



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



K.V.G. Ayur News is the outcome of Dr. K.V.Chidananda's vision for the future and we are blessed to celebrate the 60th birthday of such visionary.

The new venture related to our college, K.V.G. Ayurveda Pharma, a well equipped GMP certified, state of the art pharmacy dedicated to the production of Ayurvedic Formulations began manufacturing.

The new block of ladies hostel, which is having well ventilated, aesthetically designed rooms was inaugurated

The current issue includes scholarly article about Retinitis Pigmentosa and others. Editorial board cordially welcomes the new batch of BAMS & MD students.

Harshitha

Dr. Harshitha Purushotham

Dr. K. V. Chidananda

MBBS, MS, FICS, FAIS, FRSPH (London)
President, AOLE (R), Sullia
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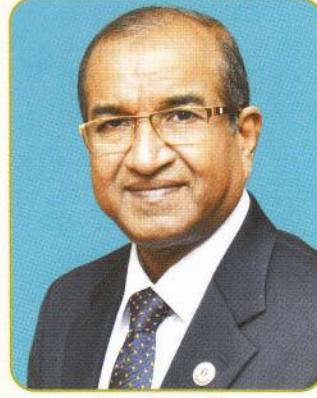
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60th Birthday Wishes



Dr. K.V. Chidananda President, Academy of Liberal Education (Reg), is the elder son of legendary Dr. Kurunji Venkatramana Gowda, has celebrated his 60th birthday on 29th October 2015. He is eminent surgeon, able administrator, visionary, personality of excellence and is leading the path of progress by guiding and including everyone.

He was born on 29th October 1955 in Sullia and completed his primary & college education in Sullia and Mangalore. He had done his MBBS from the prestigious Mysore Medical College in the year 1979. Later in the year 1988 obtained his MS from Stanley Medical College, Madras. Later he also got prestigious fellowship FRSPH from London, FAIC, FICS from U.S.A.

Though he is having world class education he preferred to stay in Sullia and served the poor with his mastery in surgery as well as other medical disciplines.

Currently he is serving as the President of Academy of Liberal education (Reg) and Medical Director of K.V.G. Medical College. K.V.G. Ayurveda Medical College has been uplifted as a center of excellence in Ayurvedic studies by his foresight as well as affinity towards ancient system of medicine.

He is married to Smt. Shobha Chindananda, treasurer AOLE (R). He is having two children Dr. Aishwarya K. C., an eminent Radiologist and Mr. Akshay K. C., an architect who are having all potential to continue the legacy of their father.

Dr. Harshitha Purushotham



Dr. Hariprasad Shetty, M.S. (Ayu)
Associate Professor, Dept. of Shalakyta Tantra

RETINITIS PIGMENTOSA (RP) AND ITS AYURVEDIC MANAGEMENT

Retinitis pigmentosa (RP) is a group of genetic disorders that affect the retina's ability to respond to light. This inherited disease causes a slow loss of vision, beginning with decreased night vision and loss of peripheral (side) vision. Eventually, blindness results.

What Is Retinitis Pigmentosa?

The retina is the layer of light-sensing cells lining the back of your eye that converts light rays into nerve impulses. The impulses are sent through the optic nerve to your brain, where they are recognized as images.

With RP, cells in the retina called rods and cones die. With most forms of RP, rods which are mainly in the outer regions of the retina

and are responsible for our peripheral and night vision degenerate first. When the retina's more centrally-located cones are affected, the result is loss of color perception and central (reading) vision.

Retinitis Pigmentosa Causes

Retinitis pigmentosa is often hereditary (runs in families). If you or your partner has retinitis pigmentosa, there may be up to a 50 percent chance that you will pass it along to your children. Ask your ophthalmologist about genetic counseling if you are planning to have children.

The rate of progression and degree of visual loss varies from person to person. Most people with RP are legally blind by age 40, with a central visual field of less than 20 degrees in diameter. In some families with a certain genetic RP trait, males are more often and more severely affected; females carry the genetic trait and experience vision loss less frequently.

