



Late Dr. Kurunji Venkatramana Gowda
Founder President

KVG AYUR NEWS

Samskara



Jan - Jun 2021

Volume - II

Issue - 1

Quarterly

Private Circulation

RAJIV GANDHI UNIVERSITY OF HEALTH SCIENCES BENGALURU, KARNATAKA

50th Anniversary Jubilee Celebrations

K.V.G. AYURVEDA MEDICAL COLLEGE & HOSPITAL
Sullia, D.K., Karnataka - 574327



K.V.G. AYURVEDA MEDICAL COLLEGE & HOSPITAL

Associate Address: Sullia, D.K., Karnataka - 574327



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

प्रज्वलितो ज्ञानमयो प्रदीपः ।

Editorial



Being one of the reputed institutions affiliated to RGUHS Bengaluru, our college took part actively in recognizing RGUHS Silver Jubilee celebration. We successfully conducted 2 days of National level seminar on Ayurvedic Perspectives in Cardiac Diseases "Spandana 2021".

We warmly welcomed our 1st year students with an orientation program and Shishyopanayana.

Our students have performed extremely well with many numbers of distinctions in their university examination.

The College has witnessed many educative and thought provoking programs like guest lectures series, Yoga Day, NSS activity etc.

The current issue also contains case study and other Ayurveda centric articles, quiz etc.

Dr. Harshitha Purushotham

Dr. K.V. Chidananda

M.B.B.S., M.S., F.I.C.S., F.A.I.S, F.R.S.P.H (London)
President A.O.L.E (R), Sullia
Patron



EDITOR IN CHIEF

Dr. Harshitha Purushotham, MD (Ayu)

ASSOCIATE EDITORS

Dr. Santhosh Nayak, MD (Ayu)
Dr. Gowri Shankara, MS (Ayu)
Dr. Rashmi K.S, MS (Ayu)

ADVISORY BOARD

Dr. Leeladhar. D.V., MD (Ayu)
Smt. Shobha Chidananda, MA (Lit)
Dr. Aishwarya K.C., MBBS, MDRD
Mr. Akshay K.C., B.E (Arch)
Dr. Ashok, MD (Ayu)
Mr. Jagadish, B.Sc. (Agri) MBA (Edu. Mangt)

STUDENT EDITORS

Dr. Anjali Krishna (P.G. Scholar)
Dr. Dhanya, (P.G. Scholar)
Dr. Raghavendra, (Internee)

EDITORIAL BOARD MEMBERS

Dr. Udayashankar, MD (Ayu)
Dr. Krishna Prakash, MD (Ayu)
Dr. Rajashekhar N, MD (Ayu) PhD (Ayu)
Dr. Hariprasad Shetty, MS (Ayu)
Dr. Purushotham K.G, B.Sc, MD (Ayu)
Dr. S.G. Kulkarni, MD (Ayu)
Dr. Seetharama A.S. BAMS
Dr. Kavitha B.M, MD (Ayu)
Dr. Vijayalakshmi. P.B, MD (Ayu)
Dr. Harshavardhana. K, MS (Ayu)
Dr. Sanath Kumar D.G, MD (Ayu)
Dr. Avinash K.V, MD (Ayu)
Dr. Venugopal Bhat N, B.Sc, MS (Ayu)
Dr. Bhagyesh. K, MD (Ayu)
Dr. Pratima Gupta, MD (Ayu)
Dr. Soumya. S.V, MD (Ayu)

EDITORIAL BOARD MEMBERS

Dr. Jayavani, BNYS
Mrs. Shashikala. D. MA (San)
Dr. Lakshmeesha. K.S, MD (Ayu)
Dr. Vinaya Shankara Bharadwaj MD (Ayu)
Dr. Sahana. S, MS (Ayu)
Dr. Smitha Thamban, MD (Ayu)
Dr. Pramod, MD (Ayu)
Dr. Sreeja, MD (Ayu)
Dr. Pavana K.B, MD (Ayu)
Dr. Smitha, MD (Ayu)
Dr. Anishma Devi, MD (Ayu)
Dr. Santhosh Nair, MS (Ayu)
Dr. Shabina T. T, MD (Ayu)
Dr. Shruthan Shetty, MD (Ayu)
Dr. Anju C, MD (Ayu)
Dr. Anitha S, MD (Ayu)
Dr. Avinash S, MD (Ayu)
Dr. Deepthi S, MS (Ayu)
Dr. Suraksha Shetty, MD (Ayu)
Dr. Chaithra, MD (Ayu)
Dr. Gopala Krishna Nayak, MD (Ayu)
Dr. Nirmal Kanakaraj, MD (Ayu)
Dr. Jayaram Krishna M, MD (Ayu)
Dr. Anju Subhash, MD (Ayu)
Dr. Indu, MS (Ayu)
Mr. Chandra Kumar, M.A

ASSOCIATE EDITORS



Dr. Santhosh Nayak
MD (Ayu)
Asso. Professor



Dr. Gowri Shankara
MS (Ayu)
Asst. Professor



Dr. Rashmi K.S.
MS (Ayu)
Asst. Professor



Felicitated our alumini Dr. Pallavi, for her good service..



