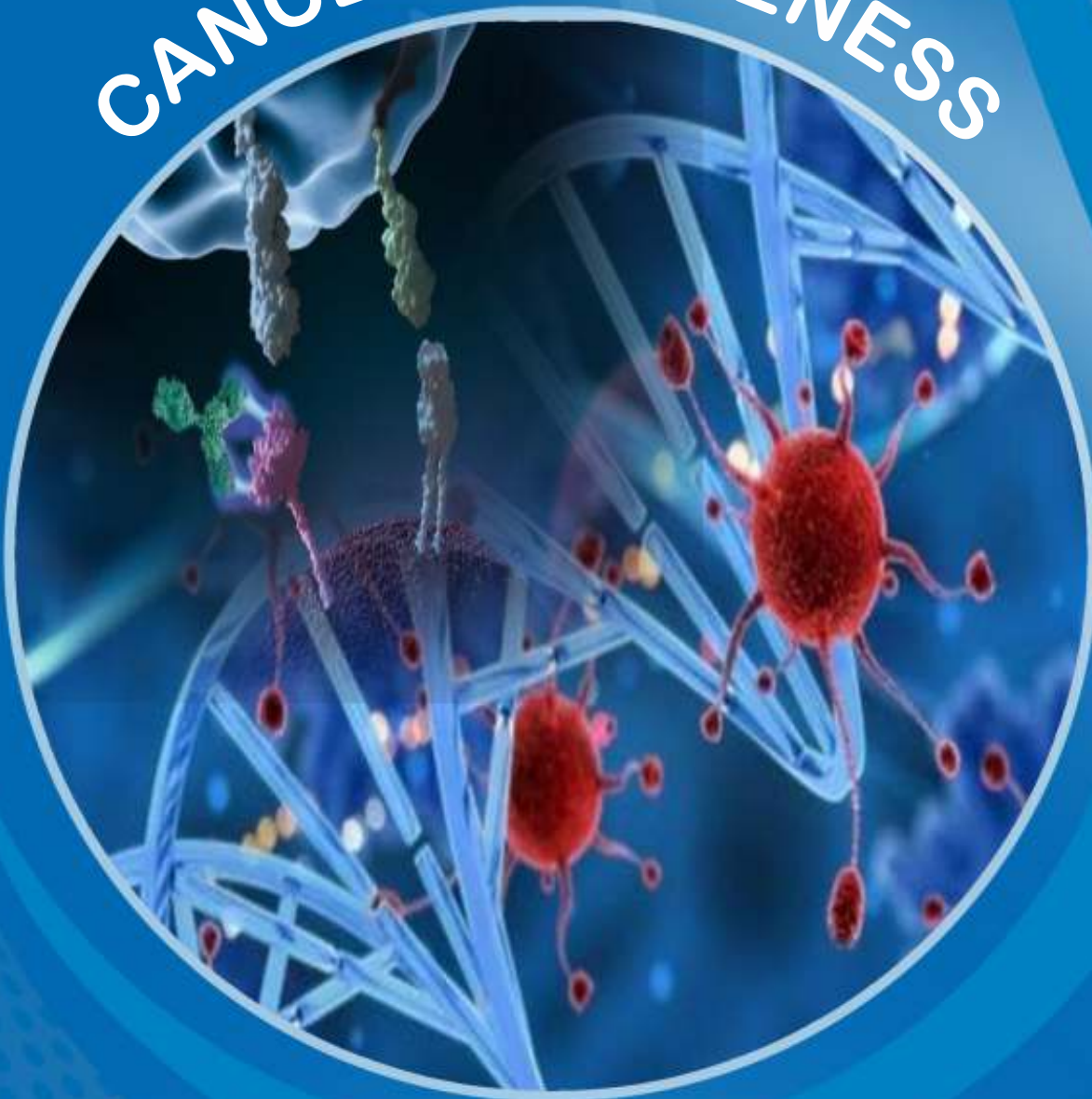


*Naturae e-magazine*  
Vol IV

CANCER AWARENESS



**JSS INSTITUTE OF NATUROPATHY & YOGIC SCIENCES**

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





His Holiness Jagadguru

*Sri Sri Dr. Shivarathri Rajendra Maha Swamigalavaru*

Founder - President, JSS Mahavidyapeetha, Mysuru





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## JSS INSTITUTE OF NATUROPATHY & YOGIC SCIENCES

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(Managed by JSS Mahavidyapeetha, Mysuru)

