

Naturae e-magazine

First Edition



3rd NATUROPATHY DAY
18th November 2020



JSS INSTITUTE OF NATUROPATHY & YOGIC SCIENCES

Affiliated to the Tamil Nadu Dr. MGR Medical University, Chennai
(Managed by JSS Mahavidyapeetha, Mysuru)





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(आयुष मंत्रालय, भारत सरकार)

Central Council for Research in Yoga & Naturopathy
(Ministry of AYUSH, Government of India)

डॉ. राघवेन्द्र राव. एम
निदेशक

Dr. Raghavendra Rao M, BNYS, PHD (Yoga & Life Sciences)
Director

Date: 2/12/2020

To

The Principal,
JSS Institute of Naturopathy and Yogic Sciences
Coimbatore

Dear Sir,

It is heartening to note that JSS INYS has taken initiatives to bring out an e magazine to spread awareness about yoga and naturopathy across the communities. This E magazine will enrich writing skills of the students and staff alike apart from promoting yoga and naturopathy. On this occasion I convey my sincere wishes to the management and staff of JSS INYS in bring out this e Magazine. This is a novel initiative in times of Covid-19. We look forward to more such fruitful initiatives in future

With regards,

Yours sincerely,

(Dr. Raghavendra Rao M.)

राष्ट्रीय प्राकृतिक चिकित्सा संस्थान

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18/11/2020

MESSAGE

Greetings,

I am very glad to know about the week long Naturopathy Day Celebration by the team of JSS Institute of Naturopathy and Yogic Sciences. At this juncture I congratulate and extend my warm wishes for the launch of your first e- magazine "Naturae". Let the field of Naturopathy and Yoga witness more of such innovative ventures from this prestigious Institution imparting health awareness and providing wellness to the community at par.

Best wishes.

प्रो.(डॉ)के. सत्य लक्ष्मी /Prof.(Dr) K. Satya Lakshmi

निदेशक / DIRECTOR

Messages

Dr. N. MANAVALAN, N.D.(osm), M.Phil., M.A., (G.T.),
M.Sc., (Y&N), PGDY, PGDHH, PGDHM,
Principal, Govt. Yoga & Naturopathy Medical College & Hospital,
Joint Director (Ex.off) Y&N,
Commissionerate of Indian Medicine & Homeopathy, Chennai - 600 106.



Message

I am delighted to know that JSS Institute of Naturopathy and Yogic Sciences, Coimbatore is organizing “3rd National Naturopathy Day Celebrations” from 16th to 20th November 2020, I’m always proud of JSS Institution initiations celebrate such occasions.

In continuation of these celebrations a community health campaign was conducted in Tribal area which was really appreciable and kept the good reputation as an outstanding college in Tamilnadu. I am very much happy to know that this Institute has taken up a step to publish Quarterly magazine “NATURAE” which shall be first edition of Naturopathy and Yoga e-magazine in Tamilnadu planned to release on the occasion of 3rd National Naturopathy day.

I extend my warmest wishes to all Naturopathy & Yoga family of this College who worked for this occasion. I am sure that, JSSINYS will always work to maintain its excellence and character with great distinction in all over Tamilnadu.

Best wishes for all the future endeavors.



(Dr. N. MANAVALAN)



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Mahesh R
Director
Medical Education Division

17th Nov.2020

MESSAGE

I am happy to note that on the event of 3rd Naturopathy Day, JSS Institute of Naturopathy and Yogic Sciences, Coimbatore is planning to release e-Magazine on quarterly basis to publish the worthy articles to reach more & more natural health seekers. The theme of this year "Nurturing Vitality through Naturopathy" is very much apt for the present scenario.

Hope this magazine will come out with a contribution of students and faculty by writing of simple, informative and coherent article for the usefulness of society based on the present circumstances, as this magazine is quarterly based.

Let the magazine be invaluable benefits to the excellence of society I extend my warmest wishes to the Editorial board.