Prize winners of Scientific paper presentation



Prize winners of Scientific paper presentation



Prize winners of Poster presentation

--- ORIENTATION PROGRAM TO I YEAR BAMS AND PG SCHOLARS ---



Welcoming the gathering by our Principal
Dr. Leeladhar D.V



Guest Speaker Sri. Harish Kumar, Sub Inspector of
Police, Sullia



Best wishes by Dr. Aishwarya K. C, Director, KVG
Medical College, Sullia



Distributing the aprons to fresher's by our President

If grahani samanya lakshana appears at the end of digestion and on taking food, it is Vatika grahani. It can be associated with Parikartika, Griddhi sarva rasanam, Adhmana occurs during Ahara pachana & relieves after taking food, Patients passes mala with difficulty after long time, mala is watery or dry, thin, frothy, apakva, accompanied with pain & noise.

If grahani samanya lakshana are associated with sour eructations, burning sensation at hridaya , kantha along with loss of taste and excess thirst, Patient passing apakva mala, which may be yellow in colour or watery stool, then it is Pittaja grahani.

If stool is passed in large quantities, with mucous, patient feeling debilitated but not emaciated, Digestion occurs with difficulty, Patient develops Hrillasa, Chhardi and Arochaka it is Kaphaja grahani.

Passing stools with consistency of unctuous, indigested, more viscid, associated with low back pain, with episodes of one month or 15 days or 10 days, or daily, mostly occurring in day time with nocturnal relief is called Samgrahani.

If the patient passes stool with pain in flanks when lying and noise in the abdomen resembling the sound of a water clock then it should be diagnosed as Ghatyantra grahani.

Whoever develops similar symptoms, having Malabsorption syndrome or IBS etc, the foremost choice of management is Nidana parivarjjana.

Treatment is given for deepana of agni and ama pachana. Shodhana and Shamana is also required as per condition.

For Agni deepana:

Hinguvastak choorna. Bhaskaralavana choorna, Trikatu choorna

For Ama-pachana:

Triphala choorna, Pippali choorna with honey, Dadimastika choorna, Talisadi choorna

Some important formulations

1. Grahanyanthakam Kashaya
2. Mridwikarishta
3. Ashtakshari Gutika
4. Bhuktanjari Gutika
5. Chitrakadi Gutika
6. Grahanyamayantaka ghruta
7. Panchamrita Parpati
8. Swarna Parpati
9. Kasisa Parpati
10. Annabhedi Sindura

Pathya Ahara & Vihara :

Light foods like medicated Kanji, buttermilk for kindling the digestive power.

For a patient suffering from grahani roga, butter milk is an excellent drink because it stimulates the power of digestion, it is grahi – absorbent, bowel binding and will be useful in IBS, diarrhoea and it is light for digestion.

Soup of Panchakola, soup of vegetable products like mudga (green gram) also is beneficial. Fiber containing fruits and vegetables are good. Green gram, horse gram, cow's ghee, honey, banana, pomegranate are beneficial.

Drink hot water in regular intervals. Do pranayama and laghu vyayama.



Dr Raghavendra Prasad
Assistant Professor
Department of Shalakyatantra
KVG Ayurveda Medical College and
Hospital, Sullia, D.K

A CASE OF ADHRUSHA

ADHRUSHA, according to classical explanation by Sushruta in Nidanasthana 16/42, an inflammatory swelling over the palate, with hard consistency, fixed to palate, reddish coloured associated with severe pain and fever.

According to modern medical science, A major and common cause of such inflammatory swelling is the odontogenic, especially in children. That pathological process is initiated by infections within a tooth or in the closely surrounded tissues of tooth. Dental caries, deep fillings, failed root canal treatments, periodontal disease, pericoronitis are the usual causes. It starts as localized infection. It may be restricted to localized tissues. It may spread to the adjacent or distant areas. If treated in the early stages can be managed easily. It may or may not cause complications depending on the host defence mechanism.

History of case

A female child, aged 8 yrs was brought with a history of –

Presenting complaints-

1. difficulty in chewing food
2. not taking food
3. pain in the roof of mouth

Associated with mild fever and loss of appetite.

History of present illness:

The child was complaining about pain in the mouth during chewing and hatred towards food due to pain before 3 days. The child developed mild grade of fever after 3 days of the onset of pain. Child is brought by her parents.

History of past illness:

Before some 15 days, The child suffered from toothache of incisors with severe toothache and swelling of the surrounding tissues associated with high fever. She was diagnosed with tooth infection with dental caries of the one of the incisors and treated accordingly by a local doctor with antibiotics and analgesics. That particular toothache with infection subsided and parents were relieved of stress at once. But the problem arised after 20 days when child complained of pain in the mouth again and not taking food with recurrence of fever. On the recommendation of one of their relatives they opted for ayurveda treatment.

There was no any history of corticosteroid therapy, consumption of cytotoxic drugs, or any allergic reaction. The child is malnourished and emaciated.