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# AN OVERVIEW ON NATUROPATHIC APPROACH FOR CANCERS

Naturopathy works on the principle of treating the affected one as a whole. The approach will be to enhance vitality through natural elements or panchamahabhutas. Cancer is a condition that happens when changes in a group of normal cells within the body cause uncontrolled, abnormal growth, resulting in a lump termed a tumor. Tumors can grow and spread into surrounding normal tissue or to other sections of the body via the bloodstream and lymphatic systems, affecting the digestive, neurological, and circulatory systems and releasing hormones that can alter bodily function if left untreated. Several different factors can cause cancers, and, as with many other illnesses, most cancers result from exposure to several different causal factors. It is important to remember that some factors cannot be modified; around one-third of cancer cases can be prevented by reducing behavioral and dietary risks.



Naturopathy can be advocated by three means. They are preventive, adjunctive/curative, palliative/rehabilitative. The medicine provided in Naturopathy is the modified diet. The natural anticancer agents of dietary origin have multiple effects and the ability to modulate multiple signaling pathways that helps in reducing the multiplication of tumor cells. Also, the effectiveness of chemotherapeutic agents is markedly influenced by Ph. Numerous agents such as epirubicin and adriamycin require an alkaline media to be more effective. Modified diets of Naturopathy also are alkaline based; hence making this diet as a part, becomes more effective during treatment. The treatments provided also give a holistic approach with fewer or no side effects.



# SUNTHERAPY

Dr. G.Ravi Kiran BNYS, MSc (Yoga)

Department of Chromotherapy and Magnetotherapy

Sunbath therapy is a natural way of healing different health problems. Sunlight helps to regulate melatonin production in the body, which is necessary to maintain the circadian rhythms of the body. Melatonin is an essential hormone released by the pineal gland of our brain. This hormone regulates our sleep-wake cycle. The production of Melatonin is affected by the intensity of sunlight. It increases during the night and falls during the daytime.

Sunbathing therapy helps to keep the hormonal level in check and keeps disorders at bay. Moreover, it has been found that decrease in exposure to sunlight may develop physical and psychological disorders. Exposure to the sun does not mean burning your skin. You just have to expose yourself to sun rays in a healthy way. Depriving yourself of healthy exposure may also cause the deficiency of vitamin D in the body.

Benefits of sunrays: Sun bathing helps to improve the blood circulation in the body and eliminates toxins from the body. It is also necessary for the absorption of calcium by the bones. Research also suggests that UVB rays promote the synthesis of vitamin D3 in the human body, which is crucial to increase in blood pressure. Even babies are exposed to sunlight for strong bones and teeth. Sunrays have unique healing power and are even beneficial to treat skin disorders, such as psoriasis, acne, and eczema. The light of the sun penetrates deep into the skin to cleanse the blood vessels.

Sunbath: The first thing to be kept in mind is that you should not take a sunbath in very strong sunlight. Moreover, as soon as you start to sweat, you should stop and move away from the rays of the Sun.

To take sunbath, first cover your head with a wet towel. You should be in your underwear or should wear light cotton clothes to let your skin absorb the sunlight in a better way. Either lie down or sit somewhere in the sun and relax for a while. Once you start sweating, move from the Sun and bathe in cold water.

## **Time duration :**

In summer, the duration should be 10-15 minutes and in winters, it should be 20-30 minutes. But one should avoid taking a sunbath in a windy place. The best timing to take sunbath is before 8 am and after 5 pm as the sun rays at this time are not very harsh.



