



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 ।



Due to unexpected outcome of COVID-19 pandemic there was some unavoidable delay in the publication of Ayur news. As we are resilient enough to come out of the crisis, we have changed those lockdown into productive days due to the timely and effective intervention by our management.

Our institution celebrated the occasion of the golden moments of getting a new Principal, active staff participation in various webinars, students achievements in several competitions, laudable performance of our P.G. scholars and launching of new products by K.V.G. Ayur Pharma & Research Centre.

The current issue includes many scholarly articles and noteworthy informations.

Harshitha

Dr. Harshitha Purushotham

Dr. K.V. Chidananda

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A COMPARATIVE CLINICAL STUDY ON THE EFFECT OF DHANYAKA GHRTA AND TILVAKADI GHRTA IN UDAVARTINI YONIVYAPAD”

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Assistant Professor

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KVG Ayurveda Medical College and Hospital, Sullia, D.K

INTRODUCTION

The onset of menstruation is part of the maturation process. Painful menstruation, also known as “Dysmenorrhea” is one of the most common women’s problems.

About 88% of adolescents with dysmenorrhea experience their first painful menstruation within the first 2 years after menarche.

The Udavartini Yonivyapad can be defined as painful menstruation, mentioned by Acharyas in various Samhitas. The aggravated Vata moving in reverse directions fills the yoni resulting in discharge of Artava with difficulty.

Symptoms of Udavartini can be compared to primary dysmenorrhea. Primary dysmenorrhea is one where there is no identifiable pelvic pathology, where the incidences about 15-20%. Recent evidences suggest that the pathogenesis is due to prostaglandins which induce intense uterine contractions, decrease uterine flow, and increase peripheral nerve hypersensitivity, resulting in pain.

Dhanyaka Ghrita which contains drugs having Vata Anulomana and Shoolahara properties,. Ghrita with its snigdha and Guru Guna may help to reduce pain. Therefore, considering the prevalence of dysmenorrhea in the present era and above factors in view, this study is planned to evaluate the efficacy of Dhanyaka Ghrita in the management of Udavartini Yonivyapad.

OBJECTIVE OF THE STUDY

1. Comprehensive study of Udavartini Yonivyapad and Primary dysmenorrhea in detail.
2. To evaluate the efficacy of Dhanyaka Ghrita in Udavartini Yonivyapad.
3. To compare the efficacy of Dhanyaka Ghrita and Tilvakadi Ghrita in Udavartini Yonivyapad.

MATERIALS OF THE STUDY

Study Design : Single blind randomized comparative clinical study

Sample Size : 40 patients suffering from Udavartini Yonivyapad w.s.r. to primary dysmenorrhoea fulfilling the inclusion and diagnostic criteria

METHOD OF THE STUDY:

A separate case Performa was prepared with details of history taking, physical signs and symptoms according to classics and modern science.

Laboratory investigations were done according to necessity. Findings were documented.

DIAGNOSTIC CRITERIA:

Patients fulfilling any 2 of the following diagnostic criteria will be selected for the study, irrespective of associated symptoms.

Painful menstruation which begins with onset of menstruation and lasting for 1 to 2 days.

Pain in the lower abdomen and low back area which is radiating to the medial aspects of thighs.

Associated symptoms such as headache, nausea, constipation, diarrhea, giddiness, fatigue.

Interventions & Follow up

Dose -10ml BD

Duration of therapy - Starting from the 5th day of menstruation for 2 consecutive cycles

Route Of Drug Administration- Starting from the 5th day of menstruation for 2 consecutive cycles

Route Of Drug Administration- ORAL

Time Of Drug Administration- BEFORE FOOD

During Treatment Follow Up - During study period for 2 consecutive menstrual cycles on 6th day of each menstrual cycle.

Observational Follow Up - Observation period for next one menstrual cycle on 5th day

RESULTS AND DISCUSSION

In overall management of the Udavartini Yonivyapad the significant relief in symptoms of Intensity of pain, Duration of Pain, Intermenstrual pain in both groups can be attributed to Garbhashayasodaka, Vataghna and vatanulomana properties of both the ghrta Madhura Vipaka and Ushna virya of the drugs in the formulation pacifies vitiated Vata. Singdha guna of Ghrta facilitate Anulomana of Vikrita Vata (Anuloma gati of ApanaVata) thereby relieving pain.

The significant relief in symptoms of Nausea, Vomiting in groups can be attributed by deepana, pachana, ruchaya, vatanulomana and kaphahara properties of drugs.

The significant relief in symptoms of Diarrhoea in groups can be attributed by deepana, pachana, sanghrahi, and vataghna properties of drugs.

The ingredients of both the groups has the properties of Vataghna and vatanulomana . Madhura Vipaka and Ushna virya of the drugs in the formulation pacifies vitiated Vata. Singdha and sara guna of Ghrta facilitate Anulomana of Vikrita Vata (Anuloma gati of ApanaVata) thereby relieving pain.

The ingredients of both the groups has the properties of Vataghna, balya and Madhura Vipaka and Ushna virya pacifies vitiated Vata. Due to Balavardhaka, Ojovardhaka properties of Ghrta it helps in relieving the fatigue.

CONCLUSION

- ◆ Aartava pravritti depends upon proper function of Apana and Vyana vayu.
- ◆ Udavartini Yonivyapad is a Vata Pradhana Vyadhi where gati of vata is affected.
- ◆ The line of the management is being, Vāta Anulomaka and Pakvashayashuddhikara and the drugs of both the groups has the properties and action on the Garbhashaya, Arthava Dhatu and Apana vata; in which Kaphapitta shamaka property clears the Artava vaha Srotas.
- ◆ Snehana is the first line of treatment mentioned in Vata vikara's and Ghrta is considered best among all Sneha's.
- ◆ Yonishoolahara action relieves pain due to muscular in co-ordination of uterus and Arthavajanana action bring normalcy of menstruation.