There was no any complication by the spread of infection to the distant areas, like pneumonia, sepsis, endocarditis etc.

On examination:

1. swelling of 1sq. cm size noted over the hard palate
2. A reddish coloured
3. hard in consistency
4. tenderness present

No any discharge or pus points.

Diagnosis:

Above case was diagnosed as ADHRUSHA (ODONTOGENIC PALATITIS)

TREATMENT:

Classical texts advice GALASHUNDIKA LIKE CHIKITSA. First shaman treatment like kavala, pratisarana, internal medication should be tried. If no benefit, Chedana should be done.

In this I followed the following treatment regime.

In this I followed the following treatment regime.

- 1.Tab. Kanchanara guggulu .1-1-1...7 days
- 2.Tab.Varunadi kashaya gutika 1-1-1...7 days with hot water
- 3.Tab.Gandhaka rasayana .1-1-1...7 days with hot water
- 4.Amrutharista .15 ml tid with wqual hot water
- 5.Kavala twice daily with

Sufficient quantity of Thriphala kashaya+ madhu+abhraka bhasma shataputi 2 gm

Patient showed improvement within 3 days and completely relieved of the problem after 7 days of treatment.

Discussion:

Pittahara,Raktha dosha shamaka and shothahara line of treatment adopted.Anti-infective,anti-inflammatory drugs are used here.Amrutharista is in mainline in jwara treatment,antipyretic qualities are beneficial alongwith other drugs.While administering kavala ,abhraka bhasma is used because of its sarvavyadhihara property,local effectiveness,along with Thriphala kashaya and Madhu.Kanchanara has got krumighna property and acts on pitta,rakta and kapha.Varuna,is an anti-inflammatory,natural blood purifier,antipyretic.Decoction of varuna twak is usefulin healing internal and deep seated suppurated inflammation also.Gandhaka rasayana has got antiinfective properties .it acts on rasavaha and rakthavaha srotas.Use of drugs acting on rasavaha srotas justified ,as ashreddha,aruchi,asya vairasya,jwara features are found in this.

A CLINICAL STUDY OF GUDAABHAYA IN AMLAPITTA



Dr. ROSHNA CYRIAC
P.G. Scholar

Dr. BHAGYESHA K
Professor & Guide, Dept. of Kayachikitsa

Amlapittha by the title itself reveals that Pittha dosha predominant. Agni converts food in the form of energy, which is responsible for all the vital functions of our body. Acharya Charaka has mentioned that when the Agni of an individual is sama, then that person would be relatively less exposed with diseases. But if the Agni of a person is vitiated, the whole metabolism in his body would be disturbed, resulting in unhealth and diseases. Hence Agni should be maintained, in order to pursue a healthy life.

According to Acharya Vagbhatta, Pittha can be treated with Kashayathikthamadhura rasa drugs. In Amlapittha, impairment of Agni is seen by aggravation of doshas. Potency of Agni is decreased in Amlapittha condition. We have to enhance the potency of agni by providing similar qualitative drugs. Haritaki having Rooksha guna had selected to increase the potency of Agni. Also Guda which is having Madura rasa and vipaka will give a support to Haritaki drug for its anulomana action. Keeping all these factors into consideration, GudaAbhaya was given for treating Amlapittha.

OBJECTIVES OF STUDY

To know the comprehensive action of Gudaabhaya in:

- According to Dosha Pradhanatha- Vathanubandha, Pitthanubandha, Kaphanubandha Amlapittha.
- According to Marga- Urdhwanga and Adhoga Amlapittha
- According to Chronicity – Nava and Purana Amlapittha.
- According to Severity – Based on symptomatology.

MATERIAL AND METHOD:

1) STUDY DESIGN – Open clinical study.

2) SAMPLE SIZE – 34 patients fulfilling the diagnostic and inclusion criteria of either sex will be selected and treated in OPD and IPD basis at KVGAMC Sullia.

TREATMENT SCHEDULE

No: of patients - 34 patients

Medicine - Gudaabhaya

Dose - ½ karsha

Ingredients - Guda and Harithaki (Abhaya)

Anupana - Shrutha sheetha jala

Duration - 14 days

Time of administration - Prabhaktham (morning before food)

Follow up - 7 days

Total study duration - 21 days

Patients were assessed clinically on 1st , 7th, 14th day during treatment and follow up on 21st day.

RESULTS: In Overall effect of treatment in Amlapitta, out of 34 patients in this study, 1 patients (3%) were getting Mild Improvement, 10 patients (29%) were getting Moderate Improvement, 14 patients (41%) were getting Marked Improvement and 9 patients (27%) were getting Complete Remission. Overall effect of the treatment is 72.35%.

Gudaabhaya is given remarkable improvement in Hrithdaha(95.12%), Amlodgara (94.74%), Kanta daha (94.44%), Tikthodgara(90.91%), Hrillasa (72.73%), Chardi (62.50%), Aruchi(68.42%), Avipaka (44.44%).

CONCLUSION: The present study has shown significant result in all type of Amlapitta. it is more effective for mild condition with pittaja symptoms.