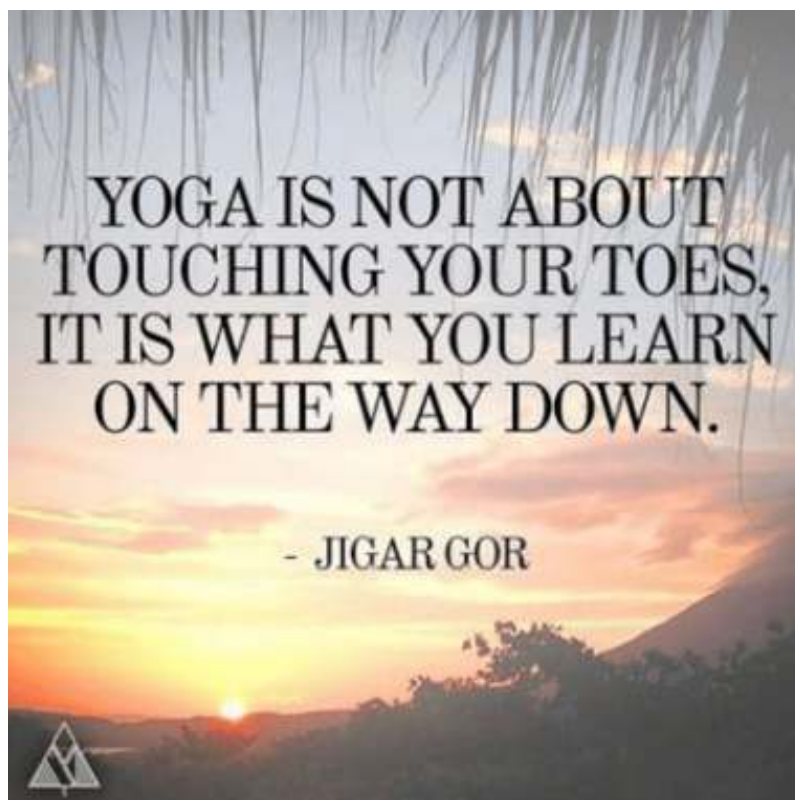
**Indications :**

There are a few important things you should keep in mind during sunbath:

- Drink plenty of water and keep yourself hydrated during sunbath.
- Cover your head with a wet towel during sunbathing.
- After taking sunbath, take a bath with water.
- Do not eat anything immediately after taking a sunbath.
- It should not be taken for more than one hour.
- Do not eat anything 2 hours before taking a sunbath.
- People suffering from heart ailments or are allergic to light should not take a sunbath.

**Reference :**

1. Waster P, Eriksson I, Vainikka L, Öllinger K. Sunbathing: What've lysosomes got to do with it?. communicative & integrative Biology. 2014 May 1;7(3):5578-84.
2. Mead MN. Benefits of sunlight: a bright spot for human health.





# NATURAL AND AFFORDABLE SKIN CARE ROUTINE

Dr. Rathna. P, BNYS

Store-bought skin care products are loaded with chemicals and also expensive. Instead Let's make use of natural skin care routine to yield effective and harmless benefits.

## **Whip Up an Olive Oil as a Cleanser:**

Olive oil, which works as a natural cleanser and moisturizer, just rub the oil into the skin and drape a warm, damp cloth over your face until it cools then wipe away the excess oil. Olive oil is a good choice as a cleanser because it won't strip into skin's natural oils instead it will clean the skin

## **Make a Natural Olive Oil and Sugar Scrub:**

Combine ½ cup of sugar with 2 tbsp of olive oil, If necessary also add an essential oil like lavender, which adds a natural fragrance and can promote relaxation. Gently rub the scrub and then wash it off. Last, use a soothing moisturizer to lock in the benefits of freshly exfoliated skin.

