



Naturae e-magazine

Second Edition - Vol-II



WOMEN'S HEALTH



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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FOCUS ON NATUROPATHIC MEDICINE FOR WOMEN HEALTH CARE

Focus of Naturopathic medicine is health promotion and the understanding that the body has an innate ability to heal itself. By identifying and skillfully removing obstacles to cure, the body is able to heal and move toward optimal health. Women's health refers to the branch of medicine that focuses on the diagnosis and treatment of diseases that affect a woman's physical and emotional well-being. Women need effective and easy access to health care system because they are more sensitive and vulnerable to specific reproductive system disease. They also face chronic non-reproductive health issues such as cardiovascular disease, pulmonary diseases, cancer, mental illness, diabetes, osteoarthritis and osteoporosis etc.



Current generation of women are observed to face self esteem & emotional health issues along with their impaired physical health. Right approach in solving these problems is very vital to obtain a long lasting health. There portraits the role of Naturopathy and Yoga which take

the affected the natural way.

This series of e-magazine contents helps you dive into knowledge on Nature cure principles in coping diseases as well as practices to be followed to stay health and happy.





MENTAL HYGIENE THROUGH NATUROPATHY

Dr. ANJU K PAILY

Assistant Prof/Medical officer
JSSINYS

Now a days corona virus crisis has been a major issue to our spirits and millions of people over the world are showing signs of psychological stress due to the fight against COVID-19. These are the frequent attacks of anxiety or depression resulting from stress through confinement, social distancing, fear of becoming infected, the economic situation or the loss of loved ones to the disease, according to recent researches. As a result 45 % of the population have seen deterioration in their emotional state. Importance of individual mental health and it is an important component for the social development. Current situations of pandemics put our psychological well-being to the test and the only way to preserve it is to maintain a good mental hygiene.

Mental hygiene stresses the integration of the person —body, mind, environment. This is initiated by the American psychiatrist Clifford Whittingham Beers back in 1909, defines the set of practices that allow a person to enjoy mental health and be in harmony with his or her socio-cultural surrounding. In other word mental hygiene is the practice of trying to maintain mental health through proactive behaviour and treatment. Here Hygiene refers to methods for preserving health. In this way, mental hygiene is what you do to keep your mind healthy. Because there are often multiple factors that can lead to deteriorating mental and or emotional health, it is important to understand and treat the present condition in a holistic way. Naturopathy is a holistic approach to wellness using the constructive principals of nature. A naturopathic physician wants to treat the whole person with the goal of improving overall health with a complete mental and emotional health. Naturopathy goes beyond the symptom and treats the root cause of mental and emotional health problems. A holistic approach to mental and emotional health includes a variety of treatments. Your mental and emotional wellness can contribute to a variety of other illness and diseases in your body so achieving balance and wellness is important. Naturopathic principles like Panchathantra can help in such stressful conditions and they reduce the mental causes. They are the set of rules by which one can attain both mental and physical health in a daily life. They are two meals per day, two seers of water per day, prayer or meditation once in a day, exercise daily and fasting at least once in a week.

Naturopathic treatments include things like psychological techniques such as counselling, nutritional balancing, stress management, hypnotherapy, biofeedback, acupressure, acupuncture, herbal and nutritional supplements, and more. A healthy diet is the foundation





for a healthy body and mind! This will balance blood sugar, decrease anxiety, and keep our energy up. Certain foods can be used in the diet for their specific nutrients, too – pumpkin seeds are full of zinc and tryptophan to build our happy hormone, serotonin. Flax and chia seed are full of omega 3 fats – shown to improve mild-to-moderate depression and fermented foods like yogurt provide probiotics which are the good bacteria that live in our gut that can affect our mood. Yoga and exercise are the antidepressants. Research shows cardiovascular activity like brisk walking and jogging to be beneficial for depression, anxiety. By increasing blood flow, yoga and pranayama increases mental clarity, energy, and focus, as well as performance on cognitive tests. Over time, it causes a decrease in the levels of cortisol, our stress hormone, which can lead to more stable mood. Herbs like Lemon balm, passionflower, or chamomile are gentle, calming herbs that work great on anxiety. Acupuncture has been shown to decrease stress, improve relaxation and sleep, decrease anxiety, and improve mood.