Key words: Agni, Amlapittha. Gudaabhaya



“A COMPARATIVE PHARMACEUTICO-ANALYTICAL AND CLINICAL STUDY OF TALISADI CHURNA PREPARED BY CLASSICAL METHOD AND VARIANT PREPARED BY REPLACING SHARKARA USING STEVIA REBAUDIANA IN MANAGEMENT OF KASA”

Dr. MANASA B.S
P G Scholar

Dr. HARSHITHA M.
Professor & Guide, Dept. of R.S. & B.K.

Background & Objectives: Talisadi Churna is one of widely used effective formulation prescribed in cough. It has Talisapatra, Shunti, Pippali, Maricha, Vamshalochana, Ela, Twak, and Sharkara as ingredients. Talisadi Churna contains around 70% sugar content. Natural sweeteners are natural healthy sugar substitutes that are better options than processed sugar and artificial sugar and also they are considered beneficial in diabetic patients. Due to usage of refined sugar which is having high caloric content, common formulations like Talisadi Churna will be unsuitable in Kasa, among diabetes mellitus patients.

Stevia rebaudiana is natural alternative to sugar. Studies suggest that it does not raise blood sugar level, making safe for people with diabetes.

This study is intended to evaluate action of Talisadi Churna prepared by replacing Sharkara by Stevia rebaudiana in management of Kasa and effect of Talisadi Churna on blood glucose level in diabetic patients.

Objectives include

To prepare Talisadi Churna by classical method and by replacing Sharkara using Stevia rebaudiana.

To analyze the compounds physico-chemically to evaluate shelf life.

To compare both samples of Talisadi Churna physico- chemically & clinically in patients of Kasa.

To study effect on blood glucose level by both the samples of Talisadi Churna in diabetes patients.

Methods: The Talisadi Churna and its variant by replacing Sharkara by Stevia rebaudiana were prepared by following the classical method of preparation. These were analyzed for the parameters specified for Churna Kalpana. Clinical trial of both samples on Kasa was performed & compared; in both diabetic and non-diabetic patients. In diabetes patient changes in the blood glucose level was evaluated.

Results: Analytical study revealed variation between the two samples. Trial group showed a marked improvement in controlling the intensity and frequency of cough in 68% while in control group improvement was observed in 72%. Both groups exhibit statistically significant result in reducing the Intensity and Frequency of cough. Blood glucose pattern showed no significant pattern of changes after the treatment in both the groups.

Conclusion: Comparative analysis of the overall effect in treating Kasa in both the groups was statistically significant. The classical methods have been mentioned for a reason and hence they should be followed righteously, by making some modifications suiting the time period and at the same time should not compromising the efficacy of the medicine.

Key words: Churna, Kalpana, Kasa, Diabetes.



Dr. SHRADDHA A. S.
P G Scholar

Dr. SANATH KUMAR D.G.
Professor & HOD
Guide, Dept. of Panchakarma

Dr. LAKSHMEESHA K.S.
Associate Professor
Co-Guide, Dept. of Panchakarma

“A CLINICAL STUDY TO EVALUATE THE EFFECTS OF ANGAMARDANA IN HEALTHY INDIVIDUALS”

Ayurveda system of medicine approaches in a particular way in preventing and promoting a healthy life by following certain methods. There are many measures have been told in our classics in order to promote the health status as well as prevent the body from various ailments. Abhyanga is one among Dinacharya which has number of health benefits if practiced daily. Abhyanga done with more pressure is known as Mardana. Mardana is having Shramahara, Vatahara, Nidrakara, Pushtikara and Balakara properties. Mardana is indicated to practice in Hemanta and Vasanta Ritucharya and it is also said to be one among Sadvritta. There are very little descriptions are available about Mardana in our classics. The method of procedure and techniques of Mardana is available in a Kannada book named ‘Angamardana’, written by Sri Sri Malladihalli Raghavendra Swami. Since there are very few studies done on Mardana, Here an attempt is made to understand about Mardana and its health promoting effect in healthy individuals.

Method:

This study was a simple randomized clinical study, where 30 healthy subjects irrespective of gender, religion and occupation were selected. Mardana by using Moorchita Tila Taila was carried out for 7 days. Assessments were made before treatment, after the completion of course i.e. on 7th day and follow up on 21st day. The scores were recorded and compared.

Result:

- There is a significant improvement in the quality of life with respect to Flexibility, Physical strength, Agility and Hand grip strength.
- There is a significant improvement in the quality of life with respect to Physical and Psychological domain scores based on WHOQOL-BREF questionnaire according to World Health Organization.
- There are significant changes in Heart rate and Pulse rate after the Mardana procedure.

Conclusion: It is concluded that Angamardana in healthy subjects is helpful in improving overall quality of life.