Mahesh R

Message from Principal's Desk

Dear Students, parents and health seekers, JSS INYS is always been forerunner in the field of Naturopathy and Yoga system of medicine. Established in the year of 1997, it has been serving people for more than two decades. In this COVID 19 pandemic we extended our full support to Government of Tamil Nadu, our Doctors and interns were placed in COVID care centers across Tamil Nadu and served thousands of affected people by providing Naturopathy and Yoga care. Located in admits 55 acres of lush green environment with 150 bedded inpatient facility we had grown tremendously in last 2 decades. We always strive to improve all the aspects of patients care and education quality in the fiend of Naturopathy and Yoga. On this occasion of 3rd National Naturopathy Day, I happy to inform all the we are going to launch our 1st ever quarterly e-magazine "Naturae e-magazine". The magazine provides Naturopathy and Yoga, health and lifestyle related articles in a simple language to the readers. I am sure that with cooperation of all and with blessings of His Holiness Jagadguru Sri Shivarathri Deshikendra Mahaswamiji., the e-magazine initiate will continue to grow all the ways in the years to come

Dr. Dhilip V.R.

Principal & CMO

JSSINYS



INTRODUCTION

3rd National Naturopathy Day

Naturopathy is one of the traditional systems of medicine which aims at lifestyle modification by choosing principles which are in good co-relation with nature. Mahatma Gandhiji who is the Father of Indian Naturopathy has intensively worked on self-experiencing and propagating about naturopathy. Nature cure advocates treatments based on Panchmahabhutha, where air, water, sunrays, mud, and fasting (ether). Naturopathy also believes in energy force called Vitality, which plays an important role in healing the affected individual. Treatments aim at improving the Vitality in the human body naturally. Ministry of AYUSH, Government of India has declared 18th November to be observed as Naturopathy Day every year from 2018. This year its 3rd National Naturopathy Day highlighting on the theme Nurturing Vitality Through Naturopathy.

All India Nature Cure Foundation Trust document was registered and signed by Mahatma Gandhi, Dr. Dinshah K Mehta and Shri. Jehengir Patel on 18th November, 1945. The document was revered by Dadaji Dr. Dinshah K Mehta (Compiled and edited by Dr. Sundri Vaswani Published by Bharatiya Vidya Bhavan, Bombay). The vision of this Foundation was empowering people through health.

JSS Institute of Naturopathy and Yogic Sciences this year on the special occasion of Naturopathy Day compiled articles, recipes which are aimed at this year's theme. This e-magazine shall contain articles, recipes, COVID awareness related activities at JSS Nature Cure and Yoga Hospital.



Nature Cure is so simple easy and cheap... this system of treatment should be used.

- Mahatma Gandhi -





CHALLENGES FACED BY WOMEN DURING LOCK DOWN PERIOD AND NATUROPATHY MEASURES TO TACKLE THEM EFFICIENTLY

Dr. M. Ezhil Ratnakumari, B.N.Y.S, M.D,
Prof./SMO JSSINYS.

Covid-19 is a pandemic which has left the world in a total havoc condition. Crisis of economy, grim mental health picture, contraction of industrial output are some of the challenges faced by the whole world and of course, India. Women of all age groups, especially those who are home makers as well as employees are the ones who could not afford to the situations prevailing at their homes during lock down period.

Home makers have to face the challenges like taking care of children's online classes, their homework, demands of all the family members who are also locked down at home, prepare variety of dishes, etc. During routine, everybody in the family relaxes at home on Sundays and that is the day where a home maker has to work a lot. Lock down has turned every day as Sunday for a home maker. The condition of working women is indeed pathetic. They have to take care of all the activities done by a house wife in addition to their official work as 'work from home' is encouraged and implemented in most of the organizations. Working women cannot compromise with the house hold work as well as their official work. Just imagine the levels of mental stress a woman undergoes when her routine life gets affected or altered!

If a woman is healthy, the whole family is healthy and if a woman is sick, the whole family becomes unhealthy. Sickness is not merely physical sickness. The mental health plays a major role to determine the health condition of an individual. Undue mental stress causes the release of many chemicals in the body which are scientifically known to damage the health of heart, blood vessels, nerves, digestive system and respiratory system. It makes an individual to have shallow breathing, causes hyperacidity and indigestion, makes the heart to beat faster and alas, causes poor circulation of blood. Also, this causes down regulation of the immune mechanisms, making an individual prone for infectious diseases.