Dr. Avinash S.

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A CASE REPORT ON CHARMADALA KUSHTA

Introduction:

Disease many a times is contrary to health, but it snatches joys and comfort from life and create great miseries like skin diseases. Ayurveda always had its edge over other systems of medicine when it comes to the management of chronic skin conditions. Charmadala is one type of Kshudra Kushta explained in the classics of Ayurveda which can be seen with presentations of Dalana (scaling of skin) Kandu (itching) Osha Choshadi Daha Bheda as Lakshanas over hasta and Pada Tala (Sushruta). Here in this particular study a case resembling classical lakshanas of Charmadala managed through Ayurvedic treatment with encouraging result is discussed.

CLINICAL PROFILE:

Name: Xxx, Age: 08Yrs. Sex: Female child, Occupation: Student, Diet: Mixed, Date: 11-11-2020, Address: Kodyiala.

CASE PRESENTATION AND CLINICAL EXAMINATION:

A 08 year old female child along with her parents presented with the complaints of –

NO	CHIEF COMPLAINTS	DURATION
1	Ubhaya pada Charma sputana/dalana (bilateral scaly lesions over dorsum of foot)	Since 2 months
2	Kandu	
3	Daha	

History of Present Illness

- A 8 year old female child presented with Dalana /Sputana (bilateral dry scaly lesions over the dorsum of foot) along with the was complaints of Kandu (itching) and Daha (burning sensation) over the affected area.
- On history the patient had above complaints since 2 months.
- No evidences of allergy to footwear, no positive family history etc was found on taking detailed history of the patient.

MATERIALS AND METHODS:

TREATMENT SCHEDULE:

- Mahatiktaka Ghrita for lepa over the affected area twice a day.
 - Patolakaturohinyadi Kashaya 10ml twice a day with 20 ml water twice a day after food.
- Treatment duration: 12 days OP treatment.

DIET: Patient was advised to avoid spicy foods (Katu, Amla Rasa Pradhana), pickles, pitta kapha vardhaka ahara, virudha ahara etc.

OBSERVATION AND RESULTS:

Chronology of clinical observations:

1. Patient attended the OPD on 11-11-2020 with presentation as shown below (fig1)
2. Patient was subjected to the above treatment and observed after 12 days of treatment (fig2)
3. As per Patient Kandu and Daha significantly reduced after 4 days of treatment and the symptoms got relieved at around 10th day. There was significant reduction in the scaly lesions at the time of observation on the 12th day.
4. Patient was advised to continue the treatment for until complete remission.



Fig. 1



Fig. 2

DISCUSSION:

On taking the history of this case the patient had the presentations like Charma Dalana/Sputana over Pada Tala, Kandu and Daha which were suggestive of presentation of Pitta Kapha Pradhana condition Charnadala Kushta ruling out the possibility of Vaipadika Kushta as Kandu and Daha are absent in Vaipadika Kushta. Hence it was diagnosed as charmadala kushta and Pitta Kaphahara Tridoshaja line of treatment was followed.

Acharya Charaka has described Lepana as 'Sadyah Siddhi Karaka' a Lepa Yoga was preferred in this particular case. Ghrita is Pitta Anila Hara and the inclusion of Pitta Kaphahara Tiktaka drugs, Mahatiktaka ghrita attains Tridoshahara property. Tikta Rasa is having Pitta, Kaphahara property and acts against Kapha Pradhana Kandu and Pitta Pradhana Daha. The Snigdha of Ghrita acts against Rookshata to provide desirable action in this particular case.

Patola Katurohinyadi Kwatha is having drugs like Patola, Katukarohini, Chandana etc mainly having Pitta Kaphahara property and thus was chosen for this particular condition.

CONCLUSION:

From this study it can be concluded that based on the Lakshanas and assessment of Doshas, if treated with suitable Shamanushadhis can effectively manage the conditions like Charnadala Kushta. In this particular study it was found to be beneficial in controlling signs and symptoms with in short duration of treatment. Long term course of treatment and large sample size may provide further clearer observations in conditions with similar features like Dalana, Kandu and Daha resembling Charnadala Kushta.



A CLINICAL STUDY OF SAMASHARKARA CHURNA IN THE MANAGEMENT OF THAMAKA SHWASA

Dr. NIRMAL KANAKARAJ
P.G. Scholar

Dr. ANOOP P.A.
Co- Guide

Dr. BHAGYESHA K
Guide, Dept. of Kayachikitsa

Human being can survive without sense organs, but he cannot do so without Shwasana karma (breathing) and food (as mentioned in Chandogya Upanishad), life derives on these two elements and completely depends on them. Any obstruction to their normal process leads to a very miserable state. Thus normal functioning of Prana Vaha Srotas is of great importance, since ordinary man can survive only just a few minutes without air.

Thamaka Shwasa is one among the disease which disrupts the normalcy of Shwasana Kriya which torture the affected a lot. The prevalence of Thamaka Shwasa is increasing alarmingly due to excessive pollution, improper food habit, stress, suppression of natural urges are some of the causes. Bronchial Asthma explained in the contemporary science has lot of similarities with the symptoms of disease Thamaka Shwasa.

Basic idea of treatment in Thamaka Shwasa is kapha-Vata Hara, Ushna and Vata Anulomana'. Samasharkara Churna is such a Yoga having these qualities, mentioned in Yogaratnakara'. So it was selected for present study, which contains Shunti, Kana, Maricha, Nagadala, Twak, Ela in successive decreasing order. Selected combination is supposed to be effective in disrupting the etiopathogenesis of Thamaka Shwasa.

So the present study was framed under the heading of 'A Clinical study of samasharkara churna in Thamaka Shwasa'. Contents of the formulation are easily available, cost effective and non controversial, thus useful for the society.