## **Apply Coconut Oil Before Bedtime:**

Coconut oil becomes a solid at room temperature, so use it as a moisturizing cream at bedtime. For chapped heels and hands, apply the oil, then layer with thick socks or nonlatex gloves.

## **Use Milk Compresses for Irritated Skin:**

Milk has natural anti-inflammatory properties. It also contains lactic acid, a mild, natural exfoliant.” To make a milk compress, soaking a clean cloth in a bowl of cool milk, and use this compress on the skin for 5 to 10 minutes. It's especially helpful for irritated and itchy skin.

## **Apply Aloe Vera to Dry skin:**

While often thought of as a remedy for sunburn relief, aloe vera gel can be helpful during the dry winter months too. It works by alleviating redness and irritation related to excess dryness, and it can even decrease signs of aging, as well as acne breakouts.



**Banana pack:**

This miracle fruit is excellent for all types of skin. For oily skin, apply a mixture of ripe banana, honey, lemon juice and oats. For dry skin, use a mixture of ripe banana, honey or coconut oil. To fix acne, apply a pack of ripe banana, baking soda and turmeric powder.

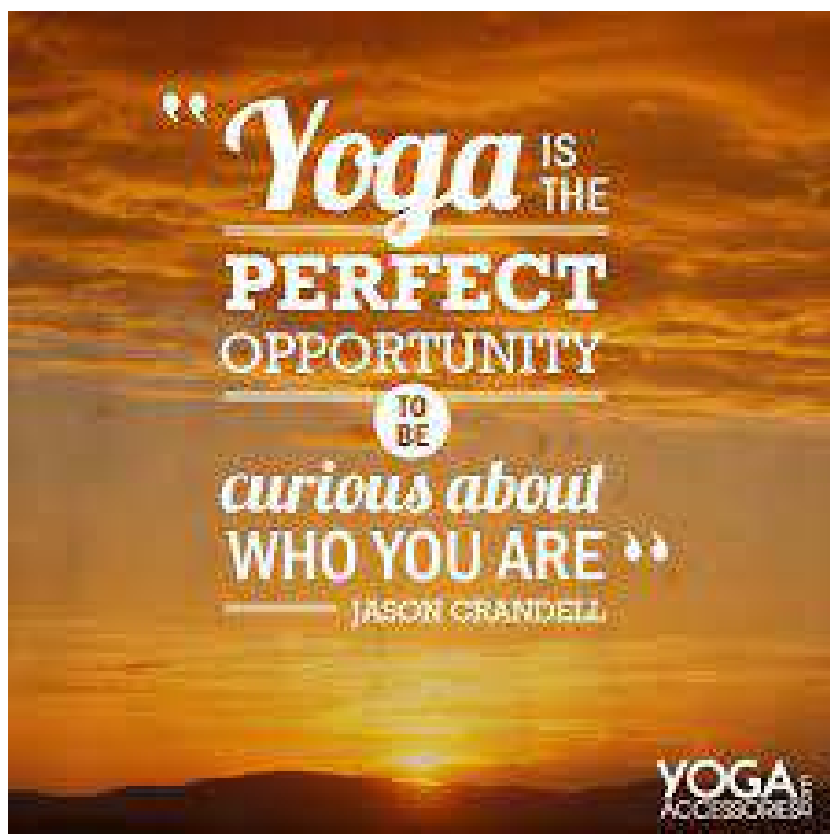
**Papaya:**

Make a smooth paste of a ripe papaya (has antioxidant properties) and add some water. Apply the mixture and leave it on your face for a rejuvenated and radiating skin.

**Yogurt:**

This natural moisturizer is a relief for dry skin, or skin that gets irritated easily from sunburns and/or with wind damage. Blend yogurt with honey and milk and you can gently exfoliate your skin with this mix.

Apart from taking care of external beauty it's so important to care for internal body because Skin is the reflection of our internal health. So, it's necessary to maintain the internal health by periodic detox and load our body with more nutritious and natural foods.



# MILLET SAMBAR RICE

*Mayuran S R*

## LIST OF INGREDIENTS

1. Kodo millet	- 250g
2. Moong dhal	- 100g
3. Shallots, Tomato & Carrot	- 50g (each)
4. Green chills	- 5g
5. Ghee	- 50ml
6. Turmeric powder	- ¼ teaspoon
7. Chilli powder	- 1 teaspoon
8. Coriander powder	- ½ teaspoon
9. Mustard	- 5g
10. Urad & channa dhal	- 5g (each)
11. Fenugreek	- 5g
12. Salt	- 1 teaspoon
13. Water	- 500ml
PREPARATION TIME	- 10 mins
COOKING TIME	- 20 mins
NO. OF SERVINGS	- 2

## PICTURE of RECIPE



## NUTRITIVE VALUE

Calories: 1264 KCAL  
Protein: 45.2 g  
Calcium: 114 mg  
Iron: 7.2 mg



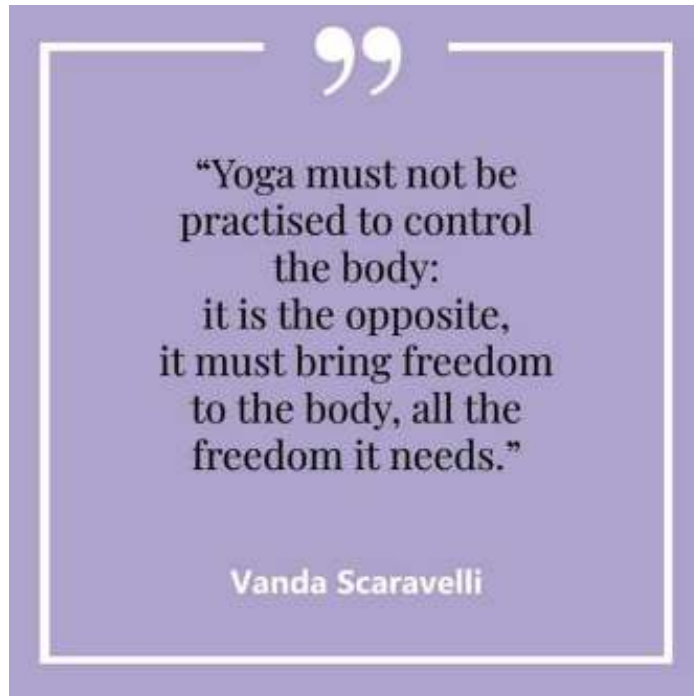


### METHOD Of PREPRATION

1. Wash the millet & moong dhal. Soak it for ½ an hour. Meanwhile cut the vegetables.
2. Pour ghee in a pressure pan, add mustard, fenugreek, urad dhal & saute it. Then add shallots & chopped vegetables. Add masala powders, salt and water.
3. Add the millet, moong dhal & required amount of water and close the lid. Leave for 4 –5 whistles.
4. After releasing of pressure, serve it hot with coriander leaves topping.

### SPECIAL INSTRUCTIONS

Good for patients of diabetes mellitus and constipation  
(as it is rich of dietary fibers).



## **NATIONAL NATUROPATHY DAY- ROG MukT BHARAT- DISEASE FREE INDIA**

National Naturopathy Day is observed on the 18th of November every year across the country with a relevant theme. This year, the 4th National Naturopathy Day was observed with the theme “Rog MukT Bharat”. In commemoration to this JSS Institute of Naturopathy and Yogic Sciences observed a week-long celebration with the theme “Rog MukT Bharat through Panchamahabhutas”.

The celebration started with a Health Awareness camp in association with Bodhi Organic Society, Palakkad on 13th November 2021 that included a health talk, free consultation, blood glucose monitor, millet based seasonal lunch and organic health products sale. Official inauguration of the Five-Day theme-based program was on 16th November, 2021, at JSSINYS. The program included a welcome note, prayer song and lighting the holy lamp by the dignitaries. Principal Dr. Dhilip. V. R gave a brief speech on the Naturopathy Day and the upcoming events. The inauguration function was closed with the vote of Thanks. Day 1 celebration named PRITHVI UTSAV was commenced with the health talk on Mud therapy followed by a Quiz competition for students.

