Volunteers at special annual camp



Health check up at N.S.S special annual camp



N.S.S Volunteers at the top of Buntamale Hill



Panchakarma PG Scholars at Ooty



PG Educational excursion by department of Panchakarma with H.O.D & Principal Dr. N. S. Shettar



Shramadana at our herbal garden by N.S.S Volunteers



College Activities



NSS volunteers of our college were involved in pulse polio rally conducted to create awareness among the public

Educational pharmacy visit & recreation tour by 2nd year BAMS with Dr. Purushotham, Dr. Raghuv eer and Dr. Sowmya



At Wonderla



At Kodaikanal



At AVN Madhurai



AROGYA hospital at Madhurai



At SNA pharmacy, Thrissur with MD Dr. Vasudevan Moose



At Ooty Botanical garden



At Kottakal Aryavaidya Shala

QUIZ

- 1) Which of the following Srotas does not mentioned by Acharya Susruta
a) Asthi vaha srotas b) Majja vaha srotas
c) Both d) None
- 2) Function of risorius muscle is
a) Blinking b) Dancing
c) Facial expression d) None
- 3) Which of the following is incorrect
a) Vidanga is krimighna
b) Tugaraka is kushtavairi
c) Sharapunkha is plihashatru d) None
- 4) Best drug in prameha as per Ashtanga Hrudaya
a) Amalaki b) Haridra
c) Both A & B d) Guduchi
- 5) Ashtavidha pariksha is contribution of
a) Acharya Charaka b) Acharya Susruta
c) Acharya vagbhata d) Yogaratnakara
- 6) Rakta dhatu comes under
a) Bahya Rogamarga
b) Abhyanthara Rogamarga
c) Madhyama Rogamarga d) All
- 7) Antidote of Vatsanabha is
a) Agar + Ghruta b) Tankana + Ghruta
c) Hingula + ghruta d) None
- 8) Following type of sweda is note mentioned by susruta.
a) Tapa sweda b) Upanaha sweda
c) Drava sweda d) Kupa sweda
- 9) commonest aneamia in children is
a) Sickle cell aneamia b) Thalassemia
c) Iron deficiency aneamia
d) Congenital spherocytosis
- 10) vomiting in new borns can be caused by
a) Sepsis b) Meconium ilius
c) Intestinal atresia d) All of the above

Quiz key last edition :
1-c, 2-a, 3-a 4-c, 5-d, 6-d, 7-a, 8-c, 9-b, 10-a

Quiz Winner :
Dr. Divya (Interne)

HOME REMEDIES

- 1) A teaspoon of ajamoda with a pinch of saindhava lavana can be chewed to relive indigestion.
- 2) Oil prepared from curry leaves and coconut oil in 1:2 ratio reduces hair fall and promotes growth of fresh hair follicles when applied to the scalp.
- 3) 1 teaspoon of honey taken thrice a day proves beneficial for dry cough.
- 4) Pimples can be relieved by dipping a cotton ball in lemon juice and applying it over the pimples.

Dr. Nitika Ganjoo, PG Scholar

DISCLAIMER :

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3. Treatments mentioned here are not to be instituted without proper advice by the registered Ayurvedic practitioners.

BOOK POST

To,

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Contact Address : kvgayurnews@hotmail.com