OBJECTIVE OF THE STUDY

1. To study about Thamaka Shwasa in detail.
2. To study the comprehensive action of samasharkara churna in the form of Shamana Chikitsa in Thamaka Shwasa.
 - Related to dominance of Dosha.
 - Related to chronicity.
 - Related to severity.

MATERIALS AND METHODS

- 1) STUDY DESIGN –Open clinical study.
- 2) SAMPLE SIZE-30 patients fulfilling the diagnostic and inclusion criteria of either sex were selected.

INTERVENTION

- Medicine - Samasharkara churna.
- Dose - 1/4th Karsha (4 times a day).
- Duration - 21 days.
- Time of administration - Repeatedly (as mentioned in classics Shwasahara Dravyas is to be taken Muhurmuhu) dose of 1/4th Karsha in churna form.
- Follow up - Patients were assessed clinically on 1st, 7th, 14th, 21st day during treatment and follow up on 28th day after treatment.
- Total duration - 28 days.

RESULTS AND DISCUSSION

In Overall effect of treatment in Thamaka Shwasa out of 30 patients in this study, 12 patients (40%) got Amshika Shamana (Moderate improvement), 11 patients (36%) got Prayika Shamana (Marked improvement) and 7 patients (23%) got Shamana (Complete Remission). None of the patients got Guna Alabha (no change)

Overall effect of the treatment is 70.01%

Samasharkara churna gives remarkable improvements in Aruchi (95.83%), Pinasa (57.14%), Ghurghurathwam (77.78%), Sleshma Amuchyamane Tu Bhrisham Dukham (78.26%), Nidranasha (100%), urah parswa graham (90%) Kaphanisteevana (48.48%), Asino Labhate Soukhyam (100%), Kasa (43.59%), Frequency of Shwasa Vega (45.45%), Shayanasya Shwasa Peeditha (90%), Annadwesa (66.6%), Shwasa Krichratha (61.54%). It is statistically significant.

CONCLUSION

The present study has shown significant results in all type and highly effective in KaphaVataja (70.01%) Thamaka Shwasa. In present study, it is observed that irrespective of chronicity of 6 month- 1 year and above 1 year- 3 years same effect of treatment is seen.

Samasharkara churna was found to be more effective in mild cases (9 patients) and moderate degree cases (21 patients) of Thamaka Shwasa.

KEYWORDS: Thamaka Shwasa, shamana chikitsa, samasharkara churna.



“COMPARITIVE PHARMACOGNOSTICAL AND IN VITRO EVALUATION OF GOJIHVA (ELEPHANTOPUS SCABER LINN. & ONOSMA BRACATEATUM WALL.) W.S.R. TO ITS ACTION ON BACTERIA CAUSING RESPIRATORY TRACT INFECTIONS”

Dr. KARTHIKA
P G Scholar

Dr. RAJASHEKHARA N.
Guide, Dept. Dravyaguna

Herbs are immense source of solutions for many diseases which are causing threat to mankind, especially Respiratory tract Diseases. As the microorganism and its newer strains are gaining resistant even to the broad spectrum antibiotics, there is immense need to find out newer drugs effective against these diseases. Gojihva is a drug mentioned in Ayurvedic classics effective in Swasa, Kasa, Jwara, Visa and Vrana ropana.

The two sources of Gojihva, Elephantopus scaber Linn. and Onosma bracteatum Wall. was collected and subjected to Pharmacognostical, Physiochemical and Phytochemical analysis. The Pharmacognostic study of macroscopic and microscopic identity of both sources of Gojihva was conducted in order to set the quality standards. Physiochemical study involves the determination of identity, purity and quality of both drugs done by evaluation of Loss on drying, Total ash, Acid insoluble ash, Water soluble matter and Alcohol soluble matter were studied. Phytochemical study was carried out to analyse organic and inorganic constituents present in the drugs. The present study was planned to screen both of its comparative antimicrobial activity on organism causing Respiratory tract infection. Gram positive and Gram negative organisms were selected and in vitro study has been conducted. Study revealed satisfactory result by both Elephantopus scaber Linn. and Onosma bracteatum Wall. on the test organisms.

Keywords: Gojihva, Elephantopus scaber Linn., Onosma bracteatum wall., K. pneumoniae, S. aureus



“EVALUATION OF EFFICACY OF JALOUKAVACHARANA AND SIRAVYADHANA IN THE MANAGEMENT OF VATARAKTA A COMPARATIVE STUDY”

Dr. Rajeshwari
P G Scholar

Dr. DEENAPRAKASH BHARADWAJ
Guide, Dept. Shalya Tantra

Despite marked advancements in the field of medicine, mankind is still suffering from many diseases. Vatarakta is one among them. The illness exhibits different signs and symptoms based upon the Dosha, Utthana and Gambheera Avastha. Dietary habits and life style modalities play a major role in the causation of Vatarakta. Though various remedies are there

to treat it, Raktamokshana is said to be an effective, and standard technique. Hence it is claimed to be an important affective tool in the management of Vatarakta. This study is undertaken to explore and compare the efficacy of Jaloukavacharana and Siravyadhana in Vatarakta.

OBJECTIVES OF THE STUDY:

1. To study in detail about Vatarakta.
2. To study the clinical efficacy of Jaloukavacharana on Vatarakta.
3. To study the clinical efficacy of Siravyadhana on Vatarakta.
4. To compare the results of Jaloukavacharana as well as Siravyadhana and analyse the results statically.

MATERIALS & METHODS:

40 subjects fulfilling diagnostic and inclusion criteria were selected and divided into two groups randomly. The day on which the procedure was conducted was considered as first day of the trail. Follow up was on 8th & 15th day. Total duration of Study was 15 days.

RESULTS:

Overall effect in Group A is 1subject showed moderate improvement,14 good improvement and 5 complete relief from the symptom. Overall effect in Group B is 1patient produced moderate improvement, 11 good and 8 complete relief from symptoms.