The promotion of mental hygiene which may result from better understanding of the nature, natural ways and importance of mental conflicts and of the means by which more successful adaptations may be made. By Looking after your self-esteem and learn to be trusting, Managing your emotions and learn self-control, Managing the expectations and set concrete objectives, Exercising regularly, Feeding your social life and finding support in others, Learning to relax and handling the adversity, Thinking positively and be on the lookout for negative emotions -one can easily manage stressful condition of the pandemics. With the help of naturopathy you can begin on a new path to healing and can achieve mental and emotional health naturally also an emotional equilibrium with improved the quality of life.





ANTI NUTRIENTS AN UPDATE

Dr. Sreegovind BNYS, MD
Ass.prof/MO

What are anti-nutrients?

Anti-nutrients are substances that naturally occur in plant and animal foods. The name comes from how they function in our body once we eat them. They block or interfere with how our body absorbs other nutrients out of our gut and into our bloodstream so we can then use them. Thus, anti-nutrients may decrease the amount of nutrients you actually get from your food. They most commonly interfere with the absorption of calcium, iron, potassium, magnesium and zinc. Here are some anti nutrients found in food

- Phytate (phytic acid) : Mainly found in seeds, grains and legumes, phytate reduces the absorption of minerals from a meal. These include iron, zinc, magnesium and calcium.
- Tannins : A class of antioxidant polyphenols that may impair the digestion of various nutrients.
- Lectins : Found in all food plants, especially in seeds, legumes and grains. Some lectins may be harmful in high amounts, and interfere with the absorption of nutrients.
- Protease inhibitors : Widely distributed among plants, especially in seeds, grains and legumes. They interfere with protein digestion by inhibiting digestive enzymes.
- Calcium oxalate : The primary form of calcium in many vegetables, such as spinach. The calcium bound to oxalate is poorly absorbed.

Below are some effective ways to eliminate anti nutrients.

- Phytate (phytic acid) : Soaking, sprouting, fermentation.
- Lectins : Soaking, boiling, heating, fermentation.
- Tannins : Soaking, boiling.
- Protease inhibitors : Soaking, sprouting, boiling.
- Calcium oxalate : Soaking, boiling.

Combination of Methods

Combining many methods can reduce antinutrients substantially, sometimes even completely. As an example sprouting and lactic acid fermentation of corn and sorghum degraded phytate almost completely.



Recent studies show that anti-nutrients are not of concern unless consumed in ultra, unrealistically high amounts – and they have numerous health benefits too.

Many anti-nutrients are now considered health-promoting nutraceuticals and functional foods due to their numerous benefits. Here's an introduction to some of the most frequently eaten anti-nutrients that come with benefits:

- **Saponins**, common in legumes, can boost the immune system, reduce risk of cancer, lower cholesterol, lower blood sugar response to foods, result in fewer cavities, reduce risk of kidney stones and combat blood clotting seen in heart attacks and strokes.
- **Lectins**, found in cereal grains and legumes, are associated with reduced risk of cardiovascular disease, diabetes, some cancers and becoming overweight or obese.
- **Tannins**, commonly found in teas, coffees and processed meats and cheeses, are antioxidants that can inhibit growth of bacteria, viruses, fungi and yeast and may decrease cholesterol levels and blood pressure.
- **Phytates**, found in wheat, barley, rice and corn, are associated with increased immune function and cancer cell death, as well as reduced cancer cell growth and spread. They also have antioxidant properties and can reduce inflammation.
- **Glucosinates**, found in cruciferous vegetables like cauliflower, inhibit tumor cell growth.

Oxalates are one of the few anti-nutrients with mostly negative impacts on the body. They are found in lots of common foods, including legumes, beets, berries, oranges, chocolate, wheat bran, coffee, tea, dark green vegetables and sweet potatoes. The negative impacts of oxalates include binding to calcium in the digestive tract and removing it from the body in bowel movements. Oxalates can also increase the risk of kidney stones in some people.

THUS ANTI NUTRIENTS IN MODERATION HAS HEALTH BENEFITS.