Keywords: Mardana, Health, Moorchita Tila Taila

VARSHA RITU (I YEAR BAMS, 2020-21)

Definition

“आदानप्लानवपुषामग्निःसन्नो पिसीदति।
 वर्षासुदोषैर्दुष्यन्त्रिते म्बुलम्बाम्बुदेडम्बरे॥”

(Ref A. H 3/42)

MASA → Shravana, Bhadrapada

AYANA → Dakshinayana

ENGLISH MONTHS - July -August

August - Septenter

Involvement of Doshas - Pitta sanchaya and Vataprakopa

BODY CONDITION DURING VARSHA RTU

In this season, the agni (digestive activity) is weak. The doshas get aggravated by the effect of thick clouds full of water, cold winds having snow, dirty water because of rain, warmth of Earth and sourness.

TREATMENTS :-

1. One should undergo panchakama therapy.
2. After that the person should be administered asthpanabasti (Decoction enema therapy)

FOOD TO BE CONSUMED:-

The person should use old grains for food, meat soup processed with spices etc.

Meat of animals of desert like lands, soup of pulses, wine prepared from grapes and fermented old mastu processed with more souvarchala lavana and powder of panchakola should be used.

Rain water or water from deep wells which is well boiled should be used for drinking.

FOOD TO BE AVOIDED

Rain water, and udamantha.

DAILY NEEDS

- Person should travel only in vehicles, not on bear foot, should use perfumes, clothes shall be fumigated, should dwell in upper stories of the house which is devoid of heat, wind and snow.
- Avoid sleeping at day time, exertion and exposure to sun
- Avoid vyayama.

KANCHANARA (II YEAR BAMS, 2019-20 BATCH)

Botanical Name : *Bauhinia variegata*

Family : Caecalpinodeae

Gana : Charaka – Vamanopaga; Sushruta- Urdhwabhagahara, Kashaya varga

Vernacular Names : English - Camel's foot

Hindi - Kanchanara

Kannada – Mandara

Malayalam – Korai

Paryaya : Kovidara, Kuddala, Chamarika, Karbudara, Padapa, Yugapatraka, Kalpakesara.

Distribution/ Habitat : All over India, 4200ft from sea level

Botanical Description: Medium sized tree. Bark is moderately hard, brown colour. Leaves are alternate, two lobed, 2.5-6 inch long, deeply cordate, 11- 15 veins, petiolated. Flowers are large, purple colour, short pedicle with bracts and bractioles, stamen are 5 in number, 5 petals. Fruits are pods, ½ - 1 ft long, flat, hard, curved. 10-15 seeds present.

Chemical Constituents : Bark –Tanin, Resin, Sugar, B-sitosterol, Lupeol, Brown colour gum.

Properties and Action : Rasa – Kashaya

Guna –Laghu, Ruksha

Veerya – Sheeta

Vipaka – Katu

Prabhava – Gandamala nashaka

Karma - Kapha-Pitta shamaka, Vrana ropana, Kushtaghna, Krimighna, Lekhaniya

Therapeutic Uses : Gandamala, Galaganda, Vrana, Charmaroga, Raktapitta, Krimi, Atisara.

Part Used : Bark, Flower

Dosage : Twak choorna (3-6gm), Kwatha (40-80ml), Pushpa swarasa (10-20ml)

Formulation : Kanchanara guggulu, Kanchanaradikwatha, Kanchanaragutika

KANCHANARA GUGGULU (III YEAR BAMS, 2018-19 BATCH)

कान्चनार् त्वचो ग्राह्यं पलानां दशकं बुधैः ॥

त्रिफला षट्पला कार्या त्रिकटु स्यात्पलत्रयम् ।

पलैकं वरुणं कुर्यादेलात्वक्पत्रकं तथा ॥

एकैकं कर्षमात्रं स्यात्सर्बाण्येकत्र चूर्णयेत् ।

यावच्चूर्णामिदं सर्वं तावन्मात्रस्तु गुग्गुलुः ॥

(Sa.Ma.Kha-7/95-100)

Ingredients:

1. Kanchanara – 10 pala
2. Triphala – 6 pala
3. Trikatu – 3 pala
4. Varuna – 1 pala
5. Ela – 1 karsa
6. Twak – 1 karsa
7. Patra – 1 karsa
8. Guggulu – (equal quantity)

Method of Preparation:

The fine powders of the above drugs (1-7) are triturated in a khalva yantra to obtain a homogenous mixture.

Meanwhile the mentioned quantity of guggulu is thoroughly pounded to waxy state in a clean khalva yantra manually or in a pounding machine.

While pounding the fine powder of medicinal drugs is added little by little and pounded further to incorporate all the powder into guggulu.

Later when drug mass attains desired consistency of rolling the pills, the pills of desired size (one Shana) is rolled. These pills are later dried in shade and stored in air tight container.

Dosage : 1gm

Anupana: Decoction of munditaka, khadirasara, pathya or warm water.

Indication: Chronic gandamala, Apachi, Arbuda, granthi, Vranas, gulma, kustha, bhagandara.