Group A showed 100% improvement on Daha, 70% on Shoola, 97% Shopha, 93% on Sparshaasahatva and 37% on Vaivarnya.

Group B showed 87.5% improvement on Daha,71% on Shoola, 90% on Shopha, 93% on Sparshaasahatva and 40% on Vaivarnya.

CONCLUSION:

Jaloukavacharana is found to be more effective in the features Daha and Shopha. Siravyadhana is more effective in Shoola and Vivarnya. Both the procedure shows equal effect on Sparshaasahatva.

Jaloukavacharana and Siravyadhana are equally effective in Vatarakta.Thus alternative hypothesis is proved in this study.

KEY WORDS: Jaloukavacharana, Vatarakta, Siravyadhana

AGNIKARMA (Dr. Aparna Raj & Dr. Athira Ashok, Internees)

DEFINITION: "अग्निना कृत्वा यत् कर्म , अग्ने संबन्धि वा यत् कर्म तदग्निकर्म: ॥"

(उल्लेख)

Procedure which is done by using agni or which is related to agni is called as agnikarma.

DAHANOPAKARANA

- Pippali
- Ajashakrit
- Godanti
- Shara
- Shalaka
- Jamboshta
- Ithara loha
- Kshaudra
- Guda
- Sneha

TYPES: According to shape; 1. Valaya (circular) 2. Bindu (dot) 3. Vilekha (straight line) 4. Prathisarana (flat)

INDICATIONS:

- Vrana
- Granthi
- Arshas
- Arbuda
- Bhagandara
- Apachi
- Charmakeela
- Shleepada
- Tilakalaka
- Antravrddhi

CONTRAINDICATIONS

- Pitta Prakriti
- Antaha Shonita
- Bhinna Koshta
- Anudhatta Shalya
- Dhurbala
- Bala, Vridha, Bheeru
- Aneka Vrana
- Aswedaya

PERIOD: Can be done on all season expect sharad ritu.

PROCEDURE

Poorva karma

- Selection of patient based on the disease and site to be cauterized.
- of dahanopakarana appropriate for the site and disease.

Preparation of patient

Patient should take picchilanna (cold, slimy and soft food).

Pradhana karma

Agnikarma shalaka is made to red hot and performed in the most tender spot until the samyak dagdha lakshanas are seen.

Paschat karma

The place which has been appropriately cauterized should be smeared with ghee and honey and paste of drugs which are unctuous and cold.

DAGDHA BHEDA

- i. Plushta dagdha ii. Durdagdha iii. Samyak dagdha iv. Atidagdha

SAMYAK DAGDHA LAKSHANA

- Anavagadam • Tala varnam • susamsthitam

SAPTAPARNA (II BAMS 2018-19)

Botanical name : Alstonia scholaris

Family : Apocynaceae

Gana : Kushtagna, Udarda prashamana, Shirovirechana, Adho bhagahara

Synonyms : Vishala, Vishalatwak, Vishamachada, Sharada, Saptachada, Suparnaka etc.

Vernacular names : English- Indian devil tree

Kannada- Hale mara

Malayalam- Paala maram



Distribution : Found in Sub- Himalayan tract, West Bengal, Bihar, Western ghats Konkan.

Botanical description : Large evergreen tree grows upto 40m . It is a glabrous tree , leaves are 4-6 inches in length and 1-2 cm in diameter. Bark is thick, brittle, white on external and yellowish inside. Seeds are white in colour with fibres at the end.

Chemical constituents : Akuammidine, picrinine, strictamine, alstonamine scholaricine etc.

Properties : Rasa : tikta, kashaya

Guna : laghu, snigdha

Virya : ushna

Vipaka : katu

Doshagnata : kapha pitta shamaka

Indications : vrana, kushta, krimi, arshas, atisara, shwasa, gulma etc.

Part used : stem bark, latex, flower.

Dosage : churna – 3-6gm, kashaya- 25-50ml.

Formulations : Mahatiktaka kashaya, Aragwadadi kashaya, Saptaparnadi vati etc.

MAHATIKTAKA GHRITA (BHAISHAJYA RATNAVALI- KUSHTA CHIKITSA)

(III BAMS 2017-18 BATCH)

- 6 gm each of
- Saptaparna
 - Ativisha
 - Shampaka
 - Tiktarohini
 - Patha
 - Musta
 - Ushira
 - Triphala
 - Patola
 - Nimba
 - Parpataka
 - Dhanvayasa
 - Chandana
 - Pippali
 - Gajapippali
 - Padmaka
 - Haridra
 - Daruharidra
 - Vacha
 - Vishaka
 - Shatavari
 - Sariva
 - Kutajabeeja
 - Vasa
 - Murva
 - Guduchi
 - Kiratattika
 - Yashtimadhu
 - Trayamana
 - Jala - 6.144lt
 - Amalaki phala swarasa – 1.536lt
 - Ghrita – 768ml

Method of preparation : Make kalka of above drugs. This is added with prescribed amount of water, Amalaki swarasa and ghrita. Paka is done until sneha sidda lakshana are obtained.

Dosage : 6 – 12gms with water

Indications : All types of kushta, rakta pitta, rakta arshas, visarpa, amla pitta, vata rakta, pandu, unmada, kamala, jwara etc.

RASAMRITAM (4TH BAMS 2016-17 BATCH)

Rasamritam is most important and popular text of Rasashastra written by Late vaidya Sri Yadavaji Trikamji Acharya in 20th century A.D. He has written the in the light of modern scientific knowledge and made it most useful book for reference. He helped in compiling Rasa Yoga Sagara.

About the book :

This book consists of total 9 chapters and 9 indices. He has followed his own way of classifying the drugs of mineral origin. He has tried to avoid the descriptions of dgugs and processes which may cause confusion or controversies. Specialty of this book is Unani drugs which are mentioned similar Ayurvedic drugs. Chemical formula of most of the drugs are mentioned. All the Dhatus (metals) are described along with Khanija (mineral) mentioned under Loha Vijnaniya chapter. Drugs of Arsenic, calcium, silicate, alkalis, precious stones are discussed in individual chapters. At the end precious information and instructions are given regarding different pharmaceutical and clinical aspects in 9 indices.

