

DEPARTMENT OF INTEGRATIVE MEDICINE

CONTACT INFORMATION

Department E-mail: integrativemedicine@sduu.ac.in

Telephone extension number: 390

INTRODUCTION

Integrative medicine is grounded in the definition of health. The World Health Organization (WHO) defines health as “a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity.” Integrative medicine seeks to restore and maintain health and wellness across a person’s lifespan by understanding the patient’s unique set of circumstances and addressing the full range of physical, emotional, mental, social, spiritual and environmental influences that affect health. Through personalizing care, integrative medicine goes beyond the treatment of symptoms to address all the causes of an illness. In doing so, the patient’s immediate health needs as well as the effects of the long-term and complex interplay between biological, behavioral, psychosocial and environmental influences are taken into account.

Integrative medicine is a combination of mainstream (conventional) of medicine with complementary and alternative medicine (CAM), for which there is a high quality scientific evidences of safety and effectiveness. Integrative medicine is the need of the hour as most of the patients themselves are self-integrating several systems of medicine and therapies to cope up for their chronic illness / lifestyle diseases. At present evidences are lacking in the integrative medicine and they are only a few Universities working towards the same in India.

In the year 2013, Dept. of Community Medicine, conducted ‘SAMANVAYA - a conference on Alternative Medicine’ which had brainstorming sessions on Ayurveda, Yoga, Unani, Siddha and Homeopathy (AYUSH) by eminent speakers from different specialty, which led the foundation for Integrative Medicine by upgrading the existing division of Yoga in Sri Devaraj Urs Academy of Higher Education and Research (SDUAHER), Kolar under the faculty of Allied Health Sciences. As far as our knowledge SDUAHER, is the first University to introduce Yoga in the medical and nursing curriculum.

VISION

- To make the department as a Center of Excellence in the field of Integrative Medicine through education, research and clinical services.

MISSION

- To explore the concepts of AYUSH (Ayurveda, Yoga, Unani, Siddha and Homoeopathy) and other systems of medicine in promoting health, preventing disease and treating disease.
- To develop evidence based integrated (conventional medicine & AYUSH) health care modules for health promotion, disease prevention and treating diseases to achieve holistic health.
- To inculcate Yoga and other systems of medicine in the curriculum of, medical, nursing and allied health science education.
- To establish herbal garden and educate general public about home remedies.

OBJECTIVES

- To orient health care students and professionals about concepts and basic principles of AYUSH and other systems of medicine in health promotion, prevention and in the treatment.
- To understand the multiple determinants and dimensions of health, including Physical, Mental, Social and Spiritual aspects while treating patients (Holistic Health).
- To conduct and encourage research with an integrated module (Conventional medicine and AYUSH) towards strengthening the evidence based integrative practice.
- To conduct awareness programs in AYUSH and other systems of medicine for the general public and health care professionals.
- To develop, over all personality of medical and nursing students.

THURST AREAS

Stress Management
Chronic Low Back Pain
Type2 Diabetes Mellitus
Hypertension
Healthy Pregnancy
Dengue – Traditional Herbal Medicine
Occupational Health
Lifestyle / Psychosomatic ailments

FACULTY

Core Faculty

Sl.No.	Name	Qualification	Designation	Specialization	No. of years of experience
1.	Dr. Neetnakumar Patil	BAMS MD (Yoga and Rehab) M.Sc. (Psy), [PhD-Yoga]	Assistant Professor	Ayurveda & Yoga Therapy, Integrative Medicine	4 yrs
2	Sunita	YIC, (PGDYP)	Yoga instructor	Yoga therapy	1 year