Retinitis Pigmentosa Symptoms

Retinitis pigmentosa causes slow loss of vision. Symptoms begin with decreased night vision and later progress to loss of peripheral (side) vision creating a "tunnel vision" effect. Some people may also have difficulty identifying colors. The rate of vision change varies in different people depending on the genetic makeup of their disorder.

As night vision decreases, the ability to adjust to darkness becomes more difficult. You may stumble over objects in the dark, find driving at dusk and night difficult and see poorly in dimly lit rooms, such as a movie theater. While your vision during the day may be completely normal, your inability to see in dark conditions is considered "night blindness."

In some cases, central vision may be affected first, making detail work difficult, such as reading or threading a needle. This may be referred to as macular dystrophy, because the central area of the retina, called the macula, is affected.

Retinitis Pigmentosa Diagnosis

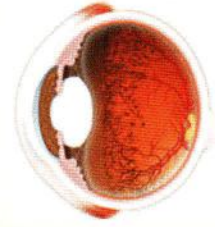
If you have poor night vision or a loss of side vision, or if there is a history of retinitis pigmentosa in your family, your ophthalmologist will conduct a comprehensive eye exam to determine if you have retinitis pigmentosa. Your ophthalmologist will dilate your eyes to look at the back of them for signs of disease.

He may use an electroretinogram to help diagnose retinitis pigmentosa. This is where electrodes are painlessly placed on the cornea (the clear front window of the eye) and around the eye to measure how retinal cells respond to flashes of light. The results will show if the cells are responding properly.

Another test your ophthalmologist may use in diagnosing RP is a visual field test (see photo above). In this procedure, you look at a fixed point and then signal when an object appears in your side vision.



Normal retina



Retina with retinitis pigmentosa

Retinitis Pigmentosa Treatment

Currently there is no accurate cure for retinitis pigmentosa. However, research has shown that vitamin A intake may slow the progression of certain forms of RP. Your ophthalmologist can advise you about the risks and benefits of vitamin A intake and how much you can safely take. Taking too much vitamin A can be toxic, and evidence of vitamin A effect on RP progression is not substantial. Another recommendation for slowing vision loss from RP is to wear sunglasses to protect your retina from harmful ultraviolet (UV) light.

Retinitis pigmentosa research is being conducted in areas such as gene therapy and transplant options. Since RP is a genetically-based disease, gene therapy has become a widely explored area of research, particularly in identifying ways to insert healthy genes into the retina. And as hereditary causes for RP are discovered, researchers hope to develop treatments to prevent the progression of retinitis pigmentosa.

For people who have RP, it is important to remember that there are many low-vision devices, tips and rehabilitation services designed specifically to help people with low vision maintain an active and independent lifestyle.

Ayurvedic management of Retinitis Pigmentosa

Classical texts of ayurveda have considered congenital blindness under Adibala pravritta and Janmabala pravritta vyadhis. Also one of the feature of RP is night blindness. This is seen in Doshandya, Kapha Vidagda Drishti, Usna Vidagda Drishti, Nakulandya And Hriswajaadya. But most features are seen in Vataja Timira. So here mainly vatahara and rasayana measures should be carried out. To improve the acuteness of alochaka Pitta, Grita pana, Sneha virechana and Sneha basti should be carried out. Ayurvedic treatment for Retinitis Pigmentosa include ayurvedic treatments, the right combination of internal medicines and Kriyakalpa, which is decided upon a personal consultation, assessment and diagnosis of the affected. Tarpana, Putapaka has very important role in treatment of RP.

Common forms of Ayurvedic treatment for Retinitis Pigmentosa include Snehapana (intake of high quantity of medicated ghee in increasing order of quantity gradually) with Jeevanthyadi grutha, Mahathriphala ghrutha, Patoladi grutha, Nasya with Ksheerabala thaila, Madhookadi thaila, Ksheerabala 101 Avarthi along with Moordhithaila with Ksheerabala thailam, Anjana with Choornithanjanam, Usheeranjanam and Snehana putapaka. Thalam (*retention of medicated paste or oil right on the vertex*), Sirodhara (*where herbal oil, medicated milk, medicated butter milk etc, are poured on the forehead in a specified manner*), Thalapothichil (the application of herbal paste on the scalp of a patient) are other treatment procedures which are usually done for RP patient according their condition of illness.

Swarna Bhasma mixed with Jeevanthyadi gritha given 1tsp daily in empty stomach shown a very good result in patients of RP. With all these procedures it is possible to arrest the degeneration process. The active ingredients of the medicines provide nourishment to retina thus restoring the vision. It is seen in majority of cases that with this course of Ayurvedic eye treatment for Retinitis Pigmentosa (R.P.), present vision status is maintained and also improved in some of the cases.



STREE VANDHYATWA- A CLINICAL STUDY

Dr. Ashok K., M.D. (Ayu)

Treating Doctor

Professor & HOD, Dept. of Prasoothi Tantra & Stree Roga

Attending Internee : **Dr. Aysha Shabnam**

Introduction : Normally of H-P-O axis is essential for normal, regular, cyclical menstruation as well as fertility. Arthava Vyapths are considered as common etiological factors of female infertility. In other words, disorders of menstruation from one of the factor contributing infertility.

Case Description : Mrs. Lakshmi (Name changed), a 31 year old female visited our hospital on 5/6/15

Presenting complaints :

- Not conceived even after 4 years of married life.

- Irregular menstrual periods
 - Scanty menstrual bleeding
- } 3 years

History of present complaints : She was said to be normal before 4 years. After the marriage she gradually developed irregular periods, and scanty menstrual flow. She has taken from other system of medicine with no improvement. She also complained that even after 4 years of married life, she was not able to conceive.

Menstrual history: Irregular cycles, scanty flow lasting for only one day. No h/o painful periods

Examination : She has been subjected to detailed and systemic examination followed by pelvic examination. No clinically demonstrable pelvic pathology has been detected.

Investigation : Blood routine, Urine analysis, RBS and Ultrasonography were done. The values obtained and finding are normal.

Diagnosis : Arthava Kshaya causing Vandhyatwa

Treatment :

• Eve care syrup	-	15ml O 15ml A/F (regularly)
• Phala ghrita	-	5ml O 5ml with warm milk
• Tab. Pushpadhanwa rasa	-	1-1-1 A/F (from 5th day the menstrual cycle)
• Kumaryasava	-	20ml-0 20ml with equal amount of water (for 10 days after 5th day of menstrual cycle)

Observation : The above said treatment has been continued for 3 month. After 2 months of therapy menstrual period become regular and cyclical with increasing of bleeding lasting for 2 - 3 days. When she came for check up on 31/8/15 she complained about amenorrhoea of 45 days. Clinical evaluation and positive UPT lead to the confirmation of pregnancy.

Conclusion: Hormonal imbalance which affects the H-P-O axis is one of the common cause of oligomenorrhoea, hypomenorrhoea, and infertility. Improper food and daily regimen, menstrual stress are the contributing factors. The patient has been treated to regularise the menstrual periods, and to enhance fertility. Systemic evaluation and patient specific approach will give desired result.



"A COMPREHENSIVE STUDY OF SHAMANANGA SNEHA IN PANDUROGA THROUGH NAGARA GHRITA"

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P.G. Scholar
Dept. of Pancha Karma

Dr. Thasneem
Co- Guide

Dr. Krishna Prakash
Guide

Pandu Roga is a disease characterized by Panduta (Pallor) of the body. This disease is very common in society, due to the faulty and poor quality of food habits and regimen. It is a disease mostly confined to developing countries sometimes seen in the developed world also.

In Pandu Roga, there is a decrease in the blood volume. Harita described it as Nayati Rudhira Shoshana and Charaka has mentioned the word Alparakta for this condition. To recover from this condition here Shamana Snehana with Nagara Ghrita is chosen. Considering the Agnisada in Panduroga, the dose of two Karsha (15 ml) have been chosen for this study.

According to Agnibala of the patient, Sharangadhara explains a dosage for Shamana Snehapana which is more practical and suited in Panduroga, where Agnisada would be a common feature.

OBJECTIVES OF THE STUDY:

- Comprehensive study of Panduroga to evaluate the efficacy of Nagara Ghrita as Shamananga Sneha in Panduroga and to know the wide action of it on specific variety and condition of Pandu Roga.

Materials and Methods:

Study design : A Comprehensive clinical study

Sample Size : 31 patients fulfilling the diagnostic and inclusion criteria of either sex is selected and assigned in a group.

Intervention

- Snehapana is given in Morning hours on empty stomach when the patient feels hungry in the dose of two Karsha (15 ml) for 21 days. Total Study duration 28 days
- The patients were assessed clinically on 7th, 14th and 21st day during the treatment and follow up on 28th day.
- Assessment of the condition is done based on detailed proforma adopting standard scoring methods of subjective and objective parameters.

Results and Discussion :

Overall effect of treatment in Pandu, out of 31 patients in this study 01 patient (3%) got Poor improvement, 03 patients (10%) got Mild improvement, 8 patients (26%) got Moderate improvement, and 15 patients (48%) got Marked Improvement and 4 patients (13%) got complete relief.

Nagara Ghrita Shamananga Snehapana gives remarkable improvements in Pindikodweshtana (89%) Agnisada (80%) Panduta (77%) Shirashoola (81%) Shwasa (83%), and Dourbalya(75%)and there is Statistically significant change. (P<0.001)

Conclusion :

It can be concluded that Nagara Ghrita is excellent Shamananga Snehana for Panduroga of acute condition (not in chronic case) and in Vatadika Sannipatika Pandu.

Key words : Panduroga, Shamana Snehana, Nagara Ghrita, Pandutha, Agnisada.

“COMPARATIVE STUDY OF MANJISTHA (*Rubia cordifolia* Linn.) WITH DIFFERENT MARKET SAMPLES BY PHARMOCOGNOSTIC AND ANALYTICAL PARAMETERS.”



Dr. Sonali Bihana
P.G. Scholar
Dept. of Dravyaguna Vijnana

Dr. Vijayalaxmi P. B.
Co- Guide

Dr. Yallappa G. K.
Guide

Ayurveda the holistic system of medicine gives a total approach to health, healing and longevity. Primitive man observed and appreciated the great diversity of plants available to him.

Many of commercial manufacturers are producing ayurvedic formulations by using raw drugs bought from different markets of the country. Some of the drugs are adulterated or substituted. Adultration in market samples is one of the greatest drawbacks in promotion of herbal products.

Manjistha (*Rubia cordifolia* Linn.) is one of the most used drug in ayurveda. It is mentioned as Varnya dravya in the traditional medicine.

Objectives

- To procure the different market samples of Manjistha and genuine sample from natural habitat.
- To compare the market samples with genuine sample by Pharmacognostic and Phyto-chemical parameters.

Materials and Methods

- Collection of Manjistha (*Rubia cordifolia* Linn.) Root from natural habitat and procurement of different market samples of Manjistha.
- Pharmacognostic study of market and genuine samples.
- Market samples are collected from the different parts of India viz. Karnataka, Gujarat, Haryana, and Assam for the present study.
- Aqueous and alcohol (Methanol) extraction of all the samples were carried out.
- Physicochemical and phyto-chemical study of Market and Genuine sample was done.
- Qualitative analysis by H.P.T.L:C of alcohol extract was carried out for all samples.

- For the HPTLC work TLC chamber, silica gel G precoated plate, UV chamber, automotive sample applicator and HPTLC scanner are used.

Result: After the pharmacognostic and analytical study Gujarat market sample values are very nearer to Genuine sample.

Keywords: Pharmacognostical, analytical, Karnataka, Gujarat, Haryana, Assam.

A COMPEHENSIVE CLINICAL STUDY OF SAPTAMRITA LOHA IN AMLAPITTA



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P.G. Scholar
Dept. of Kaya Chikithsa

Dr. Bhagyesh K.
Co- Guide

Dr. Hari Prakash
Guide

INTRODUCTION

Amlapitta is one among most common issue of the present society, due to intake of fast foods, spicy food, alcohol, smoking and intake and NSAIDS. Saptamrita Loha is a shamaka yoga mentioned in the classics for Amlapitta. Due to its Pittahara Agnideepaka action it can give better results in Amlapitta.

It is a simple randomized clinical perspective study in which 30 patients will be randomly selected and given Saptamrta Loha for 14 days and follow up on 21st day.

OBJECTIVES

To know the comprehensive action of Saptamrita Loha

- According to dosha Pradhanatha- Kapha Anubandha, Pitta Anubandha and Vata Anubandha Amlapitta
- According to Marga- Urdhwaga and Adhoga Amlapitta.
- According to chronicity Nava and Purana Amlapitta

MEDICINE- Saptamrta Loha

Ingridients: Triphala (equal quantity)

Loha Bhasama (equal quantity)

Yasthimadhu (equal quantity)

Gritha (Q.S)

Madhu (Q.S)

Dose- 2 Rati

Time of administration-Afternoon (Bhuktamatra)

OBSERVATION PERIOD

Before treatment, on 7th day, 14th day and 7th day after treatment.

ASSESMENT CRITERIA

Clinical Parameters:

- Amlaudhgara
- Avipaka
- Gauravam
- Shoola
- Hridh Kanta Daha
- Klama
- Aruchi
- Chardi

The above parameter will be assessed clinically, data will be collected and suitable statistical test will be done.

Study Under Progress

“A COMPARATIVE PHARMACEUTICO-ANALYTICAL AND ANTI MICROBIAL STUDY OF PAMANTAKA TAILA PREPARED BY TWO DIFFERENT MODALITIES



Dr. Viswanath Roy R. V.
P.G. Scholar
Dept. of RS & BK

Dr. Purushotham K. G.
Guide

Dr. Raghuveer
Co- Guide

INTRODUCTION

In this era many new diseases are popping up in our community. Skin diseases of varied aetiology have a major share. They are included under Kushta in Ayurveda, can occur due to both Bahya and Abhyantara reasons. Acharyas have explained various types Krimis as the causative factor for skin diseases. In the modern point of view, the most common micro-organisms which cause itching are *Staphylococcus aureus*, *Streptococcus*, *Pseudomonas aeruginosa*, *Klebsiella* and *Candida albicans*. Among the symptoms of skin disease, itching (Kandu) gives maximum troubles to the patient. Pamantaka taila, mentioned in yogagrantha is prepared by using Keraajya, which is prepared from coconut milk. It is a proven medicine in many types of skin diseases where itching is a main symptom. The preparation of Keraajya is strenuous and time consuming process & its yield is also very less. Here an attempt has been made to prepare Pamantaka taila by two modalities (with kerajya and kera taila) and to observe antimicrobial activity of both samples by suitable methods.

The study is intended to prepare Pamantaka taila with kerajya and kerataila, subjecting them to analytical parameters and to compare the antimicrobial activity of both samples by In-Vitro method (disc diffusion method)

MATERIALS AND METHODS

Trail drug I Pamantaka taila prepared by classical method (Keraajya, Brahmi panchanga, Kaidarya patra)

Trail drug II Pamantaka taila with coconut oil. (Coconut Oil, Brahmi panchanga, Kaidarya patra)

Study Under Progress

PHALA GHRITA

(3rd year BAMS, 2013-14 Batch)

मज्जिष्ठाकुष्ठतगरत्रिफलाशर्करावचाः ।

द्वे निशे मधुकं मेदां दीप्यकं कटुरोहिणीम् ॥

पयस्याहिङ्गुकाकोलीवाजिगन्धा शतावरीः ॥

पिष्ट्वाऽक्षांशा घृत प्रस्थं पचेत् क्षीर चतुर्गुणं ॥

योनिशुक्रप्रदोषेषु तत् सर्वेषु प्रशस्यते ॥

आयुष्यं पौष्टिकं मेध्यं धन्यं पुंसवनं परम् ।

फलसर्पिरीति ख्यातंपुष्पे पीतं फलाय यत् ।

म्रियमाणप्रजानां च गर्भिणीनां च पूजितम् ।

एतत्परं च बालानां ग्रहघ्नं देह वर्धनम् ॥

अ ह उ ३४ ६३-६७

INGREDIENTS:

Manjistha, Kusta, Tagara, Triphala, Sharkara, Vaca, Haridra, Daruharidra, Madhuka, Meda, Dipyaka, Katurohini, ksheera vidari, Hingu, Kakoli, Vajigandha, Shatavari(each 1 Karsha), Ghrta(1 Prastha), Ksheera(4 prastha)
Bhavapraksha & Yogaratnakara has added- Bala, Meda dvaya, Kakoli dvaya, Ajamoda, Priyangu, Utpala, Kumuda, Draksa & Candana dvaya

METHOD OF PREPRATION:

All the ingredients are mixed and cooked together and ghrta is prepared.

Dosage : 1 karsha

Anupana : Ushna jala

Benefits: Very beneficial in all types of yonidoshas , rajodoshas & yoni srava. Beneficial to the women with repeated abortions, stillbirths.

Indication: Bala Roga, Bala Graha, Shukra Vikara, Yoni Vikara, Vandhyatva, Garbhini Roga.

ASHTANGA HRIDAYA

(4th year BAMS 2012-13 Batch)

Ashtanga Hridaya :- quintessence of the eight branches is one of the authoritative treatises on ancient Indian medicine. It had attracted the attention of medical men not only with in this country but also of neighbouring countries. Its popularity is substantiated by Indian scholars and appreciation by the scholars of many other countries. With its beauty and brevity of its poetical composition, sequential arrangement of topics, clear description of percept and practice of medical science and many other merits, it has earn its rightful place as one among the Brihat Trayees great treatises of Ayurveda. It is an epitome of Ayurveda catering to the needs of the students, scholars and medical practitioners alike.

Ashtanga Hridaya contains six Sthanas, each Sthana consisting of various numbers of Adhyaya The total numbers of chapters are 120. The text is composed entirely in poetry. The total number of verses is 7120 in the extend edition. In the addition there are abot33versa which have not been commented upon (Arunadatta) hence consider as later interpolations. There are 240 short prose lines also, two at the commencement of each chapters.

Sutrastana :- The 1st section as 30 chapters dealing with basic doctrines of Ayurveda, principles of health, prevention of diseases, properties of articles of diet and drugs, humoral physiology and pathology, different kinds of diseases and methods of treatments.

Shareerastana :- The 2nd section as 6 chapters dealing with embryology, anatomy, physiology, physiognomy, physical and psychological constitutions, and auspicious and in auspicious dreams and omens signs of bad prognosis and of oncoming death.

Nidanastana :- The 3rd section with 60 chapters describe the process, pre monitoring symptoms, characteristic features, pathogenesis and prognosis of some important diseases coming within the realm of Kaya Chkitsa.

Chikitsastana :- the 4th section has 22 chapters elaborating the methods of treatments of fall major organic diseases, including efficacious medical recipies, diet care of the patient.

Kalpasiddisthana :- The 5th section has 6 chapters dealing with preparation of recipes administration of purifactory therapies and management of complications and principles of pharmacy

Uttarastana :- the 6th section is devided to the seven remain branch of Ayurveda. It has 40 chapters in totals.

About the author:- Unfortunately the author of Ashtanga Hridaya has not furnished either his name or any other information about himself anywhere in the texts. It is written by Vaghbata and he was the son of Simhagupta, and he lived in Sindhu country and his date is 550 to 600 A.D.

"One might as well be hanged for a sheep as a lamb"

MANJISTA

(2nd year BAMS, 2014-15 Batch)

- | | |
|---------------------------------|---|
| • BOTANICAL NAME | - <i>Rubia cordifolia</i> |
| • FAMILY | - Rubiaceae |
| • VERNACULAR NAMES | - Hindi- Majith, Sanskrit and Kannada Manjistha. |
| • SYNONYMS | - Manjistham, Harini, Gauri, Rasayani, Tamramoola |
| • BOTANICAL DESCRIPTION | - A branched climber with bristles. The stem is slender and Four angled. The leaves are rough and arranged in whorl of four per node and oval to heart shaped with long leaf Stalk. |
| • CHEMICAL COMPOSITION | - Roots contain starch, sugar, green colour due to perfurin, Yellow gencoside, mangistin, garansin, algerin and zenthin |
| • PROPERTIES | - Rasa -Kashaya , Katu, Madhura
Guna -Guru, Snigdha, Tikshna, Sukshma
Veerya - Ushna
Vipaka -Madhura |
| • KARMA | - Arshogna, Artavajanana, Balya, Jwaragna, Krimigna, Netrya, Rasayana, Stanya Shodaka, Vishagna |
| • INDICATIONS | - Kushta, Shotha, Atisara, Krimi, Kastarthava, Prameha, Vrana |
| • PART USED | - Roots , stem |
| • IMPORTANT PREPARATIONS | - Manjistadi Kwatha, Manjistadi Taila, Manjistadi Arka |



KRITANNA VARGA

(1st year BAMS, 2014-15 batch)

The topic is deals with group of prepared foods.

Manda, Peya, Vilepi and Odhana are preparations of rice or other grains cooked in water.

Manda:- The thin fluid resembling water, drained out immediately after boiling. It is best for causing Easy movement of faeces and flatus, reliving thirst and exhaustion, residues of doshas; it helps digestion, restores the normalcy of the tissues, causes softness of the channels, perspiration and kindles the digestive activity.

Peya:- It relieves hunger, thirst, exhaustion, debility, diseases of the abdomen and fevers, it causes easy elimination of faeces, good for all, kindles appetite and helps digestion.

Vilepi:- It withholds discharge of fluids from the body, good for the heart, relieves thirst, kindles appetite, ideal for all, especially for those suffering from ulcers, eyes diseases, those who have been given fats for drinking as a part of oleation therapy.

Odhana:- It is prepared with grains which is washed well, in which the entire water has evaporated and which is devoid of hot fumes is easily digestible; likewise that prepared along with addition of decoction of medicinal substances of hot potency or that prepared with fried grains are also easily digestible; the opposite of these, what prepared with addition of mil, mutton etc., are not easily digestible.

Mamsa Rasa:- It is Brimhana, Prinana, Vrushya, Chakshushya and Vruna Hara

Mudga Soopa:- is good for health, those who have under gone purificatory therapies, and those who are suffering from ulcers, diseases of throat and eyes.

Kulattha Soopa:- It produces downward movement of vata and relieves abdominal tumour, Tuni and pratituni.

Rasala:- It is stoutening, aphrodisiac and unctuous , strengthening and appetiser.

Panaka:- It relieves exhaustion, hunger, thirst and fatigue gives satisfaction, hard to digest, stays long in stomach, is diuretic and goods for heart, . its properties are same as that of material from which it is prepared.

Laja:- relieves thirst, vomiting, diarrhoea, diabetes, obesity, mitigates Kapha , cough and Pitta, increases appetite , easily digestible and cold in potency.

Pruthuka:- It is Guru, increases strength, produces Kapha and Vishtambha.

Dhana:- It stays long in the stomach causing indigestion, is dry, satisfying, scarifying and hard to digest.

Saktu:- It is easily digestible relieves hunger, thirst, fatigue, eye diseases and wounds, is nutritious and taken as a drink gives strength immediately.

Pinyaka:- It is the residue of sesamum, groundnut and other oil seeds. It produces giddiness, dryness, indigestion and vitiates vision

Vesavara:- It is meat cut into minute bits, added with spices like pepper, ginger etc and roasted or fried. It is not easily digestible, unctuous, increases strength and builds the body. That is prepared from green gram and others is hard to digest and possess properties similar to the material from which it is prepared.

Achievements

STAFF ACHIEVEMENT



Dr. Anusree. M, M.D(Ayu), Assistant professor, Dept. of Swasthavritta
Delivered guest lecture on "Therapeutic Yoga in Clinical Practice" organized by Ayurvedic Medical Association India, at Kannur & Kottakkal



Dr. Lakshmeesha K. S.
Asst. Professor
Dept. of Panchakarma



Dr. Soumya S. V.
Asst. Professor
Dept. of Panchakarma

Successfully attended ROTP in Pachakarma, conducted by Post Graduate department of Panchakarma of Amritha School of Ayurveda, Kollam, sponsored by Ministry of AYUSH and conducted by Rashtreeya Ayurveda Vidyapeeth from 26th to 31st October 2015.



Dr. Udayashankar, Professor and HOD, Department of Shalakya Tantra
Delivered guest speech on "Clinical Significance of Vital Points of Head and Neck with inputs from Siddha Verma" at International Shalakya Congress at KLE University Sri BMK Ayurveda Mahavidyalaya, Belgavi.

"People who live in glass houses shouldn't throw stones"



College Activities

C.C.I.M Members inspecting the college and pharmacy



Receiving the members of CCIM inspection team



Discussion with management



Agada Tantra Department



Dravyaguna Department



Department of Rasa shastra and Bhaishajya kalpana



At Hospital



General Ward



Volumetric Filling Section

"The pitcher which goes too often to the well gets broken"

College Activities



Blister packing Section



Boiler section

Orientation programme to 1st year B.A.M.S Students and 1st year M.D (Ayu) Scholars



Dr. K.V. Chidananda President AOLE (R), inaugurating the function



Release of new issue of KVG Ayur News by our President



Parents at orientation programme

Glimpse of 60th Birthday celebration of our President



Key note address by Mr. Dinesh Madapady, Advocate and President, Gowda Yuva Seva Sangha, Sullia (R)



Felicitation address by Lion M.B. Sadashiva, Past Lion District Governor

"Poets are born, but orators are trained"

College Activities



Mr. Janardhan Master, Felicitation speech by Guru of Dr. K.V.C



Well Wishers at the birthday function

Vastu Pooja, Sudarshana Havana, Ganapathi Havana at New Women's Hostel Block



1st Production trial at our K.V.G. Ayurveda Pharma



QUIZ

- 1) Tibial nutrient artery is the branch of
 - a) Posterior tibial artery
 - b) Anterior tibial artery
 - c) Popliteal artery
 - d) Femoral artery
- 2) Vyaghri is the synonym of
 - a) Ingudi
 - b) Kantakaari
 - c) Kramuka
 - d) None
- 3) Jyotishmathi is belongs to which family
 - a) Celastraceae
 - b) Capparidaceae
 - c) Caricaceae
 - d) None
- 4) Oil massage in Amavata is considered as
 - a) Upashaya
 - b) Brimhana
 - c) Anupashaya
 - d) Langhana
- 5) Siddharthaka is indicated in Kushta for
 - a) Snana
 - b) Vamana
 - c) Udwartana
 - d) All of these
- 6) Aswamara is included in
 - a) Garavisha
 - b) Upavisha
 - c) Visha
 - d) Kritrima visha
- 7) Pravala Choorna is indicated in
 - a) Vataja mutra kricchra
 - b) Pittaja mutra kricchra
 - c) Kaphaja mutra kricchra
 - d) Ashmarija mutra kricchra
- 8) Stanya nasha is due to
 - a) Harsha
 - b) Sahasa
 - c) Krodha
 - d) Santarpana
- 9) Pinpoint cervix is seen in yoni Vyapat
 - a) Mahayoni
 - b) Vipluta
 - c) Paripluta
 - d) Sucimukhi
- 10) Kukunaka is a type of
 - a) Nasa roga
 - b) Karna Roga
 - c) Netra roga
 - d) Siro Roga

Answer key last edition:

1-a; 2- a; 3- a; 4- c; 5- a; 6- a; 7- a; 8- b; 9- a; 10- b

Quiz Winner :

Dr. Vishnu Prasad, P.G Scholar

HOME REMEDIES

1. Ginger soaked in lemon juice and saindhava lavana and dried in sunlight is good for indigestion.
2. Buds of red Hibiscus flower with milk is good for excessive menstrual flow.
3. Coconut oil applied into the nostrils relieves nasal congestion.
4. Oil processed with Tulasi and small onion is good for lice.

Dr. Jayachithra. M, P.G Scholar

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1. Editors hold no responsibility for the views of authors.
2. Articles published here in are not to be reproduced any where without the consent of the publishers.
3. Treatments mentioned here are not to be instituted without proper advice by the registered Ayurvedic practitioners.

BOOK POST

To,

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