DO MOBILE PHONES HARM YOUR HEALTH IN PREGNANCY

Dr. Kirthiga .P
Lecturer/MO

The worry over wireless:

In today's Modern technology, we don't just rely on our cell phone to stay in touch with friends and family, but to get our work done and have to keep a track of what is going on around us. Wireless Internet connections, laptops and tablets are just as ubiquitous, day and night. While technology comes as a boon it is important to note that cell phones and other wireless devices emit radio waves.

Radiation from mobile phones, computers and wireless routers are likely to have an impact on the growing fetus. Expecting mothers are recommended to have limited exposure to radiation during pregnancy. Lesser the exposure to radiation lower will be the risk of birth defects in the newborn. In particular, Fetus is sensitive to radiation during their early development, between weeks 2 and 18 of pregnancy.

Effects of mobile phones during pregnancy:

Excessive and increased use of mobiles in long-term triggers insomnia, which leads to reduced bone density and brain activity. This is likely to be detrimental to fetal brain development and may result in behavioral issues like hyper activity. Global studies have proposed that can alter the gene sequence in mitochondria of the expected mom which may travel to the baby, affecting its DNA and lead to the developmental of degeneration illness in the child. This can also change brain activity of the pregnant women causing fatigue, anxiety, reduced memory and sleep disturbance. Further, this can interfere with receptors of the human body and may initiate an increasing risk of cancer.

Precautions:

A few extra precautions to ease your worries

- You can keep your cell phone a few feet away from when you're not using it and opt for a hands-free device whenever possible, which will reduce your exposure to the radio waves.
- Rather than carrying your cell phone in a pocket that's close to your growing belly at all times, keep it somewhere while you're walking around and on a bedside table instead of keeping it under your pillow at night. You may also want to turn off your mobile phone at night if possible.
- Make an effort to not to use mobile phone as much as possible. Go in for alternative means like landline
- Select a mobile phone with a low SAR (specific absorption rate) to ensure minimum absorption of radiation by the body.
- Digital detox- Unplugging from technology can have tremendous benefits on body and mind. Doing a digital detox every now and then will have some great benefits on your wellbeing.
 - A more content and calmer you.
 - You'll be more productive.
 - Healthier relationships.
 - Your physical health will improve.
 - Most importantly Improved sleep.





SWEET PAAN

Dr. Ramya BNYS

SERVES : 5

INGREDIENTS :

1. Betal Leaves - 5Nos
2. Rose Petals Soaked In Honey - 25gm
3. Raisins - 10grn
4. Cashew Nuts - 10gm
5. Dates - 10gm
6. Grated Coconut - 10gm
7. Cardamom Powder A Pinch

PROCEDURE :

- Chop raisins, cashew nut and dates.
- Mix it with rose petals, grated coconut and cardamom powder.
- Pack this mixture in betal leaves.

CALORIFIC VALUE : (app) 45kcl/piece

INDICATIONS : For better digestion, anemia, respiratory disorder and general health improvement.





JSSINYS Activities

November 2020

Report 3rd National Naturopathy Day

Ministry of AYUSH, Government of India has declared 18th November to be observed as Naturopathy Day every year from 2018. This year it is the 3rd National Naturopathy Day highlighting on the theme “Nurturing Vitality Through Naturopathy”. National Institute of Naturopathy, Ministry of AYUSH, Government of India, Pune in association with JSS Institute of Naturopathy and Yogic Sciences, Coimbatore conducted 5 days long celebrations from 16th to 20th November 2020. Health Awareness camp was conducted at 3 places where Health talk, Yoga Demonstration, Therapeutic Diet Display, Health Shop product display, immune drink and millet meal distribution were done and 213 participants got benefitted from the camp. Knowledge, attitudes, and practices towards COVID-19 among rural people of Tamil Nadu: A Community-based survey was done. Doctors and Interns were actively involved in conducting the survey. IEC material on COVID awareness, Jalaneti pot, immune decoction, immune decoction powder, and sprouts were distributed in the communities where the survey was done. The survey was completed in 7 villages with over 1000 households covered. Free Teleconsultation was done and 85 Natural Health Seekers got benefitted. Under the supervision of Mr. A. O Shanmugham, Administrative Officer, and Dr. Dhilip V. R, Principal, tree plantation was done inside the college premises. Six Facebook live sessions focussing on the theme were given by Medical officers. The 5 days long 3rd National Naturopathy Day celebrations were completed with over 3414 participants who got benefitted from this program. Camp and survey conducted helped to create more awareness among the public about Naturopathy in person. Online webinars conducted also benefitted doctors, interns, students, and natural health seekers.

