

ISSUE 12 | VOL. 1 | SEPTEMBER 2024

NATURE

A JOURNEY WITH NATUROPATHY AND YOGA

VOICE OF SVNYMC

THINK GREEN, LIVE CLEAN

"LOOK DEEP INTO NATURE, AND THEN YOU
WILL UNDERSTAND EVERYTHING BETTER."

@SVNYMC

SVNYMC VOICE



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EVENTS :

**Onam celebrations
at Vivekanandha
Educational
Institutions,
Sangakiri, Salem**

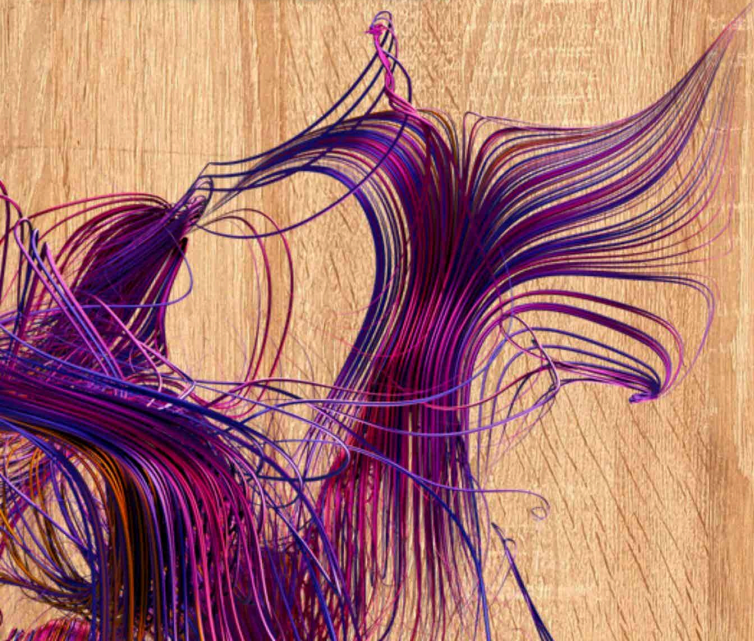


Onam was celebrated at VEI Sangakiri on 20.9.24 with the BNYS, Nursing, Pharmacy and Arts and Science students together making the Pookalam, performing Bharatham, Thiruvathira Kali and Other beautiful dance forms. The Traditional Chanda melam by the Kshethravadhya kala nilayam neendoor kottayam, Kerala was a massive event. Traditional games like Vadam vali (Tug of war) Bottle bangle, Sack race, Candle light race were the highlights of the event.

EVENTS :

Swamy Vivekanandha Naturopathy and Yoga Medical College and Hospital Salem conducted Free Naturopathy and yoga Medical camp at Tiruchengode Lorry Association Club, T.Gode on 21.09.2024.

Promotion of Positive Health talk, Free consultations, Vitals check up, Dietary advices and Yogic practices were enthusiastically received by around 36 beneficiaries.