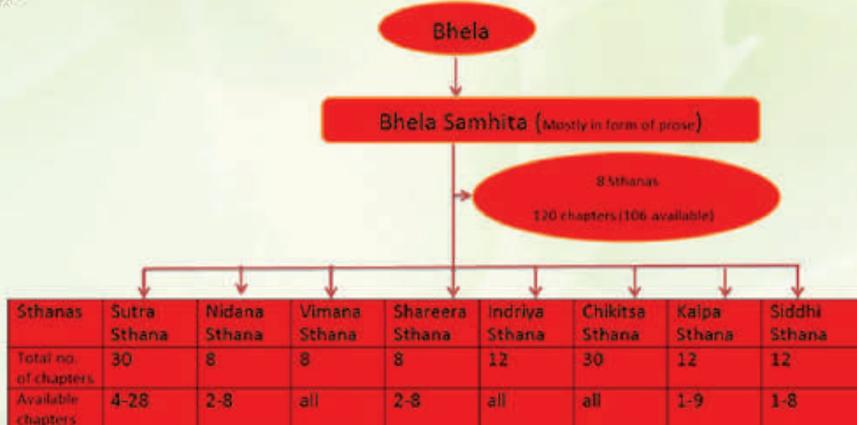
BHELA SAMHITHA (100BC-400BC) (IV YEAR BAMS, 2017-18 BATCH)

This work is attributed to Maharshi Bhela , who is one among the 6 disciples of Punarvasu Atreya and contemporary of Acharya Charaka.

The Samhitha was not tracable until 1880 .Later a palm leaf manuscript of it composed in sanskrit but written in Telungu script was found in palace library of Tanjore. It also has 8 divisions like Charaka Samhitha.

Bhela has advanced his own ideas with special reference to flora,fauna ,customs, prevalence of disease particularly in Gandharva desha. He gave due importance to Daivavyapashraya Chikitsa , as he presents several disease as Karmaja. He is distinct in specifying location of Jataragni in Surya mandala.

Till the recent years it is not been redacted or no one has ever written commentaries on it, which indirectly helped to sustain its originality.



Contribution of Bhela Samhita :-

- The word Janmara was used in the context of Janpadadhwamsa (Epidemics), while Sushruta has used the term Marak.
- Different names were given to the fever cause in animals. A disease named vatalika was given by him which is considered as plague by some.
- The definition of kayachikitsa is present here.
- 8 types of Swedana karma are given.
- Separate chapter for Vishama Jwara.
- Raktapitta is of 2 types but the asadhya one was named as Sarvsrotspravrittah.
- Special importance was given for Panchkarma.
- In classification of Vatajaprakriti, he has included the concept of philosophical prakriti which is not found any where else.

STAFF ACTIVITIES



Dr.Venu N delivered a talk on Health Hazards by Fire and Animals and how to protect ourselves from these calamities, for the Fire personnel and public. Under the banner of Forest Department, Mangalore Division, Subrahmanya- Sulya Sub division on 05/02/2021.



World Tuberculosis Day was celebrated on 25/3/2021 at KVG Medical College & Hospital, Sullia.



Dr Raghavendra Prasad, delivered a talk on the occasion of "World Health day" at KVG Ayurveda Medical College, Sullia

STUDENT ACTIVITIES

Post Graduate Scholars presented scientific paper at different National Level Seminars & Webinars. At National Level Seminar 'SPANDANA' organized by KVG Ayurveda Medical Collage, Sullia on 20th and 21st February 2021.

NAME & DEPARTMENT	TITLE
Dr. Dhanya M Dept. of R. S & B.K.	----- Review of Hridayarnava Rasa in Hrudroga
Dr. Anjali Krishnan Dept. of R. S & B.K.	----- Review on Treatment of Hridroga.
Dr. Harsha M Dept. of Panchakarma.	----- Role of Rasayana in Hridroga.
Dr. Surabhi Krishnan Dept. of Panchakarma.	----- Hridroga in Ayureda.
Dr. Nilofer Tahani R A Dept. of Panchakarma.	----- Indication and Contra indication of Vamana in Hridroga.

NAME & DEPARTMENT	TITLE
Dr. Sukanya Lakshman Dept. of Panchakarma.	----- A conceptual study of Urobasti in the management of Hridroga.
Dr. Ramya B H Dept. of Panchakarma	----- Pharmaceutico- Analytical study of Nagapashana Pishti (Serpentine) and its Experimental evaluation of cardio tonic activity.
Dr. Archana S Babu Dept. of Panchakarma	----- Role of panchakarma in Cardio Vascular Diseases.
Dr. Navaneetha S Dept. of Panchakarma	----- Role of Virechana in Hridroga.
Dr. Sharaddha A S Dept. of Panchakarma	----- Role of Arjuna Ghrita Shamana Sneha In Hridroga.
Dr. Sruthi O Dept. of Kayachikitsa	----- Ayurveda Hridroga
Dr. Aparna G Dept. of Kayachikitsa	----- Post MI care through Ayurveda
Dr. Tara Jayasri Dept. of Dravyaguna	----- Ayurveda for the Aching Heart W.S.R to CAD during Pandemics.
Dr. Vineetha P Dept. of Agadatantra	----- Role of satvavajaya Chikitsa in Hridroga
Dr. Jeevan S Dept. of Kayachikitsa	----- Sannipathaja Hridroga WSR MI
Dr. Nithish K Dept. of Kayachikitsa	----- Effect of Hingutriguna Taila in Hridroga

At National Level Webinar 'AGNEYA' organized by Vaidyaratnam Ayurveda Collage, Thrisur on April 8th-10th, 2021.

