

Naturae e-magazine

Special Edition



Theme : Naturopathy - An Integrative Medicine



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 Swamigalavaruru

Founder - President, JSS Mahavidyapeetha, Mysuru



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5TH NATUROPATHY DAY

Naturopathy is the drug-less system of medicine aiming to develop the vitality by treating the patient as whole. This medicine system aims on teaching the way of life, modify lifestyle patterns and understand the core concept of prevention of diseases, especially non-communicable diseases. Ministry of AYUSH, Government of India, declared 18th November, as Naturopathy Day from the year 2018. The All-India Nature Cure Foundation Trust was signed on this particular date where Mahatma Gandhiji, Father of Indian Naturopathy became a life member. This year the theme of the day is “Naturopathy an Integrative Medicine.”

Health promotion is the foundation of naturopathic clinical practice, emphasizing wellness, lifestyle, and prevention. A holistic approach to health promotion seeks to achieve a balanced state of social, physical, emotional, intellectual and spiritual well-being.

This year JSS Institute of Naturopathy and Yogic Sciences, college and hospital has planned 18 days program. Workshops, clinical camp, Health awareness talks, competitions for students, practical Arogya Raksha Panchtantra by Dr. Venkat Rao, by students, virtual series, Swastha Yatra publishing on all social media platforms of JSSINYS.



NATUROPATHY AN INTEGRATED MEDICINE

- ⊙ Integrated system of medicine means a conjoint study, training & practice in indigenous medicine & modern medicine
- ⊙ Integration of various system of medicine is in the best interest of all concerned
- ⊙ It enables the physician to provide the best available therapeutic care to the patient without undue delay, making way for a better prognosis
- ⊙ They are Ayurveda, Siddha, Unani, Yoga & Naturopathy and Homeopathy
- ⊙ It is a philosophy of care that integrates conventional medical therapies with modalities not typically included in conventional care & addresses the physical, emotional and spiritual needs of the patient
- ⊙ It is an approach to each person which is unique & that no single approach to therapy can address the physical, social, emotional & psychological needs of all people helping you function at your best levels in all areas of your life
- ⊙ It refers to the blending of conventional & natural/complementary medicines/ therapies along with lifestyle interventions & a holistic approach
- ⊙ It reaffirms the importance of the relationship between practitioner & the patient, focuses on the whole person, makes use of all appropriate therapeutic approaches, healthcare professionals & disciplines to achieve optimal health & healing
- ⊙ Ayurveda, Yoga & Naturopathy, Unani, Siddha, Homeopathy system of medicine are collectively referred as “AYUSH”
- ⊙ Gandhiji used to say that we must have knowledge about our villages & our forests which are a virtual treasure trove of various natural medicines & health herbs that help in treating common ailments easily
- ⊙ Ayurveda – treatment with “DINACARYA & RTUCARA”
- ⊙ Allopathy – Surgical techniques, parenteral mode of administration of drugs
- ⊙ Homeopathy – constitutional remedies
- ⊙ Naturopathy – with 5 elemental science theories
- ⊙ Thus modern discoveries have to be understood in the light of ancient insight while the interpretation of ancient tests have to be guided & verified by observed facts.
- ⊙ Ancient system of medicine & principles will provide an insight which will provide facts in right perspective. The modern system of medicine provides detailed observations that will make medical data practically usable



SLEEP AND HEALTH

Dr. Suresh Babu BNYS MD Yoga
Department of Yoga Therapy

Sleep is a naturally recurring state of mind and body, characterized by altered consciousness, relatively inhibited sensory activity, inhibition of nearly all voluntary muscles, and reduced interaction with surroundings . It is a reversible condition of reduced responsiveness usually associated with immobility . Most of the adults take 7 hours of sleep during night time. Though recent research reports state the numbers are far less compared to previous decade. Post covid pandemic currently the sleep-wake hour has been badly affected in both urban and rural populace. Adequate hours of sleeping are required for all the levels of well-being such as physical, mental, social and emotional levels to remain healthy. Good sleep is essential to good health, like diet, physical activity, positive thinking sleep also proves to be an essential element for good health.

Where as Sleep Deprivation is a condition of not having enough sleep: it can be chronic and acute depending on the chronicity of the case, it becomes a risk factor for many non-communicable diseases in adults. Some studies have also linked sleep deprivation with poor academic performance in young population. Recent evidence also suggests that , high school students with lower sleep times (7.5 hours) shows higher levels of perceived stress, mood disturbance, suicidal ideation, unhappiness, interpersonal problems, poor perceived health, school absence due to illness and fatigue .

