

HILLSIDE AYURVEDA MEDICAL COLLEGE & HOSPITAL

#174/2, Saldoddi, Agara village, Kengeri hobli, Kanakapura road, Bengaluru 560082

Rajiv Gandhi University of Health Sciences, Bangalore, UG Research works carried out at Hillside Ayurveda Medical College & Hospital, Bangalore.

YEAR 2022

SI No	Name of the Student	Name of the Guide	Title of the Topic	Observations & results
01	Ms. Ruchitha Khamkar. 2018-19 Batch	Dr. Anilkumar Sarangamath. Professor, Dept of Shalakyatantra, HAMCH, Bangalore.	“TO EVALUATE THE EFFECT OF EYE EXERCISES IN THE MANAGEMENT OF PRATHAMA PATALAGATA TIMIRA W.S.R TO SIMPLE MYOPIA”	The net result obtained by various parameters of assessment both before and after treatment was taken into consideration to assess the overall effect of therapies. Then they were graded in terms of percentage of relief in subjective and objective parameters. · No improvement less than 25% relief in signs, symptoms and clinical tests. · Mild relief 26% to 50% relief in the signs, symptoms and clinical tests. · Moderate relief 51% to 75% relief in the signs, symptoms and clinical tests. · Marked relief 76% to 100% relief in the signs, symptoms and clinical tests.
02	Ms. Komal Rohidas Gulvi 2018-19 Batch	Dr. Nazira Banu, Associate Professor, Dept of PTRS, HAMCH, Bangalore.	“To Study the Efficacy of Shatapushpa Taila Matra Basti In the Management of Kashtartava w.s.r.to Primary Dysmenorrhea”	The results of treatment were evaluated statistically with Student paired ‘t’ test and for parameters such as Pain in lower abdomen, Backache, Pain in medial aspects of thighs. Primary dysmenorrhoea is widely prevalent, seen in about 50- 70% of women in mild to severe form. It can be managed effectively and safely by vatanulomaka, artava pravartaka, vedanasthapaka aushadhis and these qualities are present in Shatapushpa Taila.. • The present study is a clinical study with pre test and post test design where 30 female patients diagnosed as having Kashtartava w.s.r. Primary Dysmenorrhoea • Patients have shown highly significant results on all the parameters AfterTreatment.

03	Mr. Tushar Minal Sikdar 2018-19 Batch	Dr. Bhusanuramath RG, Principal, Professor & HOD, Dept of Shalyatantra, HAMCH, Bangalore.	"An observational clinical study to evaluate the efficacy of Karaveera Kshara Sutra in the management of Bhagandara w.s.r to Fistula-in-ano"	1) The study was conducted on 30 subjects of Bhagandara (Fistula-in-ano) who were treated with Karaveera kshara sutra. 2) The parameters were assessed with appropriate statistical tests. 3) Karaveera kshara sutra due to high alkalinity showed significant results in unit cutting time of the tract and thus was proven effective in the management of Bhagandara w.s.r to Fistula-in-ano.
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