NAME & DEPARTMENT	TITLE
Dr. Sangeetha K S., Dept. of R. S & B.K.	Role of Tamra parpati in Grahani Chikitsa
Dr. Aparna G., Dept. of Kayachikitsa	Management of Amlapitta by Drakshadi Gutika
Dr. Vineetha P., Dept. of Agadatantra	Role of Kaidaryadi Kashayam in Gastrointestinal disorders.
Dr. Soumia V R., Dept. of R. S & B.K.	Induppukanam Choornam in Gastrointestinal disorders.
Dr. Smruthi K K., Dept. of R. S & B.K.	Kaidaryadi Kashayam in GI tract disorders.
At "Pampa Resolute 2020" Webinar Lecture series on January 2021.	▶ Name and Department: Dr. Vineetha P., Dept. of Agadatantra TOPIC: Yoga In Pregnancy
At National level scientific paper presentation organized by Ayurshala web learning Ayurveda academy on 27th& 28th February 2021	▶ Name and Department: Dr. Tara Jayasri, Dept. of Dravyaguna TOPIC: Swasthaya – Promote Healthy life.
At AMAI research foundation's Dr. Prakash Mangalaseri memorial PG paper presentation on 27th march 2021.	▶ Name and Department: Dr. Tara Jayasri, Dept. of Dravyaguna TOPIC: Research in Ayurveda Strategies for Developing and organizing suitable methodologies.
Empowering Women's Health Through Ayurveda, organized by Arya Vaidya Chikitsalayam and Research Institute on 8th March 2021.	▶ Name and Department: Dr. Tara Jayasri, Dept. of Dravyaguna TOPIC: Anti and Prenatal care
Empowering Women's Health Through Ayurveda, organized by Arya Vaidya Chikitsalayam and Research institute on 8th March 2021.	▶ Name and Department: Dr. Tara Jayasri, Dept. of Dravyaguna TOPIC: Thyroid management in Ayurveda ▶ Name and Department: Dr. Sindhura K S., Dept. of R.S. & B.K. TOPIC: A Review on scope of Arogyavardhini Rasa and Kanchanara Guggulu in Hypothyroidism – A case study

"A thousand words will not leave so deep an impression as one deed."

POSTER COMPETITION

Name and Department	TOPIC	Organized by
Dr. Sindhura K S Dept. of R.S. & B.K.	Pranavaha sroto vikaras	Yenapoya Ayurveda Medical college on 5th May 2021
Dr. Aparna G Dept. of Kayachikitsa	An Ayurvedic approach to Post covid Care.	4th Global Ayurveda Fest on 12th – 19th March 2021 by Global Ayurveda
Dr. Sruthi O Dept. of Kayachikitsa	Role of Ayurveda in Graceful Ageing	4th Global Ayurveda Fest on 12th – 19th March 2021 by Global Ayurveda

Congratulations **TO RGUHS EXAMINATION TOPPERS**

IST B.A.M.S. TOPPERS



Greeshma Jaison
Percentage 72%



Manish E Hosur
Percentage 70%

IIND BAMS DISTINCTION STUDENTS



Pavana B
84.6%



Sharadhi
82.2%



Anagha Devi K N
79%



Chaithrashri
79%



Smitha T
78.8%



Saikiran Patil
77.7%



Shri Rashmi Shetty
76.6%



Rohini B Rojole
76.2%



Indrani H.C.
76%



B Rajalaxmi Pai
75.2%



Vijeta Tulasidas Raikar
75.1%

**National Seminar "SPANDANA 2021" on
Ayurvedic Perspectives in Cardiac diseases**

--- Inaugural function ---



Welcome Speech by Dr. Leeladhar D. V. Principal, KVG Ayurveda Medical College & Hospital, Sullia



Inaugurator Dr. Bharath Shetty Y., MDS, MLA, Mangalore City
North & President, Dental Council of India, New Delhi.



Chief Guest Dr. Suman D. Pennekar IPS, Deputy Director,
Karnataka Police Academy, Mysore.

-- Best wishes from Guest of Honor's --



Dr. Kiran Kumar N. Syndicate Member, RGUHS Bengaluru



Dr. Anand Kirishal, Senate Member, RGUHS Bengaluru



Dr. Aishwarya K. C. Director, KVG Medical College, Sullia



Dr. Goutham Gowda, Director, KVG Medical College, Sullia

"Be happy for this moment. This moment is your life."



Presidential speech by Dr. K.V. Chidananda, President, AOLE (R) Sullia



Release of New products of KVG Ayurveda Pharma and Research Center, Sullia



Release of previous issue of Ayur News Letter

Resource Persons at "SPANDANA 2021"



Dr.K .V. Dilip Kumar MD (Ayu) PhD, Institute of Oriental Medicine of the People's Friendship University of Russia, Moscow



Release of "SPANDANA 2021" Souvenir



Dr.C. Ramachandra Bhat, MBBS, D.N.B., KVG Medical College & Hospital, Sullia



Dr. Upendra Digambar Dixit, MD (Ayu) PhD, Chief consultant, Dixit Ayurveda, Goa.