Congratulations



Dr. Leeladhar D.V, Professor & HOD, Department of Agada Tantra & Administrator K.V.G Ayurveda Medical College, has been promoted as Principal on 12/06/2020.



Dr. Leeladhar D.V, Principal was nominated as Vice President of RGUHS Ayush Principal Forum on 19/12/2020.

Dr. Leeladhar D.V, Principal was honored with "Youth Inspire Award" by JCI Sullia City on 12/09/2020.



Dr. Purshotham K.G, Professor & CEO of K.V.G Ayurveda Pharma & Research Center, was honored with Rotary International Presidential Citation Award (2019-2020), for extraordinary service to the society with the theme "Rotary Connects the World".

He is nominated as Co-Cordinator of Dakshina Kannada District Vishwa Ayurveda Parishad, Karnataka.

Congratulations



Dr. Purshotham K.G., Professor & CEO of K.V.G Ayurveda Pharma & Research Center, has been promoted as HOD of Department of Rasasashtra & Bhaishajya Kalpana on 1/12/2020.



Dr. Harshavardhana K., Professor, has been promoted as HOD of Department of Shalya Tantra on 4/10/2019.



Dr. Sanath Kumar D.G., Professor, has been promoted as HOD of Department of Panchakarma on 1/06/2020.

Best Wishes For Retired Life

Senior teaching faculty who got retirement from service are :-



Dr. N.S. Shettar
Principal, Professor & HOD,
Department of Panchakarma
on 31/05/2020.



Dr. Deenaprakash Bharadwaj
Professor & HOD,
Department of Shalya Tantra
on 31/05/2020.



Dr. Sathyamurthy Bhat
Professor,
Department of Roganidana
on 31/09/2020.



Dr. Rohini D. Bharadwaj
Professor & HOD,
Department of RS & BK
on 30/11/2020.

STAFF ACTIVITIES



Dr. Raghavendra Prasad

Assistant Professor, Department of Shalakyta Tantra

Gave a speech to create Awareness to Prevent & Manage Tuberculosis on 12/1/2020, Organized by Government Primary School at Kedila, Puttur, Dakshina Kannada.

Gave a talk on "Prevention of corona virus & awareness program on 11/3/2020. Organized by Shri Ramakunjeshwara College, Ramakunje, Kadaba Taluk, Dakshina Kannada.



Smt. Shasikala.D

Assistant Professor

Department of Moulika Siddhantha

Participated as a resource person in the National Seminar on "Source & Base of Indian Philosophy". Organized by Ambika Mahavidyalaya, Bappalige, Puttur on 8th & 9th February 2020.



Dr. Venu Gopal

Associate Professor

Department of Shareera Rachana

Gave a talk on "Yoga, Ayurveda & Day to Day Health" on 28/2/2020 in the Neighborhood Youth Parliament Program organized by Red Cross unit of Nehru Memorial College, Sullia.



Dr. Rajashekhar.N

Professor & HOD

Department of Dravyaguna Vijnana

Presented a Webinar on the topic "Concept of Prabhava & its Applied Aspects" on 28/5/2020. Organized by the Department of Dravyaguna Vijnana, Alva's Ayurveda Medical College, Moodubidire.



Dr. Kavitha B.M

Professor

Department of Dravyaguna Vijnana

Presented a Webinar on the topic "Ahara & Aushadha Dravyas Mentioned in Kaiyadeva Nighantu" on 16/7/2020. Organized by the Department of Dravyaguna Vijnana, Alva's Ayurveda Medical College, Moodubidire.



Dr. Vijayalakshmi P.B

Professor

Department of Dravyaguna Vijnana

Presented a Webinar on the topic "Bheshaja Prayoga Marga & its Significance" on 2/7/2020. Organized by the Department of Dravyaguna Vijnana, SDM College of Ayurveda, Udipi.



Dr. Harshavardhana K
Professor & HOD
Dept. of Shalya Tantra

Presented an online guest lecture on the topic "Appendicitis & its Management" on 18/5/2020. Organized by Tapovana Ayurveda Medical College & Hospital, Davangere.

Delivered online guest lecture on the topic "Management of a Case of Appendicitis" on 1/6/2020. Organized by Karnataka Ayurveda Medical College, Mangalore.

Presented a Webinar on the topic "Appendicitis & its Management" on 12/11/2020. Organized by Post Graduate Department of Shalya Tantra, Jammu Institute of Ayurveda & Research Nardini, Jammu.



Gave a talk on the topic "Renal Calculus" at Rotary Club of Sullia on 16/12/2020.



Dr. Purshotham K.G
Professor & HOD
Department of Rasasashtra & Bhaishajya
Kalpana

Delivered a guest lecture on the topic "Good Manufacturing Practices" on 10/7/2020, In the National Webinar Series organized by Department of PG & PhD Studies in Sri Dharmasthala Manjunatheswara College of Ayurveda, Udupi.

Gave a talk on the topic "Ayurveda Pharmacies at Present Scenario" at Rotary Club of Sullia on 11/11/2020.



Dr. Harshitha M
Professor
Dept. of Rasasashtra & Bhaishajya Kalpana

Gave a talk on the topic "Different Forms of Medicines in Ayurveda" at Rotary Club of Sullia on 30/12/2020.



Dr. Udayshankar
Professor & HOD
Department of Shalakyā Tantra

He was the resource person for CME organized by All India Institute of Ayurveda, New Delhi on 1/2/2020. Gave a talk on the topic "Preventive & Therapeutic Approach in Shiroroga" & Discussion on the topic "Kshara Karma & Agni Karma in Shalakyā Tantra.