On 17th November 2021 Day 2, JALA UTSAV, a CME (Continued Medical Education) organized by CCRYN was live streamed for the students. The health talk of the day was Evidence based application of water which was followed by the sloka/sutra/mantra recitation competition among students.

On 18th November 2021, AGNI UTSAV was commenced with the prayer song. Heliotherapy various modalities and therapeutic benefits was the topic for the Day 3 talk. Post lunch session was adorned by creative carvings by the students as part of vegetable carving competition. The event for this day also included a Health awareness Camp at organized at Ooty Public School, Karamadai where our doctors gave health talk, free consultation etc. Health product sales, Diet display and yoga demonstration were also part of the program which benefitted around 65 participants.

On 19th November 2021, VAYU UTSAV which was the Day 4 celebration commenced with prayer song followed by the health talk Swara Yoga and understanding the prana. The competition for the day was wealth from waste which again witnessed a lot of innovations from our students.

On 20th November 2021 the Day 5, AKASH UTSAV, was commenced with Gayatri mantra and the health talk was on the topic Application of Fasting in daily life. The photography exhibition as part of the Photography competition was done where innovative pictures clicked by our students exclusively within the campus on the theme panchamahabhootas were displayed and judged. The



Valedictory ceremony for the week-long celebration was commenced by 11:30 am and included Presidential Address by Mr. Shanmugham, Administrative officer, Valedictory Speech by Principal Dr. Dhilip. V. R and briefing of the event by our faculty. The prizes for the competitions held on this Naturopathy week were given by the dignitaries. An Intercollege competition open for students “Naturae Cuisine – Recipe Contest” was announced as part of this celebration. The successful week events came to a conclusion with Nirtya mela, a cultural program by students adding colours and rhythm to the Rog mukt bharat Naturopathy week.



**DAY 1 - PRITHVI UTSAV**



**DAY 2 - JALA UTSAV**



**DAY 3 - AGNI UTSAV**



**DAY 4 - VAYU UTSAV**



**DAY 5 - NIRTYA MELA**



**DAY 5 - AKASH UTSAV**







Camp at Bodhi Organic Society



Camp at Ooty Public School, Karamadai

### REPORT ON CAMP CONDUCTED AT GOVERNMENT HIGH SCHOOL, K.GCHAVADI, COIMBATORE.

A Naturopathy and Yoga health awareness camp was conducted at Government High School K.G Chavadi, Coimbatore on 16th December 2021 on in connection with the Government scheme “Kalaingar - VarumunKappomThittam”. The camp started at 10 am and continued till 4 pm. The participants include the general public from the nearby area. They were provided with sprouts, immune decoction. Free health check-up followed by consultation was done by the Doctors. The participants were given basic naturopathy, diet, and yoga counseling. Health shop products like Nutrimune Kit, Herbal tea powder, honey, aroma oils were displayed for sale. 123 participants got benefitted from the camp conducted. The higher officials who attended the camp were explained about the Naturopathy and Yoga treatment modalities.



## **REPORT ON TRAINING PROGRAM ON ADVANCE SOFTWARE RESOURCES FOR DIGITAL LIBRARY MANAGEMENT AND LIBRARY AUTOMATION, KOLKATA**

A two days training programme on Advance Software Resources for “Digital Library Management and Library Automation” was held on 13th and 14th December, 2021, Sponsored by Raja Rammohun Roy Library Foundation (RRRLF), Ministry of Culture, Govt. of India, Kolkata. Mrs. Mangaiyarkarasi. S, Librarian attended the training on behalf of JSS Institute of Naturopathy and Yogic Sciences. Programme was organized by Dept of Electronics and Communications Engineering, and Library and Information Centre, JSS Academy of Technical Education, Bengaluru. The day 1 programme included introduction and installation of Ubuntu and KOHA, its cataloguing etc. Day 2 covered areas on overviewing digital library hands on practice on DSpace installation and authorization. Certificate of participation was provided for all the attendees.