If there is a problem or challenge, definitely there will be a solution. Let us see what is the best solution to tackle the above mentioned challenges? Nature Cure is the solution. Naturopathy measures like diet therapy fully loaded with antioxidants, reflexology, magnetotherapy, heliotherapy, hydrotherapy, massage and mud therapy not only reduce the stress levels, instead they provide mental stamina to handle or cope up with the stress factor. These therapies enhance the secretion of beneficial bioactive components like dopamine, serotonin, etc., which come to the rescue in combating mental stress. However, all the Naturopathy treatments have to be taken under the supervision and guidance of a qualified Naturopathy and Yoga medical professional.





Q & A ABOUT NATUROPATHY

Dr. V. Mahesh Kannan, BNYS, MSc (Psy)
JSSINYS

1. What is Naturopathy and how does it work?

Naturopathy is a system of treating diseases naturally by means of five elements of nature (earth, water, fire, wind, space). Naturopathy supports the body's ability to heal itself. The primary importance is given to disease prevention and health promotion. Naturopathy is a holistic concept, treats the whole body, not the disease alone.

2. Why to select Naturopathy?

Naturopathy treatments will eliminate the root cause of the disease, not just the symptoms. Naturopathy works on the principle of “Unity of Disease and Unity of Cure” which means there is only one cause of the disease and only one cure for that. Also Naturopathic treatments are safe and effective and no side effects or complications.

3. What is Naturopathy diet?

According to Naturopathy, accumulation of toxic materials in the body is disease and thereby elimination of those toxins is the cure and remedy. Therefore, fasting and eliminative diet is given at first followed by soothing and constructive diet. Fasting can be observed with water, juices, fruits etc. either weekly once. Naturopathic diet helps the body to get cleaned naturally and aids in better digestion and assimilation.

4. What is BNYS?

The Bachelor of Naturopathy and Yogic Sciences course, popularly known as BNYS, is a 5 ½ years medical course. The curriculum comprises an integrated study of natural medicine as well as the modern methodology of treatment. Apart from theoretical knowledge, the aspirants get practical sessions to impart all round education in the field of Naturopathy and Yoga. Apart from government sector, there are jobs available in the public sector after completion of BNYS.

JSS Mahavidyapeetha offers this course in city of Coimbatore.





SUPER COOL EFFECTS OF THE COLD SHOWER

Dr. Preethi K S, BNYS, FRM
JSSINYS

Clinging of the present generation towards instant pleasure mechanisms has been noted for the past 50-60 years. Being health conscious is also revolving in the minds of this generation. But there is a fact known to everyone, “Instant pleasure is inversely related to long time wellness”.

Being happy and satisfied with the dopamine rush from instant pleasure mechanisms hence will only lead to the cave of illness. There forth health and well-being shall be a path of exercise, diets, improvised sleeping patterns, and accepting the good changes in life.

This article hence gives us a clear route to a part of this pathway where one good change, ie, a switch from hot to cold shower shall be opined more.

Many people mostly undergo a hot shower for it's redeem of instant pleasure. But repeated hot shower ends up in certain disorders to the skin and also an imbalance in the hydration too. The cold shower is one of the kind where it is very easy and convenient one and highly beneficial one.

Also, there is one more method of taking a cold the shower is known as “Scottish shower”, an invigorating one where shower starts with hot and ends with cold water. Many history records marked the effective use of cold shower among the Finnish, Spartans, Native American Tribes, Shinto Japanese practitioners, etc. the beginning of the 20th century hoped many persons, betterment from conventional medicine because of its easy use and rapid effects.

We also live in a world where we are ready to accept only the evidence-based effects or benefits of anything we pick up for health and well- being.

Evidence-based benefits of the cold shower :

- Improves metabolism and helps lose weight
- The good fat, “Brown fat” comes into action following continuous bouts of a cold shower.
- Also helps our body to keep warm.
- Reduces depressive symptoms
- It has been considered 5mins cold shower every day works similar to electroshock therapy among depressive patients by creating a pathway to rejuvenate clarity, alertness, and energy.
- Immunity enhancer

Studies even showed routine cold shower resulted in a statistical reduction in self-reported sickness.

A cold shower also may even induce anti-tumor effects in affected individuals.

It is also considered a natural energy-boosting doze where the reaction effect of a cold shower shown to improve blood circulation, deep breathing, etc.

