

ಸುಶ್ರುತ ಆಯುರ್ವೇದಿಕ ವೈದ್ಯಕೀಯ ಮಹಾವಿದ್ಯಾಲಯ ಮತ್ತು ಆಸ್ಪತ್ರೆ

Sushrutha Ayurvedic Medical College and Hospital (Recognized by NCISM, Ministry of AYUSH, New Delhi, Affiliated to RGUHS, Bengaluru, Karnataka) Jodi Bingipura, Jigani Hobli, Anekal Taluk, Bangalore-560106

REQUISITION LETTER

From

The HOD

Department of Panchakarma

Sushrutha Ayurvedic Medical College

Jigani, Bengaluru

To

Medical Superintendent

SAMC & H

Jigani, Bengaluru

Respected Madam,

Sub: Seeking permission for conducting Vamana camp

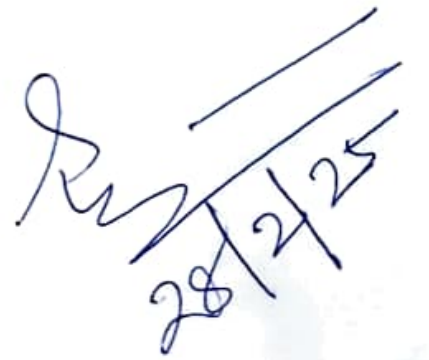
As per the above subject we the Department of Panchakarma faculty are arranging Vasantika Vamana camp from 02/03/2025 to 27/04/2025 for Faculty, Hospital staff, non-teaching staff, PG students, Interns, BAMS students of Sushrutha Ayurvedic Medical College & Hospital and General Public.

Venue: Panchakarma OPD

Kindly give us permission for the same and oblige.

Date: 28-02-2025

Place: Jigani, Bengaluru


28/2/25

SUSHRUTHA AYURVEDA MEDICAL COLLEGE AND HOSPITAL

Prashanti Kuteeram, Jodi Bingipura, Jigani Hobli Anekal Bengaluru

(Recognised by NCISM, Ministry of AYUSH, New Delhi and affiliated to RGUHS, Bengaluru Karnataka)

Department of Panchakarma

Vasantika Vamana Camp Report

Date: 02/03/2025 to 27/04/2025

Venue: Panchakarma OPD

Introduction: Department of Panchakarma had organized Vasantika Vamana Camp from 02/03/2025 to 27/04/2025 as a part of Vasant Ritu Shodhana. Camp was conducted with the help of various clinical departments like KC, SRPT, Agada.

Camp Summary:

- Total Vamana conducted – 23
- Department wise Vamana counts

KC	PK	PTSR	Agada
05	12	5	1

- Gender wise Vamana counts

Male	Female	Total
08	15	23

- Disease wise Vamana counts

Swasa	Sthoulya	Kushta	Amlapitta	Vandyatva	PCOD
04	05	01	01	03	01
Prameha	Sarvanga Vata	Hypothyroidism		Attatvabhinivesha	Swasta
01	01	01		01	04

Varieties of Vamaka Dravyas Used: Madanaphala Pippali yoga, Nimbakashaya Yoga, Madanaphala Shalatu yoga

Response of Camp: Good, Different cases were tackled with different Vamaka Yogas & helped Interns to learn better.



HOD Signature



Sushrutha Ayurvedic Medical College & Hospital

Vasanthika Vamana Ayurvedic Seasonal Detox Camp

Phalgun -
Chaitra
4th MARCH to
22nd APRIL 2025

Seasonal changes will influence the biological systems resulting into aggravation of particular Dosha in a particular season like Kapha in Vasant Ritu (spring season).

For this Ayurveda recommends Ritu Shodhana as Vamana Karma (Emetic therapy), which is among the Panchakarma & best cleansing technique to get rid of this increased Kapha Dosha which helps to prevent the forth coming Kapha disorders and associated Pitta disorders.