Delivered a talk for the Association of Shalaki Members on the topic "Marma Chikitsa" in the diseases of Head & Neck on 7/8/2020.



Dr. Sanath Kumar D.G
Professor & HOD
Department of Panchakarma

Presented a topic on "Ayurveda Prospective of Food" on the Occasion of National Nutrition Week 2020. Organized by Department of Community Medicine, K.V.G Medical College, Sullia on 7/9/2020.



Dr. Krishnaprakash K
Professor & HOD
Dept. of Kayachikitsa

Presented a Webinar on the topic "AnuktaVyadhis in Present Scenario" on 11/4/2020, organized by Sanathana Ayurveda.

Presented a Webinar on the topic "Panchakarma Five or Nine...? Different Schools of Thoughts" on 11/5/2020, organized by Sanathana Ayurveda.

Delivered a guest lecture in National Webinar on the topic "Benefits & Traditional usage of available local Herbal Medicines in Different Conditions at OPD Level on 12/6/2020, organized by Department of PG Studies in Kayachikitsa, Hubli Ayurveda SevaSamithi's Ayurveda Mahavidyalaya & Hospital, Hubli.



Dr. Bhagyesh K
Associate Professor
Dept. of Kayachikitsa

Delivered a guest lecture on National Webinar Series Kayachintana-2020, on the topic "Critical Analysis of Pandu & its Management" on 2/7/2020, organized by Department of PG Studies in Kayachikitsa, Shri Vijay Mahantesh Ayurvedic Medical College & Post Graduate Research Centre, Ilkal.



**Dr. Vinaya Shankara
Bharadwaj B**
Associate Professor
Department of Shareera Rachana

Presented a Webinar on the topic "Heart & its Applied Aspects" on 21/11/2020, organized by Department of Shareera Rachana, Jammu Institute of Ayurveda & Research, Jammu.



Dr. Annapoorna S
Assistant Professor
Department of
Kayachikitsa

Delivered a guest lecture in National Webinar on the topic "Clinical Approach to Skin Disorders & its Management" on 5/8/2020, organized by Department of Kayachikitsa, Sindagi Shantaveereshwara Ayurvedic Medical College & Hospital, Haveri.

Delivered a guest lecture in a Webinar "Chikitsa Pradeepa", on the topic "Understanding of Raktapitta" on 1/9/2020, organized by Department of PG Studies in Kayachikitsa, Government Ayurveda Medical College, Mysuru.

Delivered a guest lecture in a Webinar on the topic "Diagnosis of Dermatological Conditions on 16/10/2020, organized by Department of PG & PhD Studies in Kayachikitsa & Manasroga, SDM College of Ayurveda, Udupi.



Dr. Pramod P.A
Associate Professor
Dept. of Kaumarabhritya

Presented a Webinar on the topic "Prathishyaya (common cold), Kasa (Cough), Gala shotha (pharyngitis, laryngitis), Talu Kantaka (tonsillitis)" on 13/8/2020, organized by Department of Kaumarabhritya, Ayurveda Mahavidyalaya & Hospital, Hubli.

Presented a National Webinar on the topic "Stanyapanayana" on 26/8/2020, organized by Department of Kaumarabhritya, Sri Vijaya Mahantesh Ayurvedic Medical College & Post Graduate Research Center, Ilkal..

Presented a Paper on International Webinar on the topic "Cereals in Weaning Food" on 4/9/2020, organized by PG Department of Kaumarabhritya, State Ayurvedic College & Hospital, Lucknow, U.P..

DEPARTMENT OF SWASTHAVRITHA

Organized a Webinar on Yoga on the topic "Therapeutic Yoga" on 18/11/2020.

Guest Speaker : **Dr. Jayan.D**, Professor

Department of Swasthavritha
Government Ayurveda College, Trivandrum.

DEPARTMENT OF AGADATANTRA

Organized a Webinar on Vyavahara Ayurveda on the topic "Medico-Legal Issues & Cautious Clinical Practice" on 24/11/2020.

Guest Speaker : **Dr. Ajith Kamath**, Associate Professor,
Department of Agadatantra
Karnataka Ayurveda Medical College, Mangalore.

DEPARTMENT OF PANCHAKARMA

Organized a Webinar on the topic "Principles of Swedana Practice" on 28/11/2020.

Guest Speaker : **Dr. Manjunath Kanthi**

Assistant Professor, Department of Panchakarma
SDM College of Ayurveda & Hospital, Udupi.

DEPARTMENT OF PRASOOTHI TANTRA

Organized a Webinar on the topic "Garbhini Swasthya" on 20/11/2020.

Guest Speaker: **Dr. Sneha Tiwari**, Assistant Professor
Department of Prasoothi Tantra, GJ Patel Institute of Ayurvedic
Studies & Research, Gujarat.

DEPARTMENT OF SHALYA TANTRA

Organized a Webinar on the topic "Kshara & its Applicability" on 29/10/2020.

Guest Speaker : **Dr. Aiyanna P.P** MS(Ayu), Assistant Professor
Dept. of Shalya Tantra,
J.S.S Ayurveda Medical College, Mysuru.

DEPARTMENT OF KAYACHIKITSA

Organized a Webinar on the topic "Critical Analysis of Psoriasis & its Management in Ayurveda" on 27/11/2020.

Guest Speaker : **Dr. Prasanna.V.Joshi** MD(Ayu)
Professor & HOD Dept. of Kayachikitsa, Sri Vijaya Mahanathesh
Ayurvedic Medical College & Post Graduate Research Center, Ilkal.

DEPARTMENT OF RESEARCH METHODOLOGY & BIO STATISTICS

Organized a Webinar on the topic "Research & Statistic Made Easy" on 28/9/2020.

Guest Speaker : **Dr. Lakshminarayan Shenoy** TCEM, MD(Ayu), PhD,
Assistant Director
State Ayurveda Research Center, KRS Road, Brindavan Extension, Mysore.