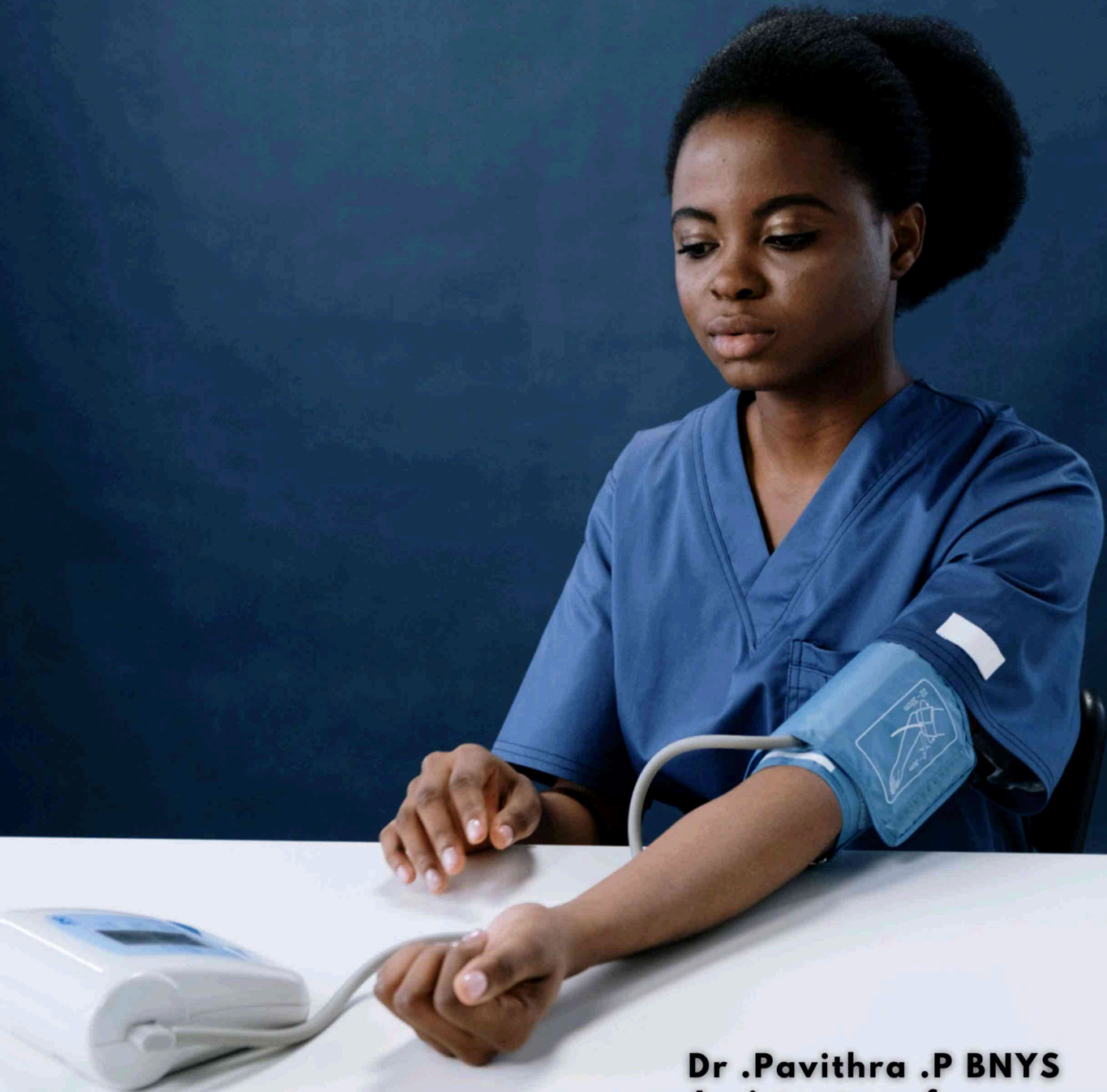
EVENTS :

The 1st-year students from SVNYMC recently embarked on a fun-filled 2-day trip to Ooty and Black Thunder as part of their Batch Day celebrations. It was a wonderful opportunity for them to bond and create memories with their fellow batchmates.



Swamy Vivekanandha Naturopathy and Yoga Medical College and Hospital, Salem, on account of the Health awareness campaigns, delivered an informative Health talk on the title *HOW TO IMPROVE YOUR MEMORY POWER* for Swamy Vivekanandha Allied Science, Thiruchencode on 11.09.24 with Assistant professors/ Medical officers Dr.Gomathi.S and Dr.Barkavi as Resource persons. Around 300 Students and 33 Faculties were benefitted and received Free Consultations, Yoga sessions, Dietary Advices, Vital Check up

MEDICAL FEATURE : “ HYPERTENSION, ”



**Dr .Pavithra .P BNYS
Assistant professor cum
medical officer
Swamy vivekanandha
naturopathy and yoga medical
college and hospital,
Salem ,sankari.**

“HYPERTENSION UNVEILED: UNDERSTANDING THE SILENT THREAT TO HEART HEALTH”

Hypertension (HTN) also known as high blood pressure, is a long-term medical condition in which the blood pressure in the arteries is persistently elevated. The systolic blood pressure will be more than or equal to 140 mm Hg, The diastolic blood pressure will be more than or equal to 90 mmHg.

“THE CLINICAL STAGES OF HYPERTENSION: FROM EARLY WARNING TO ADVANCED RISK”

Normal: systolic less than 120 mm Hg
diastolic less than 80 mm Hg

Pre hypertensive: systolic between 120-129 mmHg diastolic more than 80 mm Hg

Stage 1: systolic between 130-139 mm Hg diastolic between 80-89 mm Hg

Stage 2: systolic above 140 mm Hg diastolic above 90 mm Hg

Hypertensive crisis: systolic higher than 180 mm Hg diastolic higher than 120 mm Hg.

UNRAVELING THE CAUSES: UNDERSTANDING THE ETIOLOGY OF HYPERTENSION

PRIMARY HYPERTENSION: It is the elevation in BP without an identified cause.

SECONDARY HYPERTENSION: It is the elevation in BP with an identified cause.