- Improved recovery following training and also a relief from muscle soreness was discussed in a scientific study among 360 participants.
- A continuous bout of cold shower hence ultimately leads to increased tolerance to cold and stress.





PHYTOESTROGEN AND PERIMENOPAUSE

Dr. Rathna .P, BNYS
JSSINYS

All essential needs for living entity are abundantly available in nature. Phytoestrogen, which is also gift of mother nature and it is biochemical compound produced by plants that mimics estrogen produced by in our body. This estrogen plays may role in our human body especially in women. But its level goes down as our age progresses, this leads to many changes in women's health both physically and mentally. The advancement in medical science has many artificial therapies but we can hope this by natural way by including this phytoestrogen in our plates.

What is Perimenopause?

Perimenopause or menopause transition, begins several years before menopause. It's the time when the ovaries gradually begin to make less estrogen. It usually starts in a woman's with 40s or even earlier. The symptoms of perimenopause includes, Hot flashes, Breast tenderness, Worse premenstrual syndrome, Fatigue, Irregular periods, Vaginal dryness, Urine leakage when coughing or sneezing, Mood swings, Trouble sleeping, weight gain, loss of memory, bone weakness.

Phytoestrogen's main sources are,

- soybeans, Flax Seeds
- Sesame Seeds
- Garlic
- Dried Fruit (Dried fruit, such as apricots, prunes or dates)
- Wholegrains (flax, rye, wheat, barley or oats)
- Fennel

Role of phytoestrogen in perimenopausal syndrome

- Maintains the body weight by improving the production of bile and by maintaining the cholesterol metabolism.
- Sudden low or fluctuating estrogen level in body can cause mood swings and depression. Phytoestrogen can stabilize the mood by maintaining the estrogen level.
- Estrogen is also essential for bone health because it promotes the activity of osteoblasts, which are cells that produce bone. When estrogen levels drop, the osteoblasts aren't able to effectively produce bone.so, in this condition phytoestrogen helps to preserve the bone health.
- Risk of cardiovascular diseases increases after menopause due to low estrogen level. Phytoestrogen also helps in CVD by maintain the estrogen level.
- Estrogen helps the body use serotonin and other neurochemicals that assist to contribute higher-quality sleep.
- Conclusion:Generally, to lead a healthy life style do live with nature by taking natural diet, doing regular yoga or exercise, taking natural treatments and listening the mother nature. So, that we can cope up with any sort of diseases.





MUSIC THERAPY ON CHRONIC PAIN

Dr.R. Sowntharya

JSSINYS

Music therapy?? That too for chronic pain?? Sounds different right!!!

Our body is very familiar with the musical rhythms, because our heartbeat, breathing, blood flow and everything is related to music. Whenever we hear music we will act according to that. Our mind will react according to the rhythm of the music. If it is a sad music, we will feel very bad or sorrow. If it is a good music, we will feel happy, enthusiastic and energetic. These are all the miracles or wonder of the music.

WHAT IS PAIN?

According to International Association for the Study of Pain (IASP), it is an unpleasant sensory & emotional experience associated with actual or potential damage or described in terms of tissue damage or both.

WHAT IS CHONIC PAIN?

Pain which lasts for longer duration at least 12 weeks or above is known as chronic pain

Now, we will see about how music therapy helps to relieve pain.

MUSIC THERAPY :

Music therapy as 'an interpersonal process in which the therapist uses music and all its facets to help patients to improve, restore or maintain health'.

If a person is suffering from pain, he /she may feel changes in their emotions, behavior and also in communication. Nowadays we can use music as a therapy to treat the pain, not only pain but also many disorders.

HOW IT WORKS ?

Music grabs the negative thoughts and energy from the person. It reduces the stress, anxiety.

Music heals everything. It promotes positive health and positive thoughts. It produces relaxation & rhythmic breathing. It reduces stress and anxiety.

Music releases mood enhancing chemicals like Dopamine, Endorphins into the body.

Dopamine is a feel good hormone.it increases the pleasure receptors while hearing music. Endorphin acts as a pain reliever, it produces a happy state of mind. Music increases the number of IgA in the body which strengthens the immune system, fight against the illness.

Cortisol which is a stress hormone, will get reduced while hearing music. According to the types of the music heart rate, breathing pattern and everything will act accordingly.

