

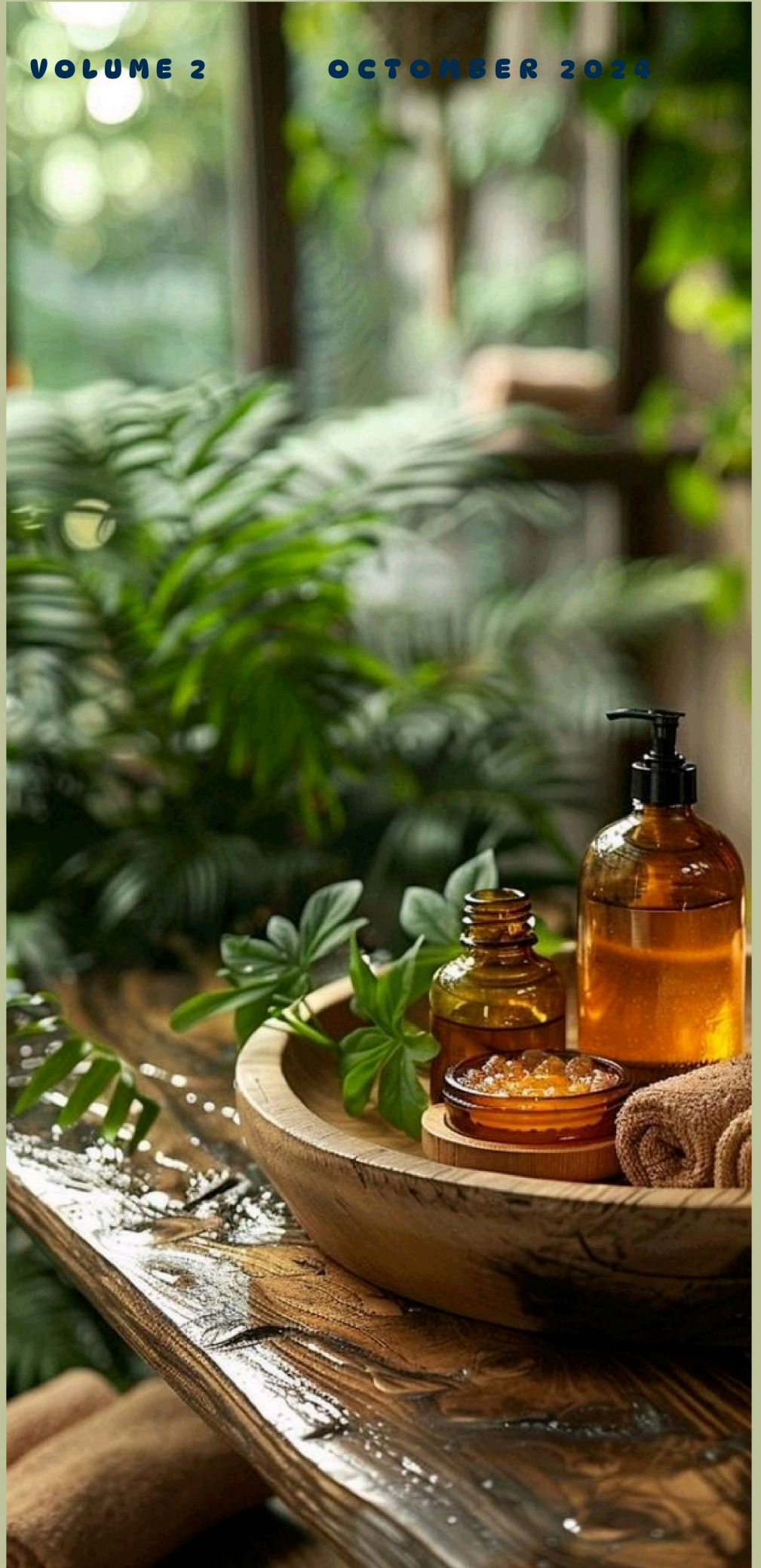
SVNYMC

ISSUE 13

A JOURNEY WITH NATUROPATHY AND YOGA
VOICE OF SVNYMC

VOLUME 2

OCTOBER 2024



@SVNYMC

SUNYMC VOICE



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Events



Swamy Vivekanandha Naturopathy and Yoga Medical College, Salem, on account of the Health awareness campaigns, delivered an informative Health talk on "HEALTH AND HAPPINESS" along with Yoga Demonstration, Yoga Performance and Free Consultation for Autonomous Engineering students of I and II year at Vivekanandha College of Engineering for Women, Tiruchengode on 08.10.24 with our Assistant Professor/ Medical officer Dr.Gomathi.S and Dr. Bharkavi as Resource persons. Around 480 students and 10 Faculties were benefitted

Transforming lives through knowledge! On October 8, 2024 Swamy Vivekanandha Naturopathy and Yoga Hospital in partnership with the Rotary Club, Bhavani, conducted a vital health talk on gut health, benefiting 50 participants.



Ayudha and Saraswati Pooja at Swamy Vivekanandha Naturopathy and Yoga Medical College, Salem in the presence of Dr. Arthanareeswaran (Joint Managing Director, Vivekanandha Educational Institutions, Sankagiri and Tiruchengode)



Swamy Vivekanandha Naturopathy and Yoga Medical College and Hospital conducted a Health and Wellness Day on 19.10.2024 for the 450 students and around 50 Faculties of SPM Matric and Higher Secondary School, Kozhikalnatham, Sankari.