## **REPORT ON INTER COLLEGE COMPETITIONS HELD ON NEW YEAR 2022**

Intercollege competitions with the theme Let’s purple 2022 were organized by JSSINYS to commemorate the new year 2022. The first completion was “Duo Yoga Challenge” in which the participants had to click an artistic, theme based, pair yoga posture and post it in our social media pages with the #let’s purple 2022. The second competition was named “Reels 22” where the students had to post a 22 second reels in our social media pages with the theme health awareness through Naturopathy and Yoga. BNYS students from various colleges across the country participated in the competitions. There was a total of about 150 entries. The winners were chosen based on their creativity, theme, picture and video clarity and the number of likes and shares.



## SURYANAMASKAR FOR VITALITY

On the special occasion of Makar Sankranti, Ministry of AYUSH initiated the global event "Suryanamaskar for Vitality".

JSS Institute of Naturopathy and Yogic Sciences and JSS Nature Cure and Yoga Hospital staff, students and patients practice Suryanamaskar and urges everyone to participate and practice this initiative and continue practice Suryanamaskar for maintaining vitality and remain healthy and happy.

520 people practiced Suryanamaskar from JSSINYS and is proud to be a part of this Suryanamaskar for Vitality global drive. Certificate of appreciation and participation was received from the Ministry of AYUSH for being a part of this event.



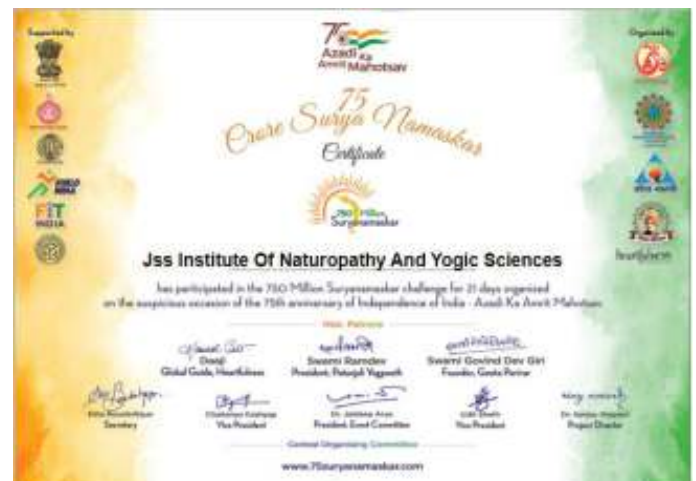
SURYANAMASKAR PRACTICE BY HEALTH SEEKERS



SURYANAMASKAR PRACTICE BY STUDENTS



Certificate of participation from Ministry of AYUSH



Certificate of appreciation from Ministry of AYUSH



## HEALTH AWARENESS DAYS – 2022

Health awareness days are followed each year to create realization among general public to understand diseases, ways to screen them which helps us to stay healthy. JSS Institute of Naturopathy and Yogic Sciences is conducting online health talk sessions in these respective days through our official Facebook page- JSS Naturopathy and Yoga – Hospital and College. Visit our Facebook page to stay updated with our health talks.