A proper healthy lifestyle and proper dietary habits tends to have a positive effect on sleep variables. Yoga through its diverse psychophysical practices involving asana, pranayama, relaxation and meditation practices address physical, mental and spiritual well-being and gives a holistic approach towards body and mind . The practice of yoga heals and strengthens the body, sharpens the mind, and calms the spirit. By practicing yoga one's body and mind is challenged in way of experiencing Stretching and Relaxation , Which might be the possible reason for enhancing sleep quality . .

Research evidences suggest that Yogic practices are helpful in prompting psychological, neuroendocrine and cognitive parameters. Many practices of yoga have shown to have significant effect on sleep quality, sleep duration, day-time sleepiness. Practice of yoga have also shown to reduces perceived stress & improves adaptive autonomic response to stress. Practice of yoga regularly as part of their dinacharya, one can lead a healthy life.



WHY IS SLEEP ESSENTIAL TO HUMANS?

Dr. Sophia Preethi
Lecture / MO

“Drown in your dreams to,
Renown in your peace,
Crown you with sleep”

Everything in this world whether living or non-living, needs few hours of rest to rejuvenate and prepare itself for next phase of work. A man/woman is not exception they too need proper rest.

Types of sleep

There are two types of sleep. They are;

1. REM sleep

Occurs 90mins after falling asleep. Your eyes move side to side rapidly behind closed eyelid. Most dreams occur during this phase.

2. Non- REM sleep

It is a period of light sleep before you enter a deep sleep Here your muscles are very relaxed and it may be difficult to awaken you.



Functions of night

The human body is built upon combination of different types of cells. The cells take energy provided through food and start building nutrients essential for the body mostly at night time.

Some major categories of these cells are;

- ⊙ Skin cells
- ⊙ Muscle cells
- ⊙ Nerve cells
- ⊙ Blood cells
- ⊙ Cartilage cells
- ⊙ Bone cells
- ⊙ Stem cells
- ⊙ Reproduction cells

Digestion

Digestion of food is essential for energy to cells for their function. During night time the intestinal motility is very quick compared to day time. Parasympathetic action is increased while all other body muscles in body are at rest. Thus, food eaten is quickly emptied and digested in the digestive tract.

Melatonin

This is secreted by the pineal gland at night. The secretion starts only when light stops falling into the eyes. Then the optic nerve commands the brain to start secretion of melatonin by pineal gland. Then they increase immune cells from the body like;

- NK cells
- CD4+ cells
- T- helper lymphocytes
- CD8+ cells(increase only in elder individuals)





Activity of Brain

Brain is similar to heart in terms of non-stop function. But during sleep the brain does not act based upon voluntary thought process, it mainly functions to organize all organs of the body and to sometimes satisfy inner desires in the form of dreams.

Waves of brain:

The brain is the controller of whole body. It produces waves during different situations. They are;

- ⊙ Alpha(produced during the resting state for the brain)
- ⊙ Beta(normal waking state of consciousness when attention is directed towards cognitive tasks)
- ⊙ Gamma(expanded consciousness and spiritual emergence)
- ⊙ Delta(deepest meditation and dreamless sleep)
- ⊙ Theta(senses are withdrawn from the external world and focused on signals originating from within)

What is an ideal sleep?

An ideal sleep is when one follows the proper time;

Circadian rhythm & Sleep wake homeostasis

Also called as the biological clock. These makes a person feel sleepy at night and wake up at morning based upon the changes in light, temperature, Etc. Following this pattern properly gives the cells proper time to rejuvenate. Healthy eating, proper sleeping time.

Ideal sleep time :

- ⊙ The sleep time varies based upon age. They are;
- ⊙ 4-12 months: 12 to 16 hrs/24 hrs
- ⊙ 1-2 yrs : 11 to 14 hrs/24 hrs
- ⊙ 3-5 yrs : 10 to 13 hrs/24 hrs
- ⊙ 6-12 yrs : 9 to 12 hrs/24 hrs
- ⊙ 13-18 yrs : 8 to 10 hrs/24 hrs
- ⊙ 18-60 yrs : 7 to 8 hrs/ night.