DEPARTMENT OF DRAVYAGUNA VIJNANA

Organized a Webinar on the topic "Fundamental Principles of Drug Action in Ayurveda" on 25/6/2020.

Guest Speaker : **Dr. Vinayak.S.Bhat** MD(Ayu), Professor, Department of PG Studies in Dravyaguna Vijnana
A.L.N Rao Memorial Ayurveda College, Koppa.

Organized a Webinar on the topic "Introduction to Pharmaco Genomics" on 25/6/2020.

Guest Speaker : **Dr. Harini.A** MD(Ayu), Associate Professor, Department of PG Studies in Dravyaguna Vijnana
SDM College of Ayurveda, Hassan.

DEPARTMENT OF KAUMARABHRIYA

Organized a Webinar on Bala Swasthya on the topic "Autism-Ayurvedic View & Management" on 11/11/2020.

Guest Speaker : **Dr. Vishwaradhya Hiremath** MD(Ayu), Assistant Professor, Department of Kaumarabhriya
Sri Vijaya Mahanathesh Ayurvedic Medical College, Ilkal.

STUDENT ACHIEVEMENTS

Congratulations

Our Post Graduate scholars presented the scientific paper at 'KARMA SIDDHI-2020' organized by SDM College of Ayurveda Udupi on 14-02-2020 & 15-02-2020.

Received best paper presentation at 'KARMA SIDDHI - 2020'



Dr. Harsha M

First year PG scholar, Dept. of Panchakarma
Topic: To evaluate the effect of Shashtika shali Pinda sweda and Masha pinda sweda in Gridhrasi- A comparative study.



Dr. Sangeetha Santhosh

First year PG scholar
Dept. of Rasashastra & Bhaishajya Kalpana
Topic : A conceptual review on Thalam.



Dr. Roshna Abraham

Second year PG scholar
Dept. of Kayachikitsa
Topic : A clinical study to evaluate the effect of Upanaha sweda in Sandhibedha- A case report on Raktaja Vatarakta.

P.G. RANK HOLDERS IN RGUHS EXAMINATION



Dr. Anjali Nandakumar
Final Year, Dept. Agadatantra
2nd Rank



Dr. Pooja D.G.
Final Year, Dept. Kayachikitsa
4th Rank



Dr. Chaithrashree Y.C.
Final Year, Dept. RS & BK
4th Rank



Dr. Karthika S
Final Year, Dept. Dravyaguna
5th Rank



Dr. Sarika Chandrababu
Final Year, Dept. Panchakarma
7th Rank



Dr. Ansiba Rahman
First Year, Dept. Agadatantra
8th Rank



Dr. Reshmi K.P.
First Year, Dept. Agadatantra
9th Rank



Dr. Sangeetha K.S.
First Year, Dept. RS & BK
10th Rank

U.G. PRIZE WINNERS

Puneeth Raj R. M. (3rd year)

1st place in 'Ayunibhanda' competition conducted by Jignasa, Bangalore.
3rd place in 'Tatvaprabodini' National level essay writing competition conducted by Govt. Ayurveda Medical College Mysuru.
3rd place in National level poster competition 'Ayurveda for Covid-19' conducted by K.V.G.A.M.C.H. Sullia.



Mallika (3rd year)

1st place in National level poster competition "Ayurveda for Covid 19" conducted by K.V.G.A.M.C.H.Sullia.



Namitha Shetty (3rd year)

3rd place in National level slogan writing competition "Drug Abuse" conducted by K.V.G.A.M.C.H Sullia



Ms. Anu Jose (3rd year)

1st place in Medicinal plant photography contest conducted by Himalaya Drug Company.



Roma Bajaj (3rd year)

2nd place in National level online essay competition "Insight of hand hygiene in Ayurveda" conducted by Muniyal Institute of Ayurvedic Medical Sciences, Manipal

GROUP ACTIVITY:

1st place in a short video making competition on 'Seasonal Immunity Booster' conducted by Sharada Ayurveda Medical College and Hospital Mangalore .



Puneeth Raj R.M.



Mallika



Rashmi P

(3rd year)

STUDENT ACTIVITIES

Our Post Graduate scholars presented the scientific paper at 'KARMA SIDDHI-2020' organized by SDM College of Ayurveda, Udupi on 14-02-2020 & 15-02-2020.

NAME & DEPARTMENT	TITLE
Dr. Manu K Mohan Final Year, Panchakarma	----- Clinical efficacy of ardhamatrika basti in gridhrasi
Dr. NibinSajan Final Year, Panchakarma	----- A comparative clinical study on nasya and pana of rasona taila in the management of apabahuka
Dr. Sharadha Final Year, Panchakarma	----- Evaluation on the effect of baladya yamakam nasya in vatika shi-rashoola w.s.r tension headache
Dr. Archana Babu Second Year, Panchakarma	----- A clinical study on the action of lekhaniya ganadravya sidha basti in the management of sthoulya
Dr. Ramya B.H Second Year, Panchakarma	----- A clinical study to evaluate the effect of panchatikthaka kashaya in asthigata vata w.s.r osteoporosis
Dr. Vijay C Mukund Second Year, Panchakarma	----- A clinical study on effect of dronapushpi taila nasya in vataja pratishyaya w.s.r to allergic rhinitis
Dr. Sukanya Lakshman First Year, Panchakarma	----- Cupping therapy as an alternative to alabu in vatakantaka- a case study
Dr. Nirmal Kanakaraj Final Year, Kayachikitsa	----- A clinical study to evaluate the effect of chinchapatra potali sweda in apabahuka
Dr. Gopika S V Gokul Final Year, Kayachikitsa	----- A clinical study to evaluate the effect of shuntyadi grita nasya in ardhavabedaka w.s.r migraine
Dr.Harikrishnan .S Second Year, Kayachikitsa	----- A clinical study to evaluate the effect of kulatha pinda sweda in gridhrasi
Dr. Jisha. K Final Year, Kayachikitsa	----- A clinical study to evaluate the effect of kulatha pinda sweda in gridhrasi
Dr. Kallesh Hiremath Final Year, Kayachikitsa	----- A clinical study to evaluate the effect of gomutradi nasya in shi-rashoola
Dr. Rajeswari Final Year, Shalya tantra	----- Importance of panchakarma in shalyatantra