Adjunct faculty for teaching and consultations

Sl. No.	Name	Qualification	Designation	Specialization
1.	Dr. Venkatarathnamma PN	MD (General Medicine)	Professor	Geriatric Medicine, CVA
2.	Dr.Lakshmaiah V.	MD (General Medicine)	Professor	Diabetology,
3.	Dr. Pushpa Kotur	MD (OBG.)	Professor	Obstetrics
4.	Dr. Arun HS	MD (Orthopaedics)	Professor	Knee surgery
6.	Dr. Mohan Reddy	MD (Psychiatry)	Professor & HoD	Integrative Psychiatry
7.	Dr. Madhavi Reddy	PhD (Nutrition)	Asst. Prof.	Nutrition
8.	Dr. Kumarswamy R.	BAMS, MSc (Anatomy)	Lecturer	Ayurveda, Anatomy
9.	Dr.Vinay Kulkarni	BHMS, MSc (Anatomy)	Lecturer	Homeopathy, Anatomy
10.	Mr. Suresh T.	MSc (Anatomy)	Lecturer	Anatomy
11.	Mrs. Usha G Shenoy	MSc (Physiology)	Lecture	Physiology

1. Teaching of Yoga

- a. Post Graduate Diploma in Yoga (PGDY): SDUAHER, Kolar initiated from the academic year 2013-14.
- b. 1st year MBBS: 16 hours teaching in an academic year introduced in from the year 2011-12.
- c. MD (Physiology): 6 hours teaching in an academic year, in addition to this 15 days posting to SVYASA Yoga University, Bangalore.
- d. BSc Nursing and GNM: 30 hours teaching in an academic year initiated from the academic year 2014-15 by Sri Devaraj Urs College of Nursing, Kolar, Karnataka,
- e. BSc (Allied Health Sciences): 30 hours teaching in an academic year, initiated from the academic year 2015-16 by Dept. of Allied Health Sciences, SDUAHER, Kolar, Karnataka.

2. Training:

- a. MD (Physiology): 15 days posting for Yoga to SVYASA Yoga University, Bangalore.
- b. PGDY: 7 days posting for Yoga to SVYASA Yoga University, Bangalore.
- c. Trained for Yoga Therapy and Practices for 3rd year BSc Nursing students, Sri Devaraj Urs school of nursing, Kolar
- d. “Discourse on Yoga” conducted by Brahmakumari, Kolar, for the faculty of SDUAHER, Kolar.

3. Research on Yoga / Ayurveda:

a. Published articles in peer reviewed journals

- i. Patil NJ, Prabhakar K, Vijay KS, Patil DN: Effect of Carica Papaya leaf extract on febrile thrombocytopenia in patients with Dengue. J Clin Biomed Sci 2013; 3(3):137-39
- ii. Patil NJ, Nagaratna R, Garner C, Raghuram NV, Crisan R. Effect of integrated Yoga on neurogenic bladder dysfunction in patients with multiple sclerosis-A prospective observational case series. Complement Ther Med. 2012 Dec;20(6):424-30.PubMed PMID: 23131373.

- iii. Patil NJ. Samanvaya: conference on alternative medicine. J Ayurveda Integr Med. 2013 Oct;4(4):252-3. PubMed PMID: 24459395.
- iv. Patil NJ, Nagarathna R, Tekur P, Patil DN, Nagendra HR, Subramanya P. Designing, validation, and feasibility of integrated yoga therapy module for chronic low back pain. Int J Yoga. 2015 Jul-Dec;8(2):103-8. PubMed PMID: 26170588.
- v. Darshan B, Dhanashree P, Patil N J, Pampanna GH. Kalyanakarakam- A unique compendium of Jaina to Ayurveda. Int Ayu Med J. 2015 Jul –Aug; 3 (8): 2544-52.
- vi. Patil DN, Darshan Babu N, Umapati C. Baragi, Pampanna Gouda H., Patil NJ. Kalyanakarakam - A Gem of Ayurveda. AYUSHDHARA, 2015;2(3):141-149.

b. Articles under review

- i. Patil NJ, Ananta B, Muninarayana C. International Day of Yoga 2015: Conference on ‘Yoga for Promotion of Health’. J Ayurveda Integr Med. 2013. (Under Review)
- ii. Sumitra S, Kutty K, Patil NJ, Vinutha S. Effect of Integrated Yoga practices on stress, anxiety and heart rate variability in first year medical students. (Under Review)
- iii. Patil NJ, Sonavane M, Patil DN: Swarnabindu Prashana: A pediatric immune buster. JAIM: (Under review).