Feb 04, 2022	Friday	World Cancer Day 2022
Mar 08, 2022	Thursday	International Women's Day
March 10	Saturday	World Kidney Day 2022
Apr 02, 2022	Saturday	World Autism Awareness Day 2022
Apr 07, 2022	Thursday	World Health Day 2022
Apr 11, 2022	Monday	World Parkinson's Day
Apr 19, 2022	Tuesday	World Liver Day
Apr 28, 2022	Thursday	World Day for Safety and Health at Work 2022
May 03, 2022	Tuesday	World Asthma Day 2022
May 12, 2022	Tuesday	Chronic Fatigue Syndrome Day 2022
May 31, 2022	Tuesday	World No Tobacco Day 2022
June 21	Tuesday	International Day of Yoga
Jul 28, 2022	Thursday	World Hepatitis Day 2022
Aug 1- 7		Breast feeding week
Sep 10, 2022	Saturday	World Suicide Prevention Day 2022
Oct 10, 2022	Monday	World Mental Health Day 2022
Oct 15, 2022	Saturday	Global Handwashing Day 2022
Oct 20, 2022	Thursday	World Osteoporosis Day 2022





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Steam Bath



Vibro Massage



Mud Therapy



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Allergic diseases	Obesity
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Diabetes	Insomnia
Heart Disease	Epilepsy
Spondylosis	Paralysis
Disc prolapse	Hypo/hyperthyroidism
Migraine	PCOS
Asthma	Auto immune diseases
Skin disease	Kidney stones
Arthritis	Menstrual disorders etc
- ☞ In-patient and Out-patient facilities available.

## TREATMENT SPECIALTIES

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## CONSULTATION TIMINGS :

Monday - Saturday : 9.00 am - 6.00 pm  
Sunday & Holidays : 9.00 am - 12.00 noon

## ACCOMMODATION

Suite, Deluxe, Elite – A/c or Non A/c, Special and General Wards

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**Dr. V.R. DHILIP, B.N.Y.S., DFM., MBA**  
Principal and Chief Medical Officer

### HOSPITAL :

E-mail : [jssnyh.cbe@gmail.com](mailto:jssnyh.cbe@gmail.com),  
Website : [www.jssnyh.org](http://www.jssnyh.org)  
Mobile : 70945 42553, 98427 50263,  
90475 96555







# JSS Institute of Naturopathy & Yogic Sciences

Navakkarai, Palakkad Highway, COIMBATORE - 641105 T.N.  
Affiliated to TN Dr.M.G.R. Medical University - Managed By JSS Mahavidyapeetha, Mysuru



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The **FIRST** and **LARGEST** BNYS Medical College  
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**DURATION** : 4½ Years + 1 Year Internship  
**INTAKE** : 100 Seats

### Eligibility : +2 or Equivalent

- ◆ Students from **INDIA & ABROAD** - Minimum 50% aggregate marks in **Physics, Chemistry & Biology**
- ◆ Students from **TAMIL NADU** BC-45%, MBC-40%, SC/ST-35% Minimum aggregate marks in **PCB**.

### I BNYS - 18 Months

1. Philosophy & Practice of Yoga
2. Biochemistry
3. Human Anatomy I & II
4. Human Physiology I & II
5. Philosophy of Nature Cure I & II

### II BNYS - 12 Months

1. Yoga & Physical Culture - I
2. Pathology I & II
3. Microbiology
4. Naturopathy Diagnostics
5. Modern Medicine Diagnostics
6. Basic Pharmacology

### IV BNYS - 12 Months

1. Yoga Therapy
2. Hydrotherapy & Clay Therapy
3. Fasting & Diet Therapy
4. Chromo Therapy & Magneto Therapy
5. Physiotherapy
6. Acupuncture, Acupressure, Reflexology, Pranic Healing & Reiki
7. Medical Ethics & Hospital Management
8. Minor Surgery, First Aid & Emergency Medicine

### III BNYS - 12 months

1. Yoga & Physical Culture II
2. Forensic Medicine & Toxicology
3. Community Medicine
4. Psychology & Basic Psychiatry
5. Obstetrics & Gynaecology
6. Nutrition & Herbology
7. Massage, Chiropractice, Osteopathy & Aromatherapy



999 out of 1000 patients can be treated successfully through  
Naturopathic home remedies

- Mahatma Gandhiji

Nature is the best Healer  
Nature heals not the physician