“Sleep tight tonight for next day light”



RECIPE

Dr. Anju K Paily
Lecturer / MO

AVIYAL

Aviyal is a protein rich side dish which is made up of multiple vegetables and grated coconut. It is rich in multiple vitamins, minerals, and essential nutrients. It is also famous for its fibre content. Aviyal is advised for condition like malnutrition and obesity. Let us check how to make this simple and tasty dish.

Ingredients

- ⊙ Vegetables: Pumpkin, carrots, onion, potatoes, cucumber, drumsticks, yam, raw plantain, bottle gourd, ivy gourd, tomato, long beans (Any vegetable can be added according to your need).
- ⊙ Curry leaves
- ⊙ Grated coconut – Half cup
- ⊙ 1 tsp cumin seeds
- ⊙ 1 tsp garlic paste
- ⊙ 3-4 green chillies
- ⊙ 2-3 tbsp coconut oil
- ⊙ Salt to taste



Method of preparation

Clean and cut all the vegetables lengthwise. The vegetables should be about 1 1/4 inch long and about half an inch in thickness. In a pan or earthen pot, take the vegetables that take longer time to cook like Yam. Pour in little water and cook. After few minutes, add remaining vegetables. Add salt if needed. Let it cook. Meanwhile, grinded cumin seeds, garlic and green chillies with 1/4 tsp of turmeric powder is added. Drop the ground coconut and curry leaves into the cooked vegetables and stir it gently without breaking up the vegetable pieces. Cover and let it cook for just 1 minute. Turn off the heat and pour in coconut oil. Aviyal is ready to serve. Adding yogurt is also advised for taste.



GREEN LEAFY VEGETABLE SOUP

Dr. Anju K Paily
Lecturer / MO

Green leafy vegetable soup is a warming one and easy way to get your greens in. It can be made with any greens that you have at home. It's easy to make and so healthful.

Ingredients :

- ⊙ Water
- ⊙ chopped spinach
- ⊙ Fenugreek
- ⊙ Broccoli
- ⊙ Coriander
- ⊙ Thulsi
- ⊙ 2 tsp. corn flour
- ⊙ Onion
- ⊙ Garlic
- ⊙ Ginger
- ⊙ Black pepper
- ⊙ Salt



Preparation :

Clean all the green leafy vegetables. Chop it. Pour the water in a pan and add the vegetables. Cook it for 8 to 10 minutes. In another pan heat the olive oil add garlic, ginger and onion. After 3 to 4 minutes add green leafy vegetables with cooked water and 1 tsp. corn flour to that. Salt and black pepper added for enhancing the taste. Hot soup is ready serve.

Spinach is avoided in kidney stones condition.



APARAJITA RICE

Kavya. M - Ritika. N
III BNYS

Aparajita rice is recipe made out of the extracts of blue butterfly pea flower commonly known as sangu poo and stands very beneficial therapeutically.

SERVE: 2-3 serves

INGREDIENTS:

- Blue butterfly pea flowers – 15 nos
- Rice – 1 cup
- Chopped onion – 1 cup
- Jeera – ½ tsp
- Mustard – ½ tsp
- Curry leaves – 1 sprig
- Cashewnut – 3 nos
- Salt, ghee as req.

PROCEDURE:

- Boil water with blue butterfly pea flowers and steep it for 15 minutes until the colour of water turns blue.
- Filter the water and remove the flowers.
- Wash rice and add it to the filtered extract with pinch of salt and let it boil
- Heat mud pan with ghee. First pop mustard, jeera and then add curry leaves followed by onion
- Transfer the cooked rice to the mud pan
- Garnish with cashews



THERAPEUTIC INDICATIONS:

Therapeutic value for obesity, hypertensio, baldness, Diabetes mellitus

THUTHUVALAITULSI SOUP

Thuthuvalaitulsi soup is best substitute for tea, coffee with remarkable health benefits to our lungs.

SERVES : 2-3 serves

INGREDIENTS :

- Thuthuvalai - ½ cup
- Tulsi - ½ cup
- Garlic - 4 pieces
- Onion - ½ cup
- Tomato - ½ cup
- Black pepper - 2tbsp
- Fennel - 1tsp
- Water - 2 ½ cup

PROCEDURE :

- Clean the leaves & fry them with ghee in pan.
- Add garlic, onion & tomato after chopping it finely.
- Fry them until it becomes golden color and add salt, pepper & fennel.
- Now grind all the ingredients with little amount of water. Heat until it becomes half. Serve hot.



THERAPEUTIC INDICATIONS :

This soup is highly beneficial to the respiratory diseases like asthma, bronchitis, rhinitis



REPORT ON 107TH JAYANTHI MAHOTSAVA CELEBRATIONS BY JSS INSTITUTE OF NATUROPATHY AND YOGIC SCIENCES

ACTIVITIES AT JSSINYS

Report on 107th Jayanthi Mahotsava Celebrations by JSS Institute of Naturopathy and Yogic Sciences

107th Jayanthi Mahotsav Celebrations of Srimanmaharaja Rajaguruthilaka His Holiness Jagadguru Dr. Sri. Shivaratri Rajendra Mahaswamiji, was conducted at JSS Institute of Naturopathy and Yogic Sciences on 23rd September, 2022. This auspicious program began with a prayer song praising Mahaswamiji. The chief Guest of the program was Dr. T Ravikumar, M.D(G.M), Medical Superintendent, Government Medical College and ESIC Hospital, Coimbatore. The Guest of honor of the program was Br. Vignesh Chaitanya, Chinmaya Garden Trust, Chinmaya Mission, Coimbatore. Chief guest, guest of honor, along with Principal, Dr. Dhilip. V.R and senior medical officer Dr. Ravikiran, lighted the lamp. Principal, Dr. Dhilip. V.R welcomed and addressed the guests and gathering. Chief guest then addressed the gathering giving the important messages on how vital is the education is, for individual growth and appreciated the development of educational institutions across the globe by Mahaswamiji. Guest of honor, motivated the students on choosing the noble profession and encouraged them to remain as a responsible individual in the field lifelong. A classical dance was portrayed by the students of final year BNYS. A group yoga session representing different evolved techniques adapted by yoga personalities of India was demonstrated. Students from Government High School, Mavuthampathi, Walayar, who was accompanied by their teaching staff were provided with gift kits. The chief guest and guest of honor was felicitated by Dr. Dhilip V. R and Dr. Ravikiran. Vote of thanks was proposed by the faculty. All the faculty, staff, students did the floral tribute to Mahaswamii portrait. At the end all were provided with sweets. Two Naturopathy and Yoga Medical Camp was conducted by JSSINYS at Karpagam group of Institutions and Orbito Asia Lab, Coimbatore where, health talk, practical yoga, diet consultation, vital check-up, sprouts and herbal tea distribution was done and 210 camp participants got benefitted.



CHIEF GUEST FELICITATION



**FREE GIFT FOR GOVERNMENT
HIGH SCHOOL STUDENTS**



GROUP DANCE





NATUROPATHY AND YOGA CAMP AT
ORBITO ASIA LAB,
COIMBATORE

NATUROPATHY AND YOGA CAMP AT
KARPAGAM GROUP OF INSTITUTIONS,
COIMBATORE





REPORT ON CONTINUING MEDICAL EDUCATION PROGRAM ON PHOTODYNAMIC THERAPY

Venue	: JSS INSTITUTE OF NATUROPATHY AND YOGIC SCIENCES, Coimbatore, Tamil Nadu
Date of the event	: 27.9.2022
Time	: 10:00 am – 4:00 pm
No of attendees	: 300
Organizers	: National Institute Naturopathy of Pune, Ministry of AYUSH, Government of India.

CME Summary

On September 27, 2022 Continuing Medical Education Program on Photodynamic Therapy was conducted at JSS Institute of Naturopathy and Yogic Sciences which was organized by National Institute Naturopathy, Ministry of AYUSH, Govt of India, Pune. The program focused from the basics of medical laser therapy and a range of important therapeutic concepts for Laser Acupuncture and photo Bio Modulation to its practical application as treatment modality. The focus group of this CME was final year BNYS students, pan India.

This focus group include participants from BNYS colleges,

1. JSS Institute of Naturopathy and Yogic sciences, Coimbatore, Tamil Nadu
2. Government Yoga and Naturopathy Medical College, Chennai, Tamil Nadu
3. International Institute of Yoga & Naturopathy Medical sciences, Chengalpattu, Tamil Nadu
4. Alva's College of Naturopathy and Yogic Sciences, Moodbidri, Karnataka
5. Sivaraj Naturopathy & Yoga Medical College, Salem, Tamil Nadu
6. Sree Ramakrishna Medical College of Naturopathy and Yogic sciences, Kulasekharam, Tamil Nadu

Post graduates, interns, final year students were accompanied by teaching faculty from each college. Distinguished luminaries of the program were Dr. Sathya Lakshmi, Director, National Institute of Naturopathy, Pune, Dr. N. Manavalan, Joint Director & Principal, Government Yoga and Naturopathy Medical College, Chennai, D.R. Kaarthikeyan, Ex Director, Central Bureau of Investigation of India, Mr.G.D. Rajkumar, Director of Geedieweiler, Dr.Milisha, Chairman, Ozone forum of India, Mumbai, Dr.Dhilip V.R, Principal cum Chief Medical Officer, JSS Institute of Naturopathy and Yogic. The CME presenters include Dr.Med.Michael weber, M.D, Head – European Laser and TCM Laser Academy and Dr.Yasamanzandi Mehran, Assistant Professor, Islamic acad university.

About 400 people attended the CME and got benefited from it, in terms of the therapeutic effects of laser, the way of employing laser as a treatment modality, the efficacy of laser treatment, etc. The speaker and the students engaged in a brainstorming session as well, which inspired the pupils and piqued their attention. Felicitations were done to all the dignitaries and the presenters from National Institute of Naturopathy, Pune and JSS Institute of Naturopathy and Yogic Sciences. All delegates and visitors were provided with scrumptious breakfast, healthy snacks at two recess periods and special lunch. The event concluded with a group photo shoot. Well experienced personalities from Naturopathy and Yoga, Dr. Sathya Lakshmi, Director, National Institute of Naturopathy in Pune, and Dr. N. Manavalan, Principal, Government Yoga and Naturopathy Medical College, Chennai, addressed and inspired the students from all batches of JSSINYS by the end.



FEW GLIMPSES FROM THE EVENT





REPORT ON INAUGURATION OF HOSTEL BUILDINGS AT JSS INSTITUTE OF NATUROPATHY AND YOGIC SCIENCES, COIMBATORE

The inauguration ceremony of hostel buildings of this institute was held on October 28th, 2022, at JSSINYS campus, at 11:00 am in the divine presence of H. H Jagadguru Sri Shivarathri Deshikendra Mahaswamiji, Jagadguru Sri VeerasimhasanaMahasamsthana Math, Sri SutturKshetra.

Sri. R. N Ravi, Hon'ble Governor of Tamil Nadu was the Chief Guest of the function and Dr. Sudha Seshayyan, Vice Chancellor, The Tamil Nadu Dr.M.G.R Medical University, Chennai was the Guest of honour.

The Chief Guest, Sri. R. N. Ravi, Hon'ble Governor of Tamil Nadu arrived at girl's hostel premises at 11.00 A.M. After the Guard of Honour by the police personnel, the Hon'ble Governor was received by Sri. S. P. Manjunath, Secretary-1, JSSMVP and Dr. C. G. Betsurmth, Executive Secretary, with vedaghosha, poornakumbha, mangalavadya ceremony and escorted to the dharshan pandal, where H. H. Mahaswamiji blessed the Hon'ble Governor. Then H. H Mahaswamiji accompanied the Chief Guest and Guest of Honour to visit the Naturopathy and Yoga Exhibition organized by the institute. Dr. Venkatesh and Dr. Vijayaraghavan have explained in detail about the purpose of the exhibition and benefits of Naturopathy and Yoga system, and also explained on Lifestyle behavior changes to maintain good health by natural way without side-effect.

Then H. H Mahaswamiji and Guests have proceeded to the hostel entrance to participate in ceremonial pooja. After the pooja, Hon'ble Governor of Tamil Nadu, in the divine presence of H.H Mahaswamiji, Guest of Honor, and other dignitaries, unveiled the hostel buildings plaque. The Chief Guest also untied the ribbon to mark the opening of the hostel buildings. Following this, the Chief Guest and other dignitaries were taken to the dais through the hostel buildings.

The dais program started with national anthem followed by Tamil Thaaivazhthu in the divine presence of H. H Jagadguru Sri Shivarathri Deshikendra Mahaswamiji. The Guest of Honor, Dr. Sudha Seshayyan, Vice Chancellor, Tamil Nadu, Dr.MGRMedical University, Chennai, Sri S. P. Manjunath, Secretary, JSS Mahavidyapeetha, Dr.C.G. Betsurmth, Executive Secretary, JSS Mahavidyapeetha, Dr. B.Suresh, ProChancellor, JSS, AHER, Sri. R. Mahesh Director, Medical Education Division, JSSMVP were seated on the dais along with Chief Guest Thiru.R.N.Ravi, Hon'ble Governor of Tamil Nadu.

Followed by invocation by the students, lighting of lamp was held by the chief guests and other dignitaries on the dais. Dr. B.Suresh, Pro Chancellor delivered welcome speech. The chief guests and other dignitaries were honored by H.H Mahaswamiji. Dr. Sudha Seshayyan, ViceChancellor, Tamil Nadu, Dr.MGRMedical University, Chennai in her speech, pointed out that deviation of mankind behavior against nature results in the ailments. Even the musculoskeletal ailments seen nowadays is observed to be increasing mainly due to the mankind attitude to stand always erect against the nature. She appreciated the JSSINYS contribution during the time of COVID-19 pandemic.

His Holiness Jagadguru Sri Shivarathri Deshikendra Mahaswamiji blessed the gathering and Mahaswamiji highlighted the core value and meaning of Nature cure practices. He mentioned the value should be notified and practiced by the mankind. H. H Mahaswamiji commended and highlighted eye-opening achievements made by the Hon'ble Governor. Swamiji appealed the guests and prompted to



visit the Naturopathy and Yoga Exhibition to get more knowledge and information. The Hon'ble Governor in his inaugural address appreciated the vision, mission, activities and achievements of JSS Mahavidyapeetha. He mentioned that culture of Sanatana Dharma and the Yoga and Naturopathy education system which is one of the traditional systems of Indian medicine, has got sharing values especially regarding way of life. He also added that Yoga is not just asana or physical exercise, Yoga is manifestation of SanatanaAdhyatma, bringing us together in unison, unity with the whole creation. He mentioned on bringing about strong basis for Naturopathy to have importance in future.

Dr. Dhilip V. R, Principal, JSSINYS, proposed vote of thanks. Prof. Dr. S. P. Dhanabal, Principal, JSS College of Pharmacy, Ooty was the compere of the program. The inaugural function came to an end with National Anthem.

HOSTEL BUILDING INAUGURATION





INAUGURATION FUNCTION



YOGA AND NATUROPATHY EXHIBITION



**“NUTRIMMUNE”
A DEFENSE PRO KIT TO REGULATE
IMMUNITY, WHICH CONTAINS**

1. Vitamla Naturista,
2. Immune decoction
3. Instant Immune drink



**FOR ORDERS CONTACT US:
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DIRECTION FOR USE

- Add 2 to 3 drops during steam inhalation
- Avoid direct application on open wound
- Keep away from children

**FOR ORDERS CONTACT US:
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JSS NATURE CURE & YOGA HOSPITAL

(A Unit of JSS Mahavidyapeetha, Mysuru)

Navakkarai, Palakkad Highway, Coimbatore - 641 105. TN.



Human body has got remarkable recuperative power; if scope is given it can heal itself, if you do not interfere with chemicals or knife. JSS Nature Cure and Yoga Hospital is the right place for you to step in, to step out with a revitalized body and a rejoicing mind.

Diet Therapy



Acupuncture



Steam Bath



Vibro Massage



Mud Therapy



- ☞ Full-fledged 150 bedded Naturopathy and Yoga Hospital with modern amenities and equipments
- ☞ Treating successfully various medical conditions such as

Allergic diseases	Obesity
High/low BP	Digestive Disorders
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

Diet and Nutrition therapy, Yoga therapy, Juice Fasting therapy, Hydrotherapy (Colon Hydrotherapy, Deluxe Hydro Massage, sauna and steam bath, Whirlpool bath, Douches, Packs etc.), Acupuncture and acupressure, Physiotherapy, Magnetotherapy, Chromotherapy etc..

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

Want to rejuvenate yourself in a day then step in to JSS

ONE DAY NATUROPATHY AND YOGA / MEDITATION REJUVENATION PACKAGE

Rejuvenate 'n' revitalize with our life style consultation, Massage, Steam bath, Yoga, Health talk, Lip smacking Naturopathy lunch, Health shop and Herbal Garden visit

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

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