c. Ongoing research projects:

- i. Efficacy of integrated Yoga in nursing students with chronic low back pain.
- ii. Effect of integrated yoga on anxiety, stress, and heart rate variability in first year nursing students.
- iii. Effect of integrated yoga in elderly Type2 diabetics with cognitive impairments.
- iv. Study of Swarna Bindu Prashana on human peripheral blood mononuclear cells.

4. Posters / Oral presentation in conferences

- i. “Effect of Integrated Yoga in MS Patients with Neurogenic Bladder Dysfunction” 9th Congress of the International Neuropsychiatric Association, **Chicago, IL, USA 60605** (September 25-27 , 2013 – Accepted & registered for poster presentation)
- ii. Papaya leaf extract- as an adjuvant therapy in dengue fever. Presented at the 4th international conference on medicinal plants and herbal products, **John Hopkins University, Rockville, MD, USA**. On behalf of Dr. Patil NJ et.al., it’s presented by Dr. Vijaya KS, 1st year PG Scholar Gen. Medicine, Sri Devaraj Urs Medical College, Kolar, Karnataka (6th- 8th September 2012).
- iii. “Swarna Bindu Prashana- A pediatric immune booster” – Poster presentation at SAMANVAYA – conference on Alternative Medicine, Organized by Dept. of Community Medicine, SDUMC, Kolar (Sept.2013).
- iv. “Pathogenic mechanism of psychosomatic disorder: An Eastern philosophical perspective” – Oral presentation in National conference MANASA-2015, organized by SDM College Ayurveda Udupi, Karnataka

d. Reviewers for International Journals (Dr. Patil NJ)

- i. Journal of Alternative and Complementary Medicine (Pubmed Indexed)
- ii. Journal of Ayurveda & Integrative Medicine (Pubmed Indexed)
- iii. Journal of Signs & the Symptoms (Pubmed Indexed)

5. Student research on Yoga

- a. Effect of integrated yoga on anxiety, stress and heart rate variability in first year medical students (MD- Physiology – Dissertation submitted).

6. Programs in Yoga:

- a. Post Graduate Diploma in Yoga: 1 year + Six month internship

7. Yoga services to patients:

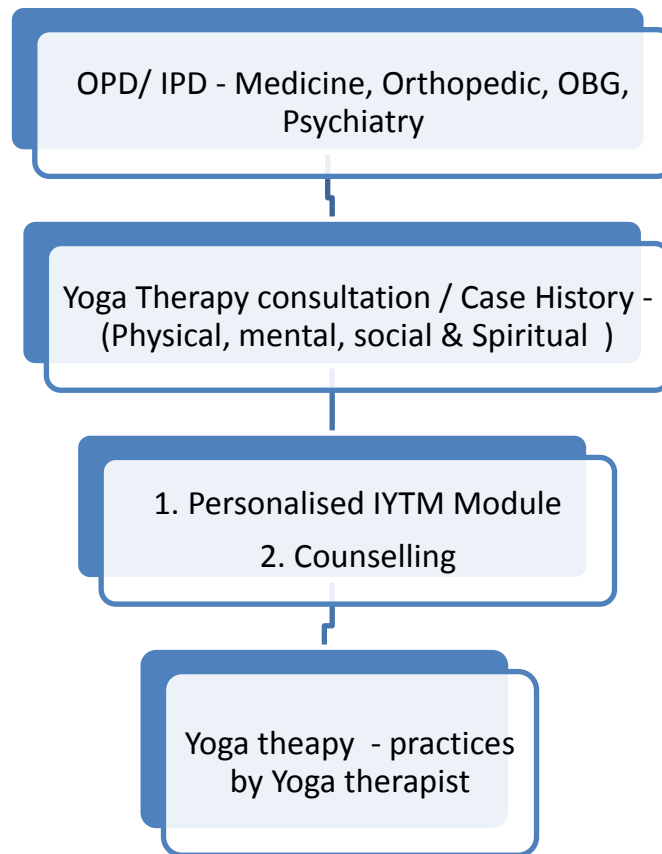
- a. Free Yoga therapy offered to OP & IP patients of the RLJH teaching hospital. At present we are focusing on psychosomatic diseases, Low back pain, Diabetes Mellitus, Hypertension and Pregnancy.

8. Outreach services in Yoga:

- a. Mega Camp:
 - i. Catered Yoga therapy services in Bethamangala Mega Camp
 - ii. Catered Yoga therapy services in Shidlaghatta Mega Camp
 - iii. Catered Yoga therapy services in Bagepalli Mega Camp
 - iv. Catered Yoga therapy services in Mulgabalu Mega Camp
- b. Schools:
 - i. Suguna primary school, Kolar
 - ii. RL Jalappa Central school, Kolar

9. Integrated Medicine department activities and dept. involved.

- a. Integrated Yoga Module was developed/ protocol for Low Back Pain, Diabetes Mellitus, Hypertension, Pregnancy and other psychosomatic diseases
- b. Following departments involved
 - i. Department of Medicine
 - ii. Department of Orthopedics
 - iii. Department of OBG
 - iv. Department of Psychiatry
 - v. Department of Physiology
 - vi. Dept. of Anatomy



10. How is Alternative Medicine & Yoga being promoted to the community

- a. Guest talk conducted for awareness of Yoga therapy
 - Role of Yoga in Mental Health care : A talk during CME on the occasion of World Mental Health Day, Organized by Dept. of Psychiatry, SDUMC, Kolar, Karnataka (9th October 2015)
 - Yoga – as medicine / Therapy: A guest talk during state level Yoga teacher training organized by Patanjali Yoga Shikshanan Samiti (Reg), Kolar, Karnataka (23rd July 2015).
 - Yoga for disease free body and stress free mind – A guest talk organized by BEML Labor welfare fund, BEML Nagar post, KGF, Karnataka (6th July 2015)
 - An awareness program on “Yoga for nurses” was conducted for students and staff of Sri Devaraj Urs College of Nursing Kolar, Karnataka, on the occasion of International day of Yoga (22nd June 2015).

- An awareness program on “Yoga for rural health” was conducted for patients and villagers was conducted in Primary Health Center, Devarayanasamudra, Kolar, Karnataka, on the occasion of the International day of Yoga (23rd June 2015).
- An awareness program on “Yoga for Urban health” for patients and the public was conducted in RL Jalappa Urban Health Center, Kolar, Karnataka, on the occasion of International day of Yoga (24th June 2015).
- An awareness program on “Yoga for Womens” was conducted for students and staff of the Govt. Women’s college. Kolar, Karnataka, on the occasion of International day of Yoga (25th June 2015) .
- An awareness program on “Yoga for Promotion of Health” was conducted for students and staff of the College of Horticulture – University of Horticulture, Kolar, Karnataka, on the occasion of the International day of Yoga (26th June 2015).
- An awareness program on “ Yoga for school children ” was conducted for students and staff of the RL Jalappa Central School, Tamaka, Kolar, Karnataka (27th June 2015).
- A guest talk on Holistic Medicine: Rotary Spandana, Bangalore (9th April 2015).
- Guest Speaker - Integrated Yoga for LS and AS: CME organized by Arya Vaidya research foundation, Coimbatore, Tamilnadu in Dept. of AYUSH, Delhi (21st - 23rd March 2015)
- Yoga for Obesity – evidence based approach: Lakulish Yoga University, Ahmadabad, Gujarat. (10th Sept.2014)
- Guest speaker – Yoga for Obesity – An evidence based approach – National conference on “Meda Manthan”, Organized by Dept. of Panchakarma, KLE’s Shri BMK Ayurveda college and Hospital, Belgaum (11th April.2014)
- Guest speaker - “Potable water” in AYUSHGRAM (Jadigenahalli- Hoskote) – Dept. of AYUSH, Govt. of Karnataka, organized by Soukya - Dr Mathai’s Rural Holistic Health Centre, Bangalore (26th March 2014).