Dr. Anantha Ram Sharma P.V., MD (Ayu) PhD, DHR fellowship, Amrutha School of Ayurveda, Kerala.



Dr. Satyendra N. Ojha, MD (Ayu), PhD, Director & Principal, Hon. Shri. Annasaheb Dange Ayurved Medical College, Sangli, Maharashtra.



Dr. Rajashekar V. Sanapeti, MD (Ayu), KLE Shri B.M.K. Ayurveda Mahavidyalaya, Belagavi



Dr. Sathanarayana Bhat, MD (Ayu), Principal, Muniyal Institute of Ayurveda Medical Sciences, Manipal



Delegates and invitees at seminar



Our beloved President visited the Exhibition Stalls



Cultural programs by our students

----- Glimpses of valedictory function -----



Guest Speaker
Prof. M. B. Puranik
President, Sharada Group
of Institution, Mangalore



Dr. Mohammad Iqbal,
District Ayush Officer, D.K



Dr. Gana P. Kumar, KSPS,
Deputy Superintendent of
Police, Puttur Sub Division



Dr. Neelambika Natarajan,
Dean, KVG Medical
College & Hospital, Sullia

----- Wishes from Guest of Honor's -----

What the superior man seeks is in himself; what the small man seeks is in others.



Felicitated our alumini Dr. Pallavi, for her good service..



Prize winners of Scientific paper presentation



Prize winners of Scientific paper presentation



Prize winners of Poster presentation

--- ORIENTATION PROGRAM TO I YEAR BAMS AND PG SCHOLARS ---



Welcoming the gathering by our Principal Dr. Leeladhar D.V



Guest Speaker Sri. Harish Kumar, Sub Inspector of Police, Sullia



Best wishes by Dr. Aishwarya K. C, Director, KVG Medical College, Sullia



Distributing the aprons to fresher's by our President



Presidential Speech by Dr. K. V Chidananda,
President, AOLE (R), Sullia



Republic day celebration



Shishyopanayana and Dhanavanthari Pooja

----- INTERNATIONAL YOGA DAY CELEBRATION -----



Talk by Dr. Shabina T. T. Dept. of Swasthvritha



Yoga Demo by our Internes

----- WORLD HEALTH DAY CELEBRATION -----



For every minute you are angry you lose 60 seconds of happiness."

QUIZ

- Sarvarasanam cha manasah is a lakshana of
a) Vatajagrahani b) Pittajagrahani
b) Kaphajagrahani d) Sannipathajagrahani
- Ashtapada is a type of Agni karma told by
a) Sushruta b) Charaka
c) Yogaratnakara d) Vagbhata
- Neuro- cysticercosis is due to
a) Round worm b) Flat worm
c) Whip worm d) Tape worm
- Ashwibhyamvihitamhrudyam
a) Narasimha rasayana b) Kushmandarasayana
c) Chyavanaprashaavaleha d) Agastya rasayana
- Administration of Nasya in pregnant women leads to
a) Garbhasrava b) Garbhapatha
c) Garbhastambha d) None of the above
- Sarvabudhyangaheenam is mentioned for which Satwa
a) Rakshasa b) Pishacha
c) Matsya d) Vanaspatya
- Anuvasana should be given for Sadaathuras with
a) Bilwataila b) Balataila
c) Nikumbhataila d) Ashtakatvarataila
- In Phirangaroga, Rasa karpura is mentioned in
a) Bhavaprakasha nighantu b) Raja nighantu
c) Priya nighantu d) Dhanwantari Nighantu
- Holder method is used for
a) Water disinfection b) Milk sterilization
c) Well disinfection d) Sewage treatment
- Rasa of Harithakimajja
a) Madhura b) Amla c) Tikta d) Katu

Answer: December 2020

1.d, 2.a, 3.b, 4.a, 5.b, 6.b, 7.c, 8.b, 9.c, 10.c

Quiz winner: **Dr. P. M. Manthan (Internee)**

HOME REMEDIES

DHANYAKA (CORIANDER)

- 2 spoons of coriander seeds to be soaked in 2 glass of water overnight. Next morning the seeds should be crushed, filtered and obtained water is to be consumed on empty stomach along with one spoon of sugar candy powder- cures the diseases of pitta origin like burning sensation, burning micturition etc
- 1 spoon of coriander seeds to be crushed in one glass of rice washed water. Add one spoon of sugar candy powder. Drink it 3 to 4 times a day-cures vomiting during pregnancy.
- Application of paste of coriander plant cures the skin eruptions occurring due to contact of latex/liquid of various plants.
- Kashaya of slightly fried coriander seeds is to be consumed along with milk and sugar candy powder daily. This cures excess thirst.

by: **Dr Sindhura K S**
PG Scholar, Dept of R.S. & B.K.

DISCLAIMER:

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

To,

Book Post