HOW CAN WE GIVE MUSIC THERAPY ?

Music therapy can be given in various ways. The methods are,

- By playing different musical instruments like piano, guitar etc.
- By singing a song
- By writing lyrics for the songs
- By hearing music/ relaxation music
- By listening to recorded or live music
- By dancing for the music.
- By making choreography for the music. All these methods can be used to treat patients.



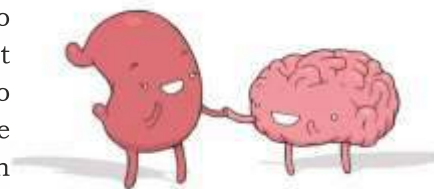


GROW YOUR GUT, EXPAND YOUR MIND

Dr.M.S.Asveedha, BNYS

JSSINYS

We often hear people say that they have got the feel of winged insects fluttering around the stomach in many a different situation. Even at times each one of us would have experienced the same. Why does this occur? Is that because of our hormones, our past experiences or are we born just this way! To know more about this let us first understand the human frame especially the large intestines of the GI tract (gastro intestinal tract). Our gut is filled with at least thousand different types of bacteria. But all are not harmful. They can help you to regulate your immune system and make you feel better. Imagine your intestine with millions and millions of bacteria thriving in where each colony and family of bacteria wants to eradicate the other for the sake of inhabiting you. Just like the battle in real life. The outside sources can tip the scale to other side.



We often come across people with depression or we our self would have experienced this. Just think a moment what kind of diet we were on that period. Probably we would be thinking of comfort foods, foods that are high in simple carbs, fats, foods with no nutritional value and probably no fiber. Have you ever thought that this might be contributing to your symptoms? Whenever you have a drift in your emotions or whenever you feel sad you just go for feasting. Say for example a piece of pudding initially when hangry followed by another piece and another and this goes in multiples. Why does this happen? To understand this let us zoom in further. The mitochondria are the power house of the cell. Each and every cell in the body needs this tiny little organelle to survive adding on to that mitochondria has its own DNA which was its own thing. The cells in the mitochondria are inseparable. This is called endosymbiosis (where two organisms need each other to survive) and just like this concept is our relationship with microbiome. The different species of bacteria that lives within us. But not all the bacteria are made equal some can be harmful to you and some can be of great value. Actually, the amount of bacterial DNA in our body is ten times greater than our own DNA. Have you ever thought that maybe they play a big role in shaping who you are? Basically, a lot of chemicals are being absorbed into our body like dopamine, serotonin and GABA which plays a big role in brains pleasure and reward systems. When we go for an external source of these hormones it may cause many other side effects. This seems countering into a difficult path it seems to start with one problem and end up in many problems. Some bacteria secrete GABA. Now a question arises Why can't we find a way to increase them? And this is what the scientist have been trying to do. Babies who are born through cesarean section are more likely to have Autism than babies born naturally. This could be because babies born naturally are exposed or encountered for the first with bacteria living outside the uterus so can you imagine may be these bacteria have been shaping who you are from the second you are born. This may seem little disgusting. There are many researches being conducted with fecal transplantation. These findings have been life changing so not only with the pills and surgeries life is being brought back it is with the augmentation of disease-free lifestyle to empower us with bacteria to use them for your own benefits.

The key here is fibers. Fibers aren't absorbed into your body they aren't food for you but it facilitates good bacteria in your body, the good bacteria can thrive well on fibers. Just by adding few simple changes into your lifestyle will add colours to your life. So, let's take care of the tiny ones living in and in to us for the sake of physical, mental and emotional wellbeing





VITAMIN G & BARE FOOT WALKING

Dr. Jeniece, BNYS
JSSINYS.

Walking in the grass, mud and connecting the body to the mother earth are simply called it as Barefoot walking – also known as 'Earthing or Grounding'. The most forward benefit of barefoot walking is to improves the body balance, improves the proprioception and body strength, induce sleep, relieves stress and most importantly it helps to neutralize the free radicals. In this current scenario we are most of us work indoors, wear shoes, and sleep on mattresses raised up above the ground we rarely come into direct contact with the earth. Even if you spend time outdoors on the weekends hiking or bike riding, you likely have a thick sole between you and earth's surface. This become the root cause of so many diseases.