Highlights of the camp were:

***Health Talk One-on-One Consultations Dietary Advice for Faculty Stress Management & Memory-Improving Yoga Classes for Students (Classes 6-12) Awareness Talks on Mental and Personal Hygiene A successful event promoting health and well-being for the school community!**



The Inauguration 2024 for BNYS 5th batch students was held on 23.10.24. The 100 students and their 370 plus parents and guardians enthusiastically attended the event. Few students and Parents willingly shared their valuable views about the values of the Vivekanandha Educational Institution which made them to select SVNMYC unwaveringly. We Thank our Honorable Chairman Sir for his ever lasting support and irreplaceable Guidance



On October 23, 2024, Swamy Vivekanandha Naturopathy and Yoga Hospital, in collaboration with the Rotary Club of Tiruchengode, conducted a vital health talk on lifestyle modification. The session engaged 25 participants, emphasizing the importance of gut health in overall well-being and raising awareness about nutrition and healthy lifestyle choices.

Swamy Vivekanandha Naturopathy and Yoga Medical College and Hospital Salem successfully organized a Health and Wellness Day on October 25, 2024, for 350 students and around 50 faculty members of Sri Pariyur Amman Matric Higher Secondary School in TN Palayam, Gobi (dt)

Camp Highlights:

Health Talk One-on-One Consultations Dietary Advice for Faculty Stress Management & Memory-Improving Yoga Classes for Students Awareness Talks on Mental and Personal Hygiene The event was a resounding success, fostering a culture of health and wellness within the school community.



Celebrating the day of light, with sparks of laughter, love and memories woven over every corner !! Sparkle Fest, the Deepawali celebration organized by our 3rd batch students - The xiducians commemorating creative ideas and talents with flashmob, Dancing, Singing and the sparkling Vibes by DJ (DJ UVD and DJ Sophie) as the highlight of the event. There were active participation of other batches (Asclepians, Trozians, Agasthiars and the Freshers) All these lit up the celebrations spark

Medical feature

SEED CYCLING



DR.POONGODI.M. BNYS

ASSISTANT PROFESSOR CUM MEDICAL OFFICER

SWAMY VIVEKANANDHA NATUROPATHY AND

YOGA MEDICAL COLLEGE, SANKARI, SALEM.

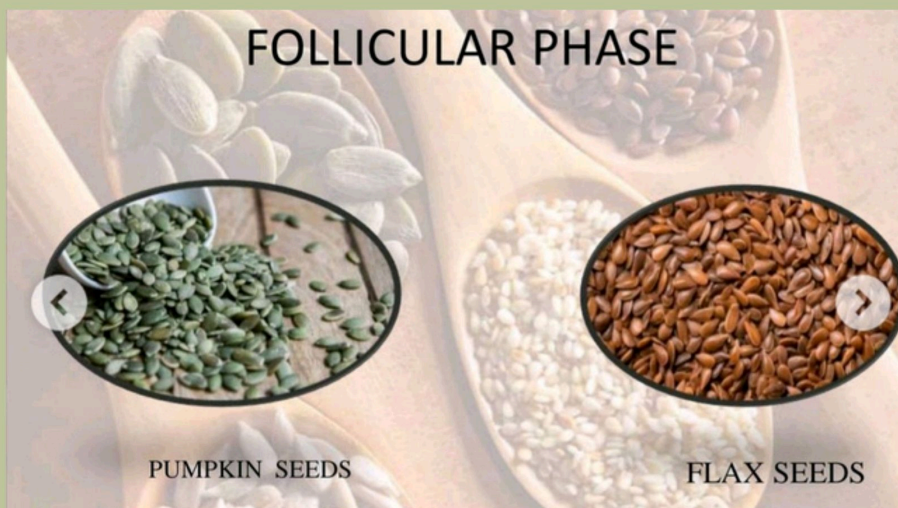
A New trend that claims to be effective for female menstrual dysfunction such as irregular menstruation, menstrual cramps, infertility, menopausal symptoms(hot flashes, fatigue, etc.,)and PCOS. The higher prevalence of hormonal imbalance in women is a contributing factor to all of these menstrual dysfunctions

MENSTRUAL CYCLE

- Progesterone
- Estrogen
- Leutinizing hormone(LH)
- Follicular stimulating hormone (FSH)

SEEDS OF SEED CYCLING:

- Flax seeds
- Pumpkin seeds
- Sunflower seeds
- Seasme seeds
- It will be consumed during different phases of menstrual cycle to support hormone balance.



FLAX SEEDS:

Natural source of phytoestrogens - support healthy estrogen production & mild estrogenic effect on body

They include lignans, facilitate estrogen binding for excretion.

PUMPKIN SEEDS:

- **Rich content of zinc & phytoestrogens, prevent estrogen from converting to a dangerous form of testosterone**
- **Promotes a normal level of testosterone.**
- **Flax seeds have estrogenic characteristics, they remove excess estrogen, which supports the maintenance of appropriate estrogen levels.**



Seasme & Sunflower Seeds:

- Both seeds are abundant in vitamin E, zinc, & selenium- enhances the liver's ability to metabolize estrogen excess& support < progesterone production.
- Helps to maintain the normal prostaglandin levels and ease peroid cramps.
- Shutterstock

HOW AND WHEN TO TAKE:



RESEARCH STUDY:

- The seed cycling result in menstural regulation , less symptoms of hormonal imbalance and improved reproductive health in general.
- In the literature cited papers, research for the periodic prescription of the seeds needed to elaborate on detail.

REFERENCE:

