



SHALYATANTRA

Ancient surgical science is known as *Shalyatantra*. Many people are unaware that the technique and skills of surgery first developed in our country. *Sushruta Samhitha* written by *Acharya Sushruta*, is the first documented surgical treatise. It is amazing that the *Sushruta Samhitha* presents various study designs and models to train students of surgery in 8 types of basic surgical procedures. Some of the significant Surgical Procedures described by *Acharya Sushruta* are for Haemorrhoids, Fistula-in-Ano, Cataract, Plastic surgery of the nose, ear, lips, hydrocele, hernia, surgeries in rupture of intestine, surgical management of urolithiasis, surgery in Ascites, intestinal obstruction, abnormal foetal presentation, surgical management of abscess, sinuses, tumours, goiter and scrotal swellings. Apart from contribu-

tions to anatomy, urology and ophthalmology, detailed description of management of orthopedic conditions is also found in *Sushruta Samhitha*. Description of individual fractures, concept of physiotherapy, different varieties of bandages, 101 blunt surgical instruments, 20 sharp instruments, are undoubtedly the precursors to modern surgical principles.

Acharya Sushruta has not recommended the surgeon to attend every disease with a knife itself. He has advocated certain minimally invasive techniques like *Kshara Karma*, *Kshara sutra*, *Agni karma*, *Raktamokshana* etc for those who are unfit for the surgery or can be adopted as a supplement to surgical procedures. Present day generation because of varied lifestyles, biological evolution, progressive physiological development, has different afflictions. Unfortunately for such problems conventional medical system has very less to offer, whereas Ayurveda, the Indian system of medicine has unique approach called Para-surgical procedures

which can cure the disease from root with no reoccurrence.

JSS AYURVEDA MEDICAL COLLEGE & HOSPITAL, established 25 years back with splendid ambience, continuing this legacy of Ayurveda medicine has a fully equipped *Shalyatantra* Department, with the blend of old principles and modern equipments. Full Fledged OT Facility for all surgeries and Minor OT carrying out all parasurgical procedures effectively, thus serving the mankind. In this current era where people are looking out for less invasive techniques, minimum hospitalization, our para-surgical procedure are definitely boon to the mankind. Presently parasurgical procedures much practiced in Ayurveda are *Ksharakarma*, *Agnikarma* & *Raktamokshana*.

Ksharma Karma/Ksharasutra: Haemorrhoids, Fistula-in-Ano & all anorectal diseases are most unkind towards mankind. The food habits and life styles of modern man also added to the increase in the rate of incidence of the

ano-rectal diseases. When we observe the attitudes of today's patients, we understand that they want quick relief but at the same time not interested to undergo surgery that gives severe post-operative pain. In such conditions the

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alternative is Kshara sutra procedure that gives relief and the pain is insignificant. The present therapeutic modalities like cryosurgery, rubber band ligation, infrared photo coagulation, Fistulectomy etc needs high cost sophisticated setups. Further it has its own disadvantages. In developing countries like India, the above procedures are beyond the reach of common man. One positively helpful alternative is Kshara Karma. Both Ksharakarma and Ksharsutra techniques have advantages over conventional line of treatment. Post operative pain is mild in intensity, No bleeding, Minimum hospitalization, No scope for recurrence No stricture formation (if correct procedure is followed).

Many Chronic, recurrent, complicated fistulae are very well diagnosed and treated in our hospital with the help of Ksharasutra. Thousands of patients are benefitted with these treatments. This treatment for ano rectal diseases has become widely acceptable by all class of people in our hospital . Kshara sutra is proved to be the best treatment among all the available treatments for Fistula-in-Ano, presently recognized by the WHO for the same. Kshara is used in different forms like that, which is taken internally for obesity, kidney stones, gallstones ,indigestion, internal masses. Many researches are being carried out in our hospital for the revalidation of such concise concepts described in our classics.

Patients Speak

"Here is what our patients have to say about their experiences with our services."

Since eight days I am in the hospital, all the staff are amiable and care for us like family members. Dr Savitha is one of the best doctors.

Special Note: All the staffs speak with a smile and are very polite. That has made my stay happy. I thank them for their efforts in this pandemic situation and appreciate everyone's hard work. Thanks to JSS team members for the support and help.

-Prakash

I had a wonderful experience at JSS Ayurveda Hospital Mysuru.

They have an excellent facility which is also maintained very well. The ambience and the rooms are also very good. It does not give a feel of a Hospital. The treatment was excellent. Doctors care and approach to the ailment is very good. They are very friendly and very reassuring, especially Dr. Beena, Dr. Sruthi, Dr. Pooja. The nursing care is wonderful, and also the nurses are very friendly and caring. All the therapists are excellent. They are focusing on the ailment and always enquire about the pain and give treatment. The housekeeping staff are also very good.

Last but not least, the administrative staff are very friendly and committed. Smt. Nanditha was so reassuring and motivating and made us very comfortable. Mr. Mallikarjun was regularly examining us and responding to our needs, thus making our stay most memorable. Thank all the JSS Ayurveda team who have made us very comfortable.

- Savitha Ramesh

Although we have always believed in Ayurvedic holistic healing, this was the first time we have tried Ayurvedic kriya for detoxification and strengthening. We came to JSS Ayurveda Medical College and Hospital, knowing the incredible reputation that it has carried along with a lot of appreciation. This is our first time here. However, from check-in, we were made to feel extremely comfortable, and our anxieties vanished.

Dr Usha and Dr Hudeda and their nursing staff provided utmost care offering a scientific explanation of all treatments. The rooms were clean and well maintained. All support staff were extremely courteous and always had a pleasant smile which is hard to come by in a hospital environment. We want to thank Mr Siddaraju and Mr Mallikarjun for ensuring that our requisites were immediately attended to. We would like you to pass on our thanks to each of your cleaning, catering, nursing, and therapy staff.

Last but not least, I thank them for their guidance. From our first consultation to discharge, you have ensured that this was a hassle-free and wonderful experience.

-Ranjan and Aarthi



Report on Ashtanga Hridhaya Sameeksha-2021

Conducted by Dept of Samhita & Siddhanta

Ashtanga Hridhaya Sameeksha-2021, National Webinar, was observed by the Department of Samhita & Siddhanta from 04.01.21 to 13.01.21 at JSS Ayurveda Medical College. The seven-day National webinar focused on the Exam Orientation program for the First year BAMS students on the topic "Maulik Siddhant Evum Ashtanga Hridhaya". Expert faculties from different parts of India who are specialised in specific issues gave Guest Lectures.

On 04.01.21 at 10.30 am, the Inauguration programme was started with a prayer by 1st BAMS student Rashmi M.K. The guests and gathering were welcomed by Dr. Hrishikesh O.K, Asst Professor & HOD, Dept. Of Samhita & Siddhanta. After lighting the lamp, the Chief Guest was introduced by Dr Savita Hiremath, HOD, Dept of Kriya Sharara. The Chief Guest, Dr. B.R. Ramakrishna, Vice-Chancellor, S-VYASA, Bengaluru, inaugurated the National Webinar and addressed the students by explaining the importance of Ayurveda and its application in the present day. Sir shared his Student life memories and inspired students. Guest of Honour Dr Kirathamoorthy P. P. Professor & HOD, VPSV Ayurveda College, Kottakkal, CCIM-National Syllabus Drafting Committee Chairman introduced by Dr Meghna, Asst Professor, Dept of Kriya Shareera. Guest of Honour explained the importance of Ashtanga Hridhaya, its beauty, relevance, and applicability in today's Ayurvedic practice. The guest for Key Note Address, Dr. Kishor Patwardhan, Professor, Dept of Kriya Shareera, Faculty of Ayurveda, IMS, BHU, Varanasi, was introduced by Dr. Christy J.C, Asst Professor, Dept of Kriya Shareera. In the Key Note Address, Dr Kishor Patwardhan focused on explaining how to understand the Basic

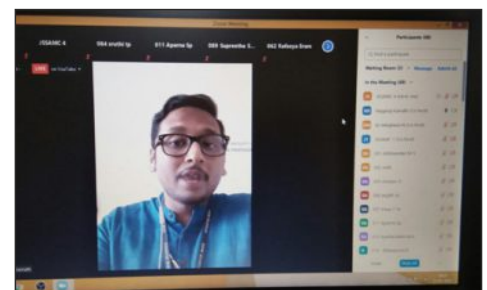
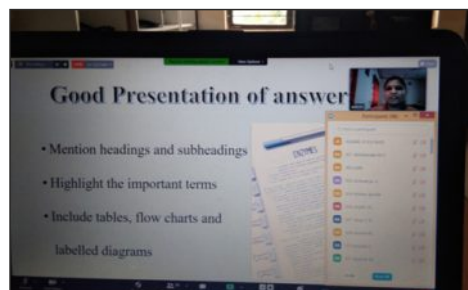
Principles of Ayurveda and to incorporate with modern views and developments. Respected Principal Dr Sarbeshwar Kar addressed the students by explaining the importance of this National webinar and advised them to utilise this unique opportunity to understand the subject better. Academic Dean Dr Rajesh.A.Udapudi conveyed wishes for the webinar. Dr Christy J.C, Asst Professor, Dept of Kriya Shareera, proposed a Vote of Thanks. Dr Meghna, Asst Professor, Dept of Kriya Shareera, mastered the ceremony.

All the students were enthusiastic and attentive throughout the webinar series. At the end of each session, students clarified their doubts in question and answer time. Maulik Siddhanta evum Ashtanga Hridhaya

syllabus topics were covered in the Guest Lecture Series. To reach more students, live youtube streaming was also arranged. One hundred ten students from JSSAMC attended the Guest Lecture series. Many colleges from Karnataka and other states utilised this unique opportunity.

On 13.01.21 at 02.45 pm, the Valedictory programme was organised. The invocation was done by 1st BAMS student Sumedha Bhat. The guests and gathering were welcomed by Dr.Hrishikesh.O.K, Asst Professor & HOD, Dept. Of Samhita &

Siddhanta. After the inauguration by lighting the lamp, the Chief Guest was introduced by Dr Meghna, Asst Professor, Dept of Kriya Shareera. The Chief Guest, Dr A. Raghu, Joint Advisor Ayurveda, AYUSH Mission division, Ministry of AYUSH, inaugurated the Valedictory function of the National Webinar and addressed the students. Chief Guest appreciated the efforts to conduct such a unique National webinar which enlightens and increases students' confidence to face the upcoming University exam. Guest of Honour Dr Chandrasekhar Bangarwar, Professor, Dept of Kriya Sharira, SRM Govt Ayurvedic College, Bareilly, UP, introduced by Dr Christy J.C. Asst Professor, Dept of Kriya Shareera. Guest of Honour explained how to approach examinations and shared different practical tips regarding learning and presentations. The respected Principal addressed the students by advising them to utilise the earned knowledge to score good marks in the University exams. Dean Academics Dr Rajesh A.Udapudi conveyed Best wishes to all students for scoring good marks. Dr Christy J.C. Asst Professor, Dept of Kriya Shareera, proposed a Vote of Thanks. Dr Meghna, Asst Professor, Dept of Kriya Shareera, mastered the ceremony.



DHYANA

Dr. Aparna Surendra,

Physician Grade 1, Dept of Naturopathy and Yoga, JSS Ayurveda Hospital, Mysuru.

Fixing one's mind in a single object and then transcending it towards absorption is called DHYANA. According to Maharshi Pathanjali in Ashtanga yoga, Dhyana is the 7th step described as Antaranga yoga (Internal Sadhana). He explains Dhyana as the continuous flow of a single thought towards the object of concentration like "Taila Dhara" (pouring stream of oil with no break). Dhyana is entirely different from Prarthana (Prayer). On a lighter note, prayer happens when we 'Speak to God' and Dhyana happens when we listen to God'.

Method:

According to Bhagavadgitha, one has to select a proper place neither too high nor too low, in a serene atmosphere, with a mat on a floor, Sadhaka attaining sitting posture with head-neck-spine in a single line to perform a straight posture. To begin with, one has to calm down his mind by doing pranayama like Nadishodhana for 10 to 15 rounds. It is always better to select "Brahmi Muhurta" early morning 4:30 AM to 5:30 AM, to practise Dhyana, as the mind will be fresh and calm after a good sleep.

We have to focus our mind on a single object, like a photo/picture of God, or Ishtalinga or Saligrama or statue or nature or tip of the nose or Bhroomadhya Bindu (point in between eyebrows). We can mentally keep chanting a verse repeatedly or a single name frequently, e.g.: - A person who believes in God can select the name of God of any

religion like RAMA/ Jesus/ Allah/ Shiva/ Guru of his/her choice. In yoga, 'OM' represents Universal Soul, and it can be repeated throughout meditation mentally. The name is subtler than the form. Hence throughout meditation, chanting the name keeps the mind in tune with the object easily.

To start with, one can continue meditation for 10 minutes to 20 minutes, which can be gradually increased up to 1 hour by practice after a long time.

Benefits:

Aim of every life is attaining Moksha (liberation). The person who practises Dhyana, becomes successful in attaining four types of purusharthas - Dharma (Righteousness), Artha (economy), Kama (Fulfilling of Desires) and Moksha (liberation), by helping the Sadhaka complete wellness (Arogya).

Practise of Dhyana helps in controlling stress-related diseases like Diabetes mellitus, Coronary Artery Diseases, Bronchial Asthma, Chronic Gastritis, Skin Diseases, Hypertension, Depression and Anxiety, Loss of Sleep, Menstrual Diseases etc. 'Dhyana vasthitha Tadgathena Manasa', as Lord Krishna, says in Bhagavadgitha, a yogi can be one with the God, by thinking about him in his/her mind through 'Dhyana' and attain Supreme Health.



GARLIC

Botanical Name:- Allium sativum

Family:- Liliaceae

- 1. Generalised Weakness:-** One suffering from Weakness or wasting may consume a glass of milk (100ml) cooked with pounded garlic (4-5 cloves).
- 2. Joint Pain and Stiffness:-** The decoction of Garlic and Ginger relieves pain and stiffness in joints.
- 3. The use of Garlic in the diet promotes lactation.**



Celebration of Republic Day 2021

JSS Ayurveda Medical College, Mysuru, celebrated 72nd Republic Day on Tuesday, 26th January 2021 at 9.00 a.m. in the Institution's serene premises with great enthusiasm.

The programme began with the Invocation by Dr Supriya, Internee.

Dr. Visal S. Kumar, Assistant Professor, Department of Koumarabrutya, rendered a warm welcome to the dignitaries and gathering.

On this occasion, Dr. B. Gurubasavaraj, Professor JSSAMC, Dr. Sarbeswar Kar, Principal, JSSAMC, Dr Rajesh Udupudi, Dean, JSSAMC, Dr Shashibindu, N.S.S. Officer JSSAMC hoisted the National flag, followed by National Anthem.

Professor, Dr. B. Gurubasavaraj- The guest speaker conveyed Republic Day wishes to the gathering and recalled Dr. B R Ambedkar's good deeds and the constitution draft committee's team and paid tributes.

Dr. Lavanya and the team sang a Patriotic song.

Dr Rajesh A Udupudi, the Dean, spoke on importance of the constitution in our day to day life.

Dr. P. Sudhakar Reddy, Professor & HOD and Dr.V. Shreeshanada Sharma, Professor & HOD, conveyed Republic Day wishes to the gathering.

Dr Sarbeswar Kar, Principal & Medical Superintendent, JSS Ayurveda Medical College and Hospital, presided the function and spoke about the Beauty of our Indian constitution and conveyed Republic Day wishes to the gathering.

Dr Shashibindu, NSS Officer, rendered the Vote of thanks.

The Master of the Ceremony was Dr Reetu M Internee.

All the teaching, non-teaching, hospital staff, PG scholars, Interns, UG students partook in the celebration.



Hoisting of the National flag



Prof. Dr.B.Gurubasavaraja rendering Republic Day Speech



Final Year PG scholar Dr Deepti from Panchakarma is receiving Gold medal in RGUHS 23rd Convocation ceremony from the President of India.



COVID-19 Vaccination in our Hospital