December 2020

Report on Inauguration of New Girls' Hostel

Inauguration Ceremony of new girls' hostel of JSS Institute of Naturopathy and Yogic Sciences was held on 10th December 2020. From JSS Mahavidyapeetha, Mysuru, Shri. Mahesh. R, Director of Medical Education Division, Shri. Ramesh, Director of Engineering Division, Shri. Mahadevappa, Resident Engineer (Electrical), Dr. Dhanapalan, Principal, JSS College of Pharmacy, Ooty, and Dr. Chandrasekar, Director, JSS School of Life Sciences, Ooty are the guests who were invited for the occasion. Dr. V. R. Dhilip, Principal, JSSINYS, Mr. Shanmugham, Administrative Officer, teaching faculty, staff, and students were present.

On account of the Inauguration ceremony, Vaastu Pooja was held on December 9th from 10:00 to 11:00 pm. On 10th December, the ceremony started with Ganapathy Homam from 4:30 to 6:00 am. This was followed by Navagraha Homam. Gao Pooja and boiling milk took place simultaneously at the main entrance of the girls' hostel and kitchen respectively. Then Pooja was held at Muneeswaran Temple which is located inside the premises. Prasadam was distributed to the gathering.





Purnahuti Pooja, the offering of completeness of perfection with chanting mantra was done from 10:30 to 11:30 am. The ceremony got completed with photo sessions of guests, staff, and students at the new girls' hostel.

January 2020

REPUBLIC DAY CELEBRATION REPORT

The 72nd Republic day of India was celebrated at JSSINYS on 26th January 2021. The event commenced by 9:30 am. Dr. Dhilip, Principal of JSSINYS and Mr. Abdul Aziz, Chief Guest of the day were marched to the dice by Mr. Jagan of 3rd BNYS. The gathering was welcomed by the warm words of Ms. Nivedha. The National flag was hoisted by the chief guest. It was followed by the Principal's address and the Chief Guest. Dr. JincySundaran and Dr. Selvameenakshi shared their Republic day message. Following that the cultural events were held and the activities include, Group Yoga by 1 st year part 2 students, Duo dance by 2nd year students, Group dance by 3rd year students. On behalf of Phoenix krenoviantz, 21st batch of JSSINYS Novels were donated to the College library. Ms. Sornnaluxmi proposed the vote of thanks. Sweets were distributed to the gathering.

REPORT ON PLANTING OF 1947 FRUIT TREES

On the auspicious day of 72nd Republic Day celebration, the 22nd batch of JSSINYS attended the event of planting 1947 fruit trees, organized by Jai Hind Foundation at The Fort of Patriotism. The event was held from 9.30 am to 11.15 am. The event commenced with inter religious prayer followed by welcome address by Adv. V. Nandhakumar and presidential address by the Chief Guest Dr. K. Madheswaran, Chairman and Managing Trustee of UyirinSuwasam Trust, Royal Care Super Speciality Hospital, Coimbatore and other dignitaries. The motto behind the whole event was to plant 1947 fruit trees inside the campus of The Fort of Patriotism and plant 2,00,00,000 trees by the next Republic Day celebration. The Principal Dr. Dhilip, Dr. Vijayaraghavan, Dr. Krithiga, Dr. Monica Sun and II-year students from JSSINYS participated in the event.

REPORT ON FACULTY ENRICHMENT PROGRAM

Faculty enrichment program for the month of January, sports event was organized at JSSINYS on 30/01/2021 from 02.30 to 03.30 pm. The event included throw ball and treasure hunt. All the teaching faculty participated with full cheer and enjoyed the event completely. This helped the faculty members to develop an enthusiasm.