Human beings are electrically positive and our earth is electrically negative, put the two together and you create a harmoniously balanced circuit. This positive charge in the body called as free radicals or abnormal cell. The free radicals are generated in the body either by endogenous (metabolism) and exogenous system (exposure to x-rays, smoking cigarette, air pollution etc.). These free radicals adversely alter the function of lipids, proteins and the nucleus and trigger the number of human diseases. When we go for barefoot walking in the fertile soil the electrons will be entering into body, we calling that as vitamin G – antioxidants 'G' stand for grounding, helps to neutralize free radicals. The cell become normal and called it as healthy cell.

The best time for barefoot walking is early morning and also evening time for at least 20 to 40 minutes every day.

With all our modern stresses and chronic ailments, it is so refreshing to see how a simple, pleasurable activity like earthing can restore core aspects of your health and prevent our nation's most deadly diseases.

It also proves the point that the best things in health (and in life) are usually the simplest.





RECIPES

APPLE BANANA SMOOTHIE.

INGREDIENTS :

- Apple - 1nos
- Banana - 2nos
- Milk - 1cup
- Honey - 2tsp

PROCEDURE :

- Peel the apple & cut it into small pieces.
- Slice the banana into small pieces.
- Add apple & banana into a jar and add milk and honey and then blend it.
- Pour it into a jar and drizzle honey and serve it.



INDICATIONS :

- Immune booster
- Constipation

CURRY LEAF AND GARLIC CURRY

INGREDIENTS :

- Curry leaves - 2cups
- Garlic cloves - 1 cup
- Tomato - 2 nos
- Onion - 2 nos
- Ginger paste - 1 tsp
- Tamarind paste - 100 ml
- Jaggery - 50 gm
- Mustard seeds - 1 tsp
- Cumin seeds - 1 tsp
- Salt, oil - as req.
- Turmeric powder - as req.



PREPARATION :

Take a pan add little oil and add 1 tsp of mustard seeds, cumin seeds, finely chopped onions and sauté it until it becomes translucent, add ginger garlic paste, turmeric powder and little salt. Add chopped tomato and sauté it. Add curry leaf & garlic paste and stir. Add tamarind paste & required amount of water. Keep it in slow flame for 10-15mins. Add jaggery to it and serve it with rice/chapati.

INDICATIONS :

- Anemia, Atherosclerosis, Hair growth

Dr. Sharmila, BNYS
JSSINYS



**JSS INSTITUTE OF NATUROPATHY AND YOGIC SCIENCES &
JSS NATURE CURE AND YOGA HOSPITAL
“NUTRIMMUNE”- A DEFENCE PRO KIT**



This kit is specially designed during the COVID - 19 pandemic for the wellness of the public to improve their immunity to fight against the corona virus. This kit was launched on the special occasion of 105th Jayanthi celebration of his holiness Jagadguru Shri Shivaratri Rajendra Maha Swamiji. On 29th of September 2020.

THE DEFENCE KIT & THEIR INFORMATIONS

IMMUNE DECOCTION 100gms

INGREDIENTS : Adhimadhuram (Glycyrrhiza glabra), Thulsi (Ocimum basilicum), Dry ginger (Zingiber officinalis), Turmeric (Curcuma longa), Pepper (Piper nigrum)

HOW TO USE IT: Mix 1 tsp of immune decoction powder to 250 ml of water. Boil till it reduces to 150ml and add honey or jaggery to taste if required



INSTANT IMMUNE DRINK 50gms

INGREDIENTS : Indian gooseberry (Phyllanthus emblica), Black cumin (Nigella sativa), Karpuravalli (Coleus amboinicus), Coriander (Coriandrum sativum), Pepper (Piper nigrum)

HOW TO USE IT: Mix 1 tsp of instant immune powder to 150 ml of hot water. Add honey or jiggery to taste if required.



VITAMLA NATURISTA 250gms

INGREDIENTS : Indian gooseberry (Phyllanthus emblica), Jaggery, Ghee, Bay leaf (Laurus nobilis), Clove (Syzygium aromaticum), Cinnamon (Cinnamomum zeylanicum), Cardamom (Elettaria cardamomum), Dry ginger (Zingiber officinalis), Pepper (Piper nigrum), Nutmeg (Myristica fragrans)

HOW TO USE IT: Adults can consume 1 tsp per day and children can consume half tsp per day before or after food.