- “Yoga – An evidence based CAM – An Ayurveda prospective” organized by Dept. of Swastavritta, Rajiv Gandhi Education Society’s Ayurveda Medical College & Hospital, Ron, Karnataka (10th December 2012).
- b. Exhibition:
- i. Yoga exhibition has organized in the Silver Jubilee auditorium, SDUAHER, Kolar, Karnataka, during celebration of International Day of Yoga (20th June 2015)
 - ii. Yoga exhibition has organized in RL Jalappa Hospital, Kolar, Karnataka, during celebration of International Day of Yoga (20th June 2015)
- c. CD release :
- i. “Common Yoga Protocol” Video was released for during celebration of International Day of Yoga (20th June 2015)

11. Training program conducted

CME/ Workshop / Conferences:

- 10 days Yoga training for nursing students – Jointly organized by Dept of Integrative Medicine and Sri Devaraj Urs college of Nursing Kolar, Karnataka (August 2015).
- Yoga for promotion of health – A conference on the occasion of International Day of Yoga – organized by Dept. of Intergrative Medicine and NSS wing, SDUAHER, Kolar, Karnataka (20th June 2015).
- “Role of Yoga in Rheumatic Diseases” CME on Rheumatology, Organized by Department of Medicine, Sri Devaraj Urs Medical College, Kolar, Karnataka (1st March 2014).
- “Silver Yoga” for the old age home (president awarded), Sangli (2nd Nov 2013)
- “Yoga Nidra – Yogic relaxation technique” in SAMANVAYA - A national conference on alternative medicine, organized by Department of Community Medicine, Sri Devaraj Urs Medical College, Kolar, Karnataka (20th Sept. 2013).
- “Yoga – An evidence based CAM for Depression” on World Suicide prevention day, organized by Department of Psychiatry, Sri Devaraj Urs Medical College, Kolar, Karnataka (10th Sept. 2013).

- “Yoga for Alzheimer disease” on the World Alzheimer’s day, Jointly organized by the Department of Physiology & Psychiatry, Sri Devaraj Urs Medical College, Kolar, Karnataka (September 21, 2012).
- Conducted an orientation program on ‘Yoga Therapy- A Journey towards healthier life’ for teaching faculty of SDUMC Kolar
- Conducted an orientation program on ‘Yoga Therapy- A Journey towards healthier life’ for nurses of RL Jalappa Hospital Kolar – It was conducted on three batches during the year 2013-14.
- “Role of Yoga therapy in nursing profession”, in CNE organized by Sri Devaraj Urs school of Nursing, Kolar (July 2012).

12. Partnerships with institutions / Universities/MOU collaborations / Corporate

- i. Sri Devaraj Urs University of Academy of Higher Education and Research, Tamaka, Kolar signed MoU with SVYASA Yoga University, Bangalore, Karnataka.

INTERNATIONAL DAY OF YOGA - ACTION PHOTOGRAPHS



Some participants busy in Poster Drawing Competition



Some participants busy in Essay Writing Competition



Dignitaries on the dais during the central function



Release of DVD on Common Yoga Protocol



Exhibition on Yoga



Road Rally in Kolar Town on International Day of Yoga



Yoga Training Session in progress at Sri Devaraj Urs College of Nursing



Outreach Yoga Awareness Programme at District Jail, Kolar



Outreach Yoga Awareness Programme at Primary Health Centre, Devarayasamudra

X



Outreach Yoga Awareness Programme at Urban Health Training Centre,



Outreach Yoga Awareness Programme at Govt Women College, Kolar



Outreach Yoga Awareness Programme at RLJ Central School, Kolar



Outreach Yoga Awareness Programme at College of Horticultural Sciences,