February 2020

REPORT OF CME ORGANIZED BY NATIONAL INSTITUTE OF NATUROPATHY NIN, PUNE

With the aim of adding knowledge on Fundamentals of Naturopathy, National Institute of Naturopathy organised a CME at Deham Nature Cure, Health and Wellness Resort, Pune from 22nd – 27th February . Dr. Sudhakar represented JSSINYS. All the participants gained knowledge from the six day long sessions.





REPORT ON SURVEY CONDUCTED ON MENSTRUAL PRACTICES AMONG TRIBAL WOMEN

JSS Institute of Naturopathy and Yogic Sciences undertook a survey organized by the National Institute of Naturopathy, Pune on the occasion of Women's day 8th March 2021. A team of 9 female and 3 male Doctors and Interns were involved in this survey. The survey was completed within 5 days and covered 101 tribal women. Each tribal woman was provided with a Food basket containing 500gm of moong dal, 500 gm of jaggery, 5 lemons, 500 gm ground nuts, and 1 bunch of moringa leaves, an information sheet explaining the benefits of food basket contents, following the survey.

REPORT ON INTERNATIONAL WOMEN'S DAY CELEBRATION AT JSS INSTITUTE OF NATUROPATHY AND YOGIC SCIENCES

On March 08, 2021 "International Women's Day" was celebrated at the JSS Institute of Naturopathy and Yogic Sciences. Two online health talks were livestreamed in Facebook from 10:30 am to 11:30 am. Dr. Lakshmi, Lecturer cum Medical officer gave a talk on the topic 'Subjective Mental Well-Being in Women'. Dr. Tharima, Assistant Professor cum Medical Officer spoke on the topic 'Importance of Raw Diet in Adolescents'. Dr. Preethi moderated both online sessions. The program was mainly aimed at benefitting the Natural Health Seekers and students.

A Health awareness program for the housekeeping staff of JSSINYS was conducted at the multipurpose hall from 1:00 pm to 2:30 pm. The program included two Health Awareness talk by Dr. Lakshmi and Dr. Sujithra in Tamil, food packet distribution, and free health check-up, consultation and diet counselling for the participants. 64 housekeeping and kitchen staff got benefited from the program.

The cultural program by BNYS Part I and II students was conducted from 4:00 pm to 5:30 pm. The program was organized by I BNYS (Part II) students under the guidance of Dr. M. Ezhil Ratnakumari, Class coordinator. Dr. Ravikiran, Professor, addressed the students on the importance of Women's Day. Dr. Jincy Sundaran, Medical Officer gave a speech on the theme of International Women's Day "Choose to Challenge" and inspired the students. The program showcased an energetic and vibrant cultural and Yoga demonstration program by the Part I & II BNYS students.





3rd National Naturopathy Day



1947 Republic Day at Jai Hind Foundation, Navakkarai, Coimbatore



CME on Fundamentals of Naturopathy at Deham Nature Cure, Pune organised by NIN



Monthly Faculty Enrichment Program at JSSINYS



Girls Hostel Inauguration



72nd Republic Day Celebration at JSSINYS



Survey on Understanding Menstrual Practices among Tribal Women conducted by NIN, Pune in association JSSINYS



WOMEN'S DAY CELEBRATION AT JSSINYS





JSS NATURE CURE & YOGA HOSPITAL

(Managed by JSS Mahavidyapeetha, Mysuru)



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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

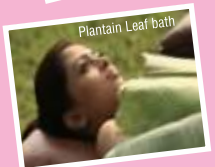
- ⊙ DIET AND NUTRITION THERAPY
- ⊙ YOGA THERAPY
- ⊙ FASTING THERAPY
- ⊙ HYDROTHERAPY
 - ❖ COLON HYDROTHERAPY
 - ❖ OZONE HYDRO SPA
 - ❖ DELUXE HYDROMASSAGE
 - ❖ SAUNA AND STEAM BATH
 - ❖ WHIRLPOOL BATH
 - ❖ DOUCHES PACKS Etc
- ⊙ ACUPUNCTURE AND ACUPRESSURE
- ⊙ PHYSIOTHERAPY
- ⊙ MUD THERAPY
- ⊙ MAGNETOTHERAPY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