CAUSES INCLUDES:

- Renal diseases
- Endocrine disorders like cushing's syndrome
- Neurological disorders like brain tumors
- Head injury



RISK FACTORS :

Age: chance of coronary heart disease after 50 yrs of age Alcohol, smoking, diabetes mellitus, for example :

Excessive intake of sodium, Hereditary, Obesity Sedentary life style, Stress

MANAGEMENT FOR HYPERTENSION :

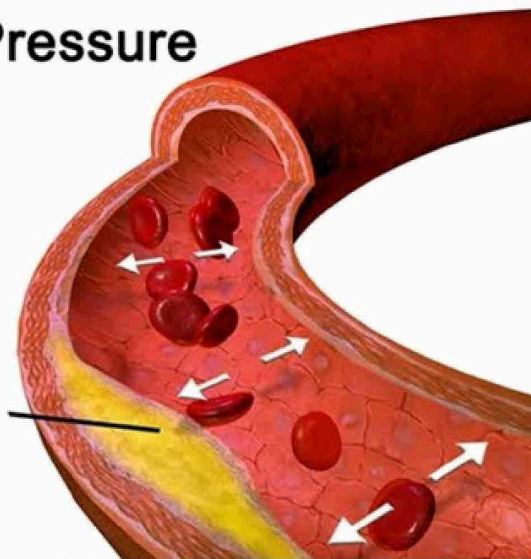
DASH DIET (Dietary approach to stop hypertension) Eat more fruits, vegetables, and low fat dietary foods Cut back on foods that are high in saturated fat, cholesterol, and trans fat

Eat more whole grainfoods, and nuts Limit Sodium, Sweets, sugary drinks In research studies people who were on the DASH diet lowered their blood pressure within 2weeks. You can make gradual changes. For instance, start by limiting yourself to 2,400 milligrams of sodium per day (about 1 teaspoon)

High Blood Pressure

Can lead to heart disease and risk of stroke

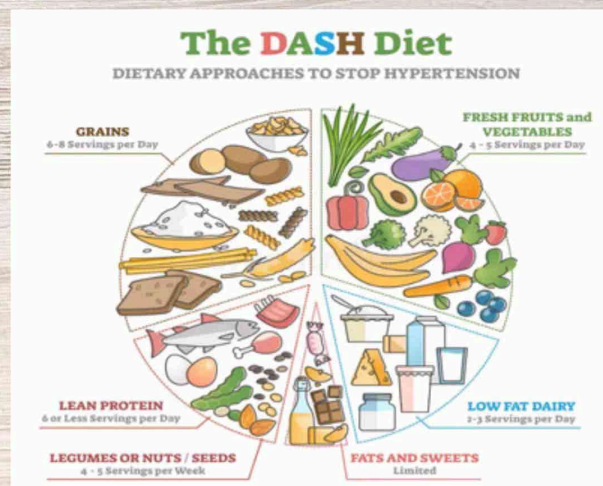
Atherosclerosis



PATHOPHYSIOLOGY:

The normal blood pressure is maintained by four mechanism.

**SYMPATHETIC NERVOUS SYSTEM.
VASCULAR ENDOTHELIUM.
RENAL SYSTEM.
ENDOCRINE SYSTEM.**



FOODS THAT LOWER BLOOD PRESSURE



LEAFY GREENS

rich in potassium and helps your kidneys get rid of sodium through urine

e.g. spinach



BERRIES

Berries, especially blue berries, are rich in natural compounds called flavonoids

Studies found that consuming these compounds might prevent hypertension and helps to lower blood pressure



BEETROOT

Beets are high in nitric oxide, which can help open your blood vessels and lower blood pressure.



OATMEAL

Oatmeal has high fibre, low fat and low sodium way to lower blood pressure



BANANA

Banana is rich in potassium, according to the American heart association potassium reduces the effects of sodium and alleviates tension in the walls of the blood vessels.

- Adult males-3,400 mg
- Adult females-2,600 mg



WATERMELON

Watermelon contains an amino acid called citrulline. The body converts citrulline to arginine and helps the body produce nitric oxide, a gas that relaxes blood vessels and encourages flexibility in arteries.

These effects aid blood flow, which can lower blood pressure.

HYDROTHERAPY :

Spinal bath

Spinal spray

Kidney pack

**Ice massage to head,
neck and spine**

Hot foot immersion



EFFECT :

Reduce overdrive from the sympathetic nervous system.

Improve the ability of the blood vessels to dilate.

Increase sodium and water excretion.

Improve blood flow to the kidneys.

(Any factor that decreases blood flow to the kidneys increases blood pressure)

SCIENTIFIC EVIDENCE ON KIDNEY PACK :

The kidneys are located between where your last ribs meet the vertebrae. Over 40 percent of hypertensive individuals are sodium sensitive.

Thus they tend to retain salt.

Physiologically, where sodium goes, water will follow.

If extra sodium stays in the blood instead of being passed through the urine, the blood volume increases, and this raises the blood pressure.

By improving urinary output, a diuretic makes it easier for the kidneys to release unnecessary amounts of sodium and water. A hot fomentation placed over the kidneys for twenty minutes, twice a day, improves urinary output and also improves blood flow to the kidney.

SPINAL BATH AND SPINAL SPRAY :

Neutral spinal bath for 20 minutes calms the overactive sympathetic nerves and improves blood flow to the kidneys.

NEUTRAL TUB BATH/NEUTRAL IMMERSION BATH:

The neutral tub bath is immersing in water whose temperature ranges from 94° to 97° fahrenheit

A neutral tub bath can induce relaxation and lower elevated blood pressure. This treatment helps to calm the overactive sympathetic nervous system.

MESSAGE :

**reduces the stress and relaxes the mind, which in turn lowers the blood pressure .massage helps to increases the blood circulation.
full body massage**



MUD THERAPY :

**Partial mud application cooling effect of mud helps to lower the blood pressure
full mud bath**



CHROMOTHERAPY :

**Blue light in the form of charged water
Exposed to blue light.**



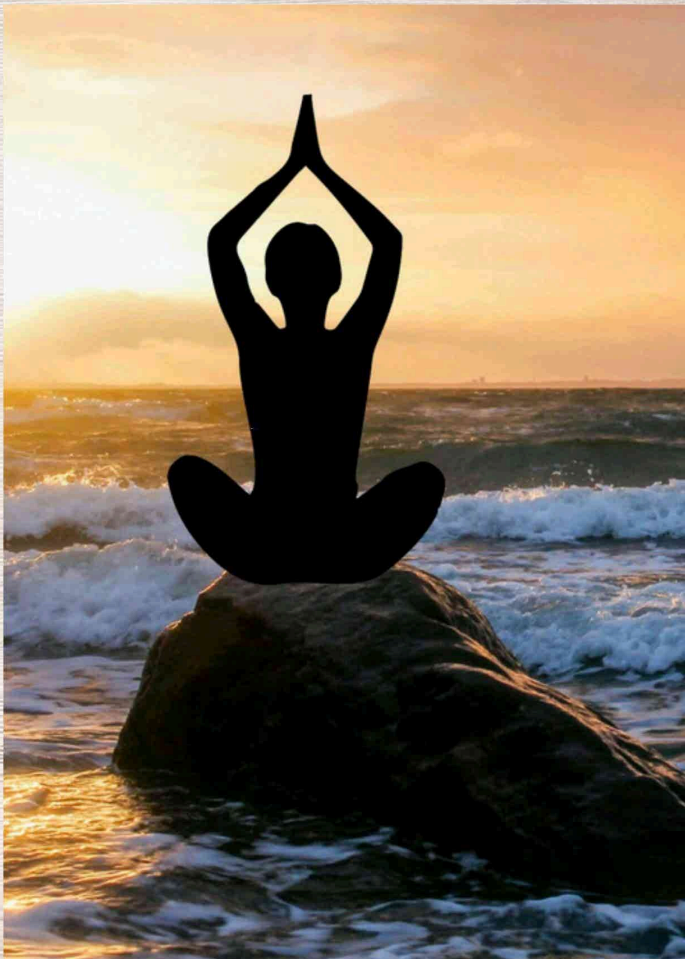
ACUPUNCTURE POINTS :

GB20 (Gallbladder 20)
GV 20 (Governing Vessel 20)
LI 11 (Large Intestine 11)
LI 4 (Large Intestine 4)
ST 36 (Stomach 36)PC 6
(Pericardium 6)
GB 34 (Gallbladder 34)
LV 3 (Liver 3)HT7(Heart



YOGA:

Breathing exercises, Cooling pranayama, Nadi shodhana pranayama-balances both the Nadi, Sheetal, Sheetkari.



PHYSIOLOGICAL EFFECT OF ASANAS:

All back bends stimulate the central and increases ability They help to relieve and prevent headaches, hypertension, nervous exhaustion. Since the body is in horizontal position in forward bends, the heart is relieved of the strain of pumping blood against gravity and blood circulates through all parts of the body easily. The arteries of the legs are stretched, increasing the blood supply to the lower limbs, and preventing thrombosis.



Swamy Vivekanandha naturopathy and yoga
Medical college and hospital
Sankari,salem-637303



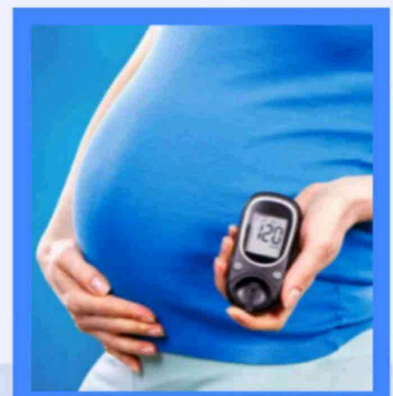
GESTATIONAL DIABETES MELLITUS



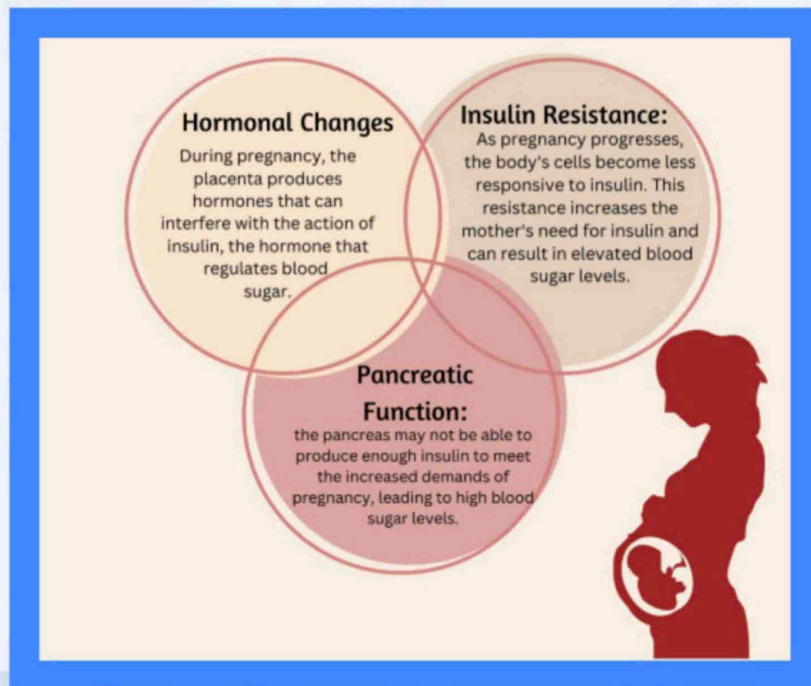
M.Rumana
3rd Batch
XIDUCIANS

Definition:

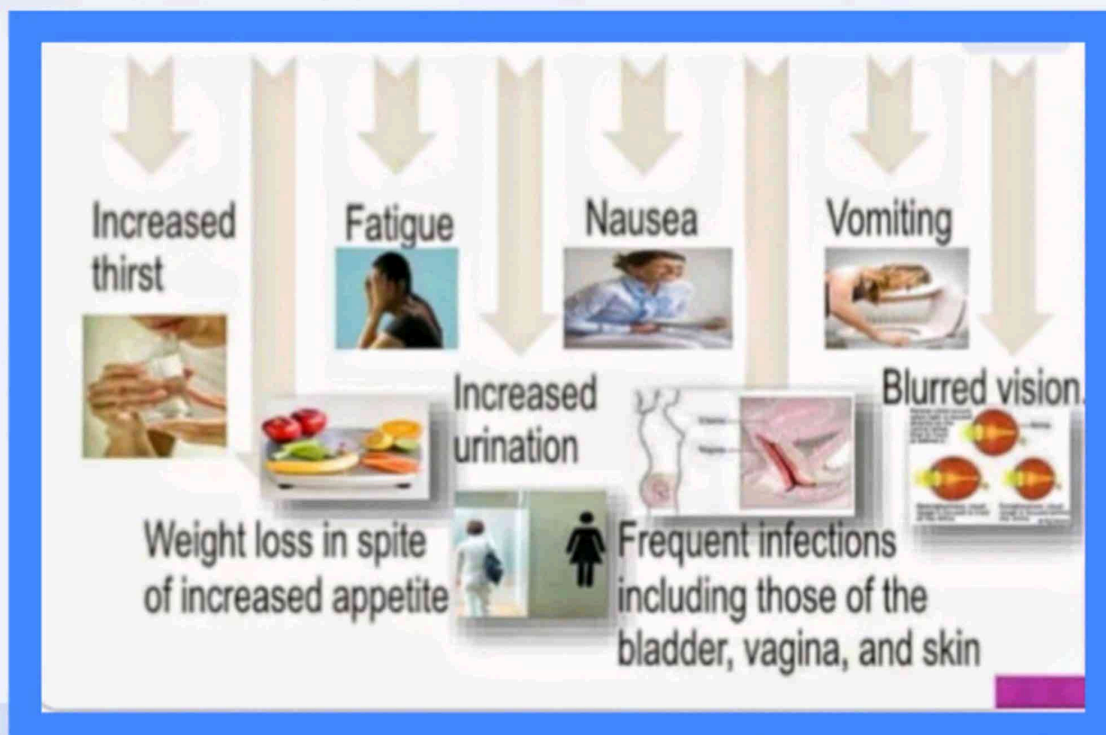
- Gestational Diabetes Mellitus(GDM) Is Defined As Impaired Glucose Tolerance With Onset Or First Recognition During Pregnancy
- Around 9% of pregnancies are affected by GDM
- It Is The Common Complications Of Pregnancy



Etiology of GDM :



Signs And Symptoms :

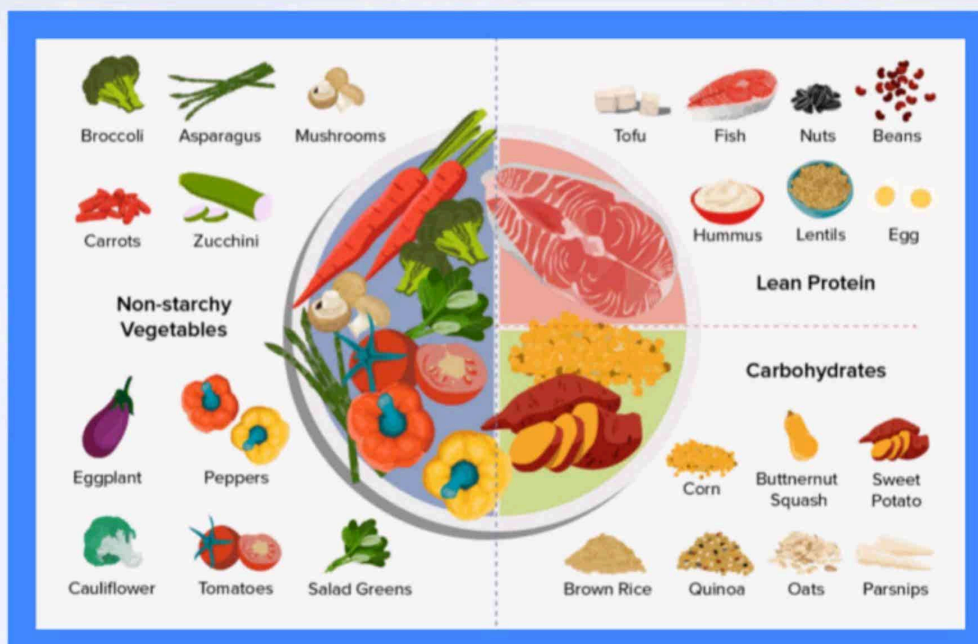


Risk Factors for GDM:



- Family history
- Obesity
- Previous history of large baby
- Polycystic ovarian disease
- Lack of physical activity
- Age of the pregnant women

Diets Of GDM:



Yogasana for GDM:



Pranayama for GDM :



Mudra's for GDM :



Research Study:

Nutrition Therapy in Managing Pregnant Women With Gestational Diabetes Mellitus: A Literature Review

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Abstract

Objective: Gestational diabetes mellitus is the most common metabolic and endocrine perinatal complication and is a growing health problem worldwide. Considering the fetal programming and its contribution as one of the evolutionary origins of human diseases, it is very important to improve the glucose metabolism in pregnant women, determination of other nutrients, preventing excessive accumulation of fetal fats, emphasis on weight loss measures before pregnancy, dietary intake with low-fat healthy food and prevention of abundant weight loss. In this paper, we have provided a brief review on dietary intake and dietary interventions in GDM from the perspective of nutrition science attending the physiopathology and etiology of the disease.

Material and methods: Electronic search for English and Persian articles has been performed in databases, including Google Scholar, PubMed, Scopus, Cochrane central, Science direct, ISC, SID, Magiran, Iran Medex, and Med Libby key words: gestational diabetes, gestational diabetes mellitus, nutrition, macronutrient, micronutrient, Diabetes. All available articles (cross-sectional, descriptive-analytic, and clinical studies with desirable design and review quality studies) were used. Reference books including Krause's Food and the Nutrition Care, The Williams Obstetrics editions of the 14th (2017) and the 24th edition (2014) were also reviewed.

Results: Nutrition therapy and physical activity are the initial treatment of GDM. Proper and flexible methods of nutrition therapy that successfully regulate maternal glycaemia while improving expected fetal growth have extensive concepts. Meanwhile, dietary supplements with proven beneficial effects can play an important role in improving deficiencies and improving the metabolic profile of patients.

Conclusion: Nutritional management is the main treatment for gestational diabetes mellitus and overweight/obesity is the principal context in patient counseling and interventions during pregnancy. Despite extensive researches carried out, this field is an active research area and requires more clinical research to minimize maternal and fetal complications.

Keywords: Pregnancy, Gestational Diabetes Mellitus, Medical Nutrition Therapy

Research Study:

RESEARCH ARTICLE

Physiological effects of yoga asanas and pranayama on metabolic parameters, maternal, and fetal outcome in gestational diabetes

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ABSTRACT

Background: Gestational diabetes affects the health of the women, the fetus, and even after birth, the baby or child. Studies related to the assessment of the effects of yoga and pranayama on metabolic parameters, maternal and fetal outcome among gestational diabetic patients are inadequate. **Aim and Objectives:** The aim of the present study was to assess the effects of yoga and pranayama on metabolic parameters, maternal and fetal outcome in gestational diabetes. **Materials and Methods:** A total of 162 gestational diabetic patients were recruited in the study; after removing the drop outs, 75 of them did specific yoga and pranayama (test group) for 3 months and the remaining, blood sugar-matched, 76 patients were recruited as (control group) who were not on any yoga practice. The data obtained were analyzed using appropriate statistical methods such as mean, standard deviation, and *t*-test for paired data and categorical data were analyzed using Chi-square test ($r \times c$ table). *P* value was considered significant below 0.05. **Results:** Analysis of data showed statistically significant difference between metabolic parameters, maternal and fetal outcome of mothers with gestational diabetes mellitus (GDM) between yoga group and control group $P < 0.01$. **Conclusion:** Yoga and pranayama significantly decrease blood glucose level which in turn can prevent adverse maternal and fetal outcomes of GDM. Safety during pregnancy is paramount and exercises such as low exerting forces such as yoga can be safe for both mother and fetus.

KEY WORDS: Gestational Diabetes; Yoga Asanas; Pranayama; Maternal and Fetal Outcome

Thank you...



SATVIK KITCHEN :

5 Star Chefs of the Month

**2 small Beetroot, 1/2 cup
Boiled white channa, Chopped
2 Onion, 2 tbsp Cumin
powder, 1tbsp coriander
powder, Coriander leaves**

BEETROOT CHICKPEA CUTLET

LET'S MAKE SOME BEETROOT CHICKPEA CUTLET :

Soak the channa overnight Drain the water and boil the channa and smash it Boil beetroot and smash it well. Mix the smashed beetroot and channa. Add cumin powder, coriander powder, coriander leaves, onion on the mixture of beetroot and channa Mix them thoroughly Shape the mixtures into small patties Roast the patties on tawa.



**By
Mani Bharathi.K
Meenakshi.R
BNYS 1st year part-1**

A NUTRITIOUS DELIGHT FOR A HEALTHIER YOU

Supports Heart Health: Fiber, potassium, and antioxidants reduce cardiovascular risk.

May Help Lower Cholesterol: Soluble fiber in chickpeas binds to bile acids.

Aids in Weight Management: Fiber and protein promote satiety.

Supports Healthy Gut Bacteria: Prebiotic fiber in chickpeas.

May Help Regulate Blood Sugar: Fiber and antioxidants slow glucose absorption.

SATVIK KITCHEN :

4 Star Chefs of the Month

little Millet - 200gm

Jaggery - 125 gm

Peanut - 100 gm

Moong Dal - 100 gm

LITTLE MILLETS LADDU

LET'S MAKE SOME

Heat the pan and add little millet and roast it. Add Moong Dal and Peanut in pan and roast it until golden brown color comes separately.

Now transfer the little millets and Dal into the mixer and grind it into Powder, Now grind the peanut into powder. Transfer the mixture into a bowl and mix it well. Add the jaggery into the mixture and add few drops of hot water. Make small balls and the laddu is ready to serve.



**By
Mahashree.A
Madhusudhana.DL
BNYS 1st year part-1**

LITTLE MILLET LADDU: A NUTRITIOUS

DELIGHT FOR A HEALTHIER YOU

Gluten-free and hypoallergenic, suitable for celiac patients. Rich in antioxidants, protecting against oxidative stress. High fiber content aids digestion, satiety, and weight management. Good source of iron, supporting healthy red blood cells. Calcium and phosphorus support bone health. Potassium helps regulate blood pressure. Low glycemic index, beneficial for diabetes management. Supports healthy gut bacteria.

SATVIK KITCHEN :

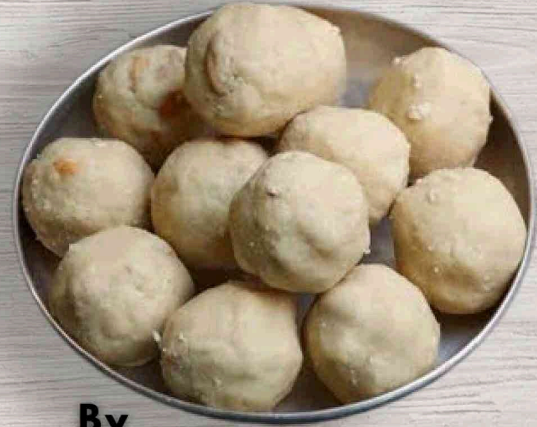
3 Star Chefs of the Month

**1cup roasted gram,1/2 cup ghee,1/2 cup powdered jaggery,
2-3cardamom
1/4 teaspoon salt, 1 tablespoon chopped coconut**

POTTUKADALAI LADDU

LET'S MAKE SOME

Roast the pottukadalai in a pan until fragrant.Grind the roasted pottukadalai into a fine powder,Heat the ghee in apan and add the powdered jaggery.Stir until the Jagger dissolves and the mixture thickness.Add the ground pottukadalai,cardamom and pinch of salt to the pan.Mix well and cook for 2-3 minutes.Remove from heat and let cool slightly.Shape into small laddoos(balls) and garnish with chopped coconut. Now the sweet is ready to serve.



**By
JASMINE DYANA
JAYAPRIYA.S
Bnys 1st year part -1**

A NUTRITIOUS DELIGHT FOR A HEALTHIER YOU

Rich in Fiber contains dietary fiber, which can help with digestion and bowel movements.Low Calories in Pottukadalai is relatively low in calories, making it a guilt-free snack.Good Source of Mineral like iron, zine, and potassium.Antioxidant Properties in Pottukadalai contains antioxidants that can help protect against cell damage and reduce inflammation.Supports Heart Health like The fiber, protein, and potassium in pottukadalai can help support heart health.Can Help Manage Blood Sugar The fiber and protein in pottukadalai may help slow down sugar absorption and manage blood sugar levels.Supports Healthy Gut Bacteria: Pottukadalai contains prebiotic fiber that can help feed good gut bacteria.

Future Goal:

PIONEERING THE PATH TO HOLISTIC HEALING IN NATUROPATHY



Neega Sree
4th batch BNYS

Joining college after disciplined and restricted life of school seems a period of permanent happiness and freedom to every student

College life is one of the most memorable years of one's life. It is entirely

Different from school life, college life exposes us to new experiences and things that we were not familiar with earlier

For some people, college life means enjoying life to the fullest and partying hard.

But, being a medical student is certainly a daily challenge,

regardless of your passion for medicine. Students life can be stressful and overwhelming at times, due to the hard work and long hours split between studying and training rounds at the hospital.

MY AIM TO BECOME A DOCTOR :

To become a doctor it is very hard and not a very easy task But it is my ambition to become a doctor and treat many people and when I become a doctor I will be very kind to the poor and the needy people who are not able to get their treatment I will treat them without taking any charges from them as helping the people will be my primary duty and practice that when I become a doctor.

NATUROPATHY AS ACAREER:

Naturopathy is a form of health care that combines modern treatment with traditional methods. It includes alternative, natural therapies to modern medicine.

Naturopathy focuses on:

- the body's capacity to heal itself**
- preventing health problems**
- a personal responsibility to optimize health**
- Naturopathy treatment plans focuses on education and prevention. They often emphasize diet, exercise, and stress management.**

STUDY OF BNYS:

Studying BNYS encourages personal growth, self awareness, and mindfulness, enabling students to cultivate a deeper understanding of their own health and well-being while promoting these principles in others.

CONCLUSION :

Doctors all over the World are given the stature next to God. it happens mostly because they are lifesavers who work tirelessly for mankind. Moreover, being a doctor is considered one of the most sought-after professions.

People want their kids to become doctor and they instill this dream in them from an early age.

GALLERY :



GALLERY :



GALLERY :



GALLERY :



VIVEKANANDHA EDUCATIONAL INSTITUTIONS

TIRUCHENGODE CAMPUS

- ★ SWAMY VIVEKANANDHA MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE
- ★ VIVEKANANDHA DENTAL COLLEGE FOR WOMEN
- ★ SWAMY VIVEKANANDHA COLLEGE OF PHARMACY
- ★ VIVEKANANDHA COLLEGE OF NURSING
- ★ VIVEKANANDHA SCHOOL OF ANM
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- ★ KRISHNA INSTITUTE OF OPTOMETRY AND RESEARCH
- ★ VIVEKANANDHA INSTITUTE OF HEALTH SCIENCE & RESEARCH (Boys)
- ★ KRISHNA INSTITUTE OF HEALTH SCIENCE (Boys)
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- ★ VIVEKANANDHA INSTITUTE OF INFORMATION AND MANAGEMENT STUDIES
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- ★ VIVEKANANDHA COLLEGE FOR WOMEN
- ★ VIVEKANANDHA COLLEGE OF EDUCATION FOR WOMEN
- ★ KRISHNA COLLEGE OF EDUCATION FOR WOMEN
- ★ KRISHNASHREE COLLEGE OF EDUCATION FOR WOMEN
- ★ VIVEKANANDHA VIDHYA BHAVAN MATRIC HIGHER SECONDARY SCHOOL
- ★ VIVEKANANDHA MEDICAL CARE HOSPITAL (VMCH)
- ★ THIRU BALAJI SCAN CENTER
- ★ ALLWIN GROUP OF COMPANIES
- ★ M.K.G. FOODS AND FEEDS
- ★ M.K.G. ENTERPRISES

SANKAGIRI CAMPUS

- ★ SWAMY VIVEKANANDHA NATUROPATHY AND YOGA MEDICAL COLLEGE (Co-Ed)
- ★ VIVEKANANDHA PHARMACY COLLEGE FOR WOMEN
- ★ VIVEKANANDHA NURSING COLLEGE FOR WOMEN
- ★ VIVEKANANDHA ANM SCHOOL
- ★ VIVEKANANDHA INSTITUTE OF HEALTH SCIENCE (Boys)
- ★ VIVEKANANDHA ARTS AND SCIENCE COLLEGE FOR WOMEN
- ★ RABINDHARANATH TAGORE COLLEGE OF EDUCATION FOR WOMEN
- ★ VISWABHARATHI COLLEGE OF EDUCATION FOR WOMEN

• ★ •

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