Sushrutha Ayurveda College & Hospital, Panchakarma Department,
Prashanthi Kuteeram, Jigani

Timings: 9.00 am to 4.00 pm

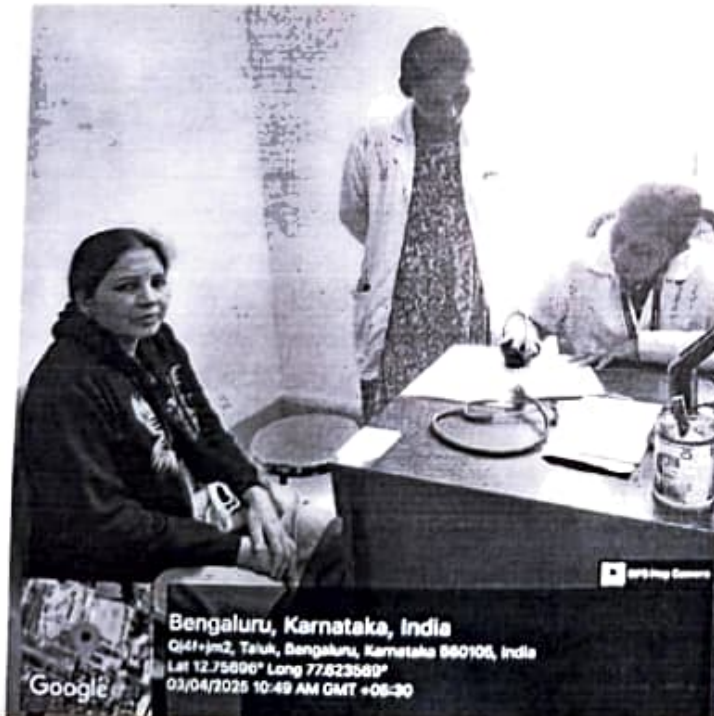
* Sushrutha Ayurdhama Branch, Reception Counter, APC circle, Jigani

Timings: 8.00 am to 8.00 pm

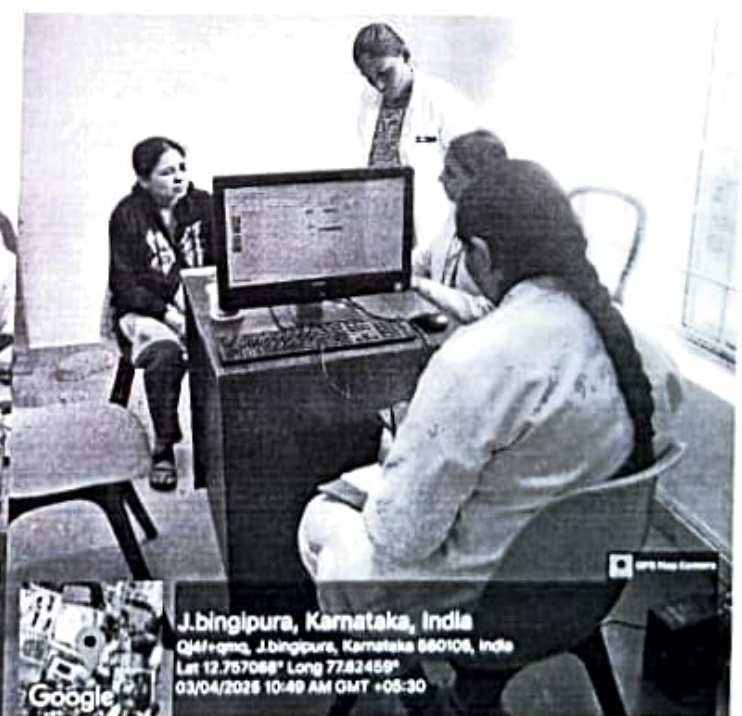
Therapy Benefits:

- * Cleanses vitiated Kapha Dosha & associated Pitta Dosha
- * Useful for - Bronchial asthma, Allergic bronchitis, Rhinitis, Sinusitis, Migraine
- * Hyper Acidity, Indigestion
- * Gynec- PCODs, Infertility
- * Hypothyroidism, Diabetic Mellitus
- * Obesity, Dyslipidemia
- * Skin diseases - Acne, Urticaria etc
- * Rejuvenates the body

OPD-PANCHAKARMA-R.No.-02



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