RESEARCH GRANT FOR UG STUDENTS

DEPT: OF DRAVYAGUNA VIJNANA



Pavana B IIInd Year BAMS
 Guide: **Dr. Vijayalakshmi P.B.** M.D.(Ayu.)
 TITLE: ANALYTICAL AND IN-VITRO EVALUATION OF KRIMIGHNA KARMA OF PADUMALE, A FOLKLORE PLANT- Lindernia Crustacea (L.) F. Muell WITH SPECIAL REFERENCE TO DIARRHEAGENIC ORGANISMS.



Sharadhi IIInd Year BAMS
 Guide: **Dr. Kavitha B.M.** M.D.(Ayu.)
 TITLE: EFFECT OF SEASONAL VARIATION ON THE PHYTOCHEMICAL CONSTITUENTS OF SAPTA PARNA Alstoniascolaris (L. R.Br.)-A COMPARATIVE STUDY.

DEPT OF RASASHASTRA AND BHAISHAJYA KALPANA



Chithra Shree M IIInd Year BAMS
 Guide: **Dr. Purushotham K.G.** M.D.(Ayu.)
 Title: "A COMPARATIVE PHARMACEUTICO ANALYTICAL STUDY OF SHATHAVARI GUDA PREPARED USING FRESH AND DRY SHATHAVARI".



Namitha Shetty IIIInd Year BAMS
 Guide: **Dr. Purushotham K.G.** M.D.(Ayu.)
 Title: "A COMPARATIVE PHARMACEUTICO ANALYTICAL STUDY OF POOTHIKARANJIA SHUKTA PREPARED BY CLASSICAL METHOD AND MODIFIED METHOD USING WHEAT FLOUR INSTEAD OF GUDA".



Meeting with President Dr. K.V Chidananda regarding the preparation and marketing of AYUSH KWATHA product during pandemic of covid-19.



Launching of 'Ayush Kwatha' to market by our President.



Distribution of PPE kit to Department of Police by Dr. K.V. Chidananda, President AOLE (R) Sullia.



Dr. Leeladhar D. V., Prof. & HOD Dept. of Agadatantra designated as Principal from Dr. K. V. Chidananda, President A.O.L.E. (R.) Sullia.



Dr. Purushotham K. G., CEO, KVG Ayurveda Pharma introducing the new products.



Dr. K V Chidananda, President A.O.L.E.(R.) Sullia, launching the new product BRINGAMALAKA TAILA, LIVO CARE and ASWAGANDHA capsule to the market.





Release of previous issue of KVG Ayur News by Dr. K V Chidananda, President A.O.L.E. (R.) Sullia.



Best wishes by our President on the occasion of new product launch of KVG Ayurveda Pharma.



Onam celebration in our campus.



Dr. M. B. Puranik, Chairman Sharada Institute, Mangalore along with their team visited KVG Ayurveda Pharma and Research centre .



Campus visit of District in charge Minister Shri. Kota Shrinivasa Poojya along with District Commissioner Dr. Rajendra and Sri. S. Angara MLA Sullia.



In memory of visit to our campus, Dr. K V Chidananda, President AOEL(R) Sullia presented our Pharmacy products to Dr. M.B. Puranik.



DEEPAVALI ABHYANJANA 2020
Abhyanjana was inaugurated by green revolutionist, Glory of Indian awardee Dr. R.K. Nair.

QUIZ

1. Leham va Bhargava Proktham means
a) Agasthya hareethaki , b) Ashwagandavaleha
c) Ajamamsa rasayana, d) Chyavanaprasha
2. Ramsted's operation is indicated for
a) Congenital pyloric stenosis, b) Inguinal hernia
c) Hiatus hernia, d) Inverted uterus
3. Feeding of pregnant mother's milk leads to
a) Ksheeralasaka, b)Parigarbhika, c)Kukunaka
d)None of the above
4. Jwara is the vishesha nidana of
a) Doomadarshi, b) Pithaja abhishyanda
c) Amloshitha, d) Gambirika
5. Mantha is the upakalpa of
a) Hima, b) Phanta
c) Kwatha, d) Swarasa
6. Magenta Red Tongue is due to deficiency of
a) Thiamine, b) Riboflavin
c) Panthothenic Acid, d) None of these
7. Aushada preferred in pregnancy should have this quality
a) Laghu, b) Snighda
c) Jeevaneeya, d) All the above
- 8 This is one of upadravas of visoochika
a) Jwara, b) Moothragatha, c) Dourbalya, d) None of these
9. Useful part of Lavanga
a) Fruit, b) Bark, c) Flower, d) Panchanga
10. Incubation period of Influenza
a)1-10 days, b) 7-14 days
c) 1-3 days, d)1-3 weeks

Answer: December 2019

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

Quiz winner: **Dr. Soumyakrishna.M (Internee)**

HOME REMEDIES

JAPA (HIBISCUS)

- ◆ Application of Japa paste mixed with coconut oil heals skin problems of scalp such as itching and burning.
- ◆ Japa flower paste is applied to scalp to prevent hair loss and premature greying of hair.
- ◆ 1½ tsp dried Japa pushpa is boiled in ¾ cup of water for 5 minutes. This tea helps to reduce the blood pressure & high cholesterol.
- ◆ A cup of Japa pushpa kwatha helps in menopausal symptoms like hot flushes and mood swings.

by: **Dr. Pooja G Udagi**
PG Scholar, Dept of Shalya Tantra

DISCLAIMER:

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.

To,

Book Post

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