BENEFITS OF THE KIT :

Regulates immunity, fights infection, relieves nasal congestion, aids digestion, provides anti-oxidants and improves quality of sleep.



Rs.200/- per Kit

Further more information call : 90033 43514, 93843 16609



Activities on COVID – 19

Duty Centres :

- ESI Medical college and Hospital, Singanallur, Coimbatore.
- CODISSIA – Covid Care Centre (D and E Halls), Coimbatore.

The COVID-19 clinical care volunteering duty was initiated under the guidance of Yoga and Naturopathy Commissionerate of Indian Medicine and Homeopathy. The duty commenced from 25th of July and concluded by 28th of August 2020 by JSSINYS doctors to the below mentioned two COVID Care Centres in Coimbatore. JSSINYS doctors provided Naturopathy and Yoga intervention by giving immune regulating Yoga Therapy sessions along with Pranayama (Breathing exercises), Acupressure and Naturopathy Counselling for both symptomatic and asymptomatic patients with proper social distancing among patients to improve and encourage immunity and respiratory health and hygiene. The duty at CODISSIA Covid Care Centre and ESI Medical College and Hospital were executed under the guidance of Dr. V. Bhuvaneshwari, AMO, Coimbatore Medical College and Dr. Aruljothi, ESI, respectively with JSSINYS Doctors - Dr. Vijayaraghavan, Dr. Sudhakar, Dr. Prabhakaran, Dr. Preethi. K.S, Dr. Ravikiran, Dr. Jeni. R, Dr. Mahesh Kannan, Dr. T. Selva Meenakshi





JSS NATURE CURE & YOGA HOSPITAL

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150 BEDDED HOSPITAL

JSS NATURE CURE & YOGA HOSPITAL

TREATING VARIOUS MEDICAL CONDITIONS

- ⊙ ALLERGIC DISEASES
- ⊙ HIGH / LOW BP
- ⊙ DIABETES
- ⊙ HEART DISEASE
- ⊙ SPONDYLOSIS
- ⊙ DISC PROLAPSE
- ⊙ MIGRAINE
- ⊙ ASTHMA
- ⊙ SKIN DISEASE
- ⊙ ARTHRITIS
- ⊙ OBESITY
- ⊙ DIGESTIVE DISORDERS
- ⊙ INSOMNIA
- ⊙ EPILEPSY
- ⊙ PARALYSIS
- ⊙ HYPO / HYPERTHYROIDISM
- ⊙ PCOS
- ⊙ AUTO IMMUNE DISEASES
- ⊙ KIDNEY STONES
- ⊙ MENSTRUAL DISORDERS Etc

NATUROPATHY & YOGA TREATMENT MODALITIES

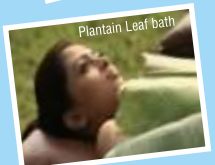
- ⊙ DIET AND NUTRITION THERAPY
- ⊙ YOGA THERAPY
- ⊙ FASTING THERAPY
- ⊙ HYDROTHERAPY
 - ❖ COLON HYDROTHERAPY
 - ❖ OZONE HYDRO SPA
 - ❖ DELUXE HYDROMASSAGE
 - ❖ SAUNA AND STEAM BATH
 - ❖ WHIRLPOOL BATH
 - ❖ DOUCHES PACKS Etc
- ⊙ ACUPUNCTURE AND ACUPRESSURE
- ⊙ PHYSIOTHERAPY
- ⊙ MUD THERAPY
- ⊙ MAGNETOTHERAPY
- ⊙ CHROMOTHERAPY
- ⊙ THERAPEUTIC MASSAGE
- ⊙ HELIO / SUN THERAPY
- ⊙ REFLEXOLOGY



Diet Therapy



Mud Therapy



Plantain Leaf bath



IFT Treatment



Colon Hydrotherapy



Chromo Therapy



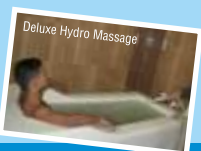
Elite Room



Suite Room



Pebble Path



Deluxe Hydro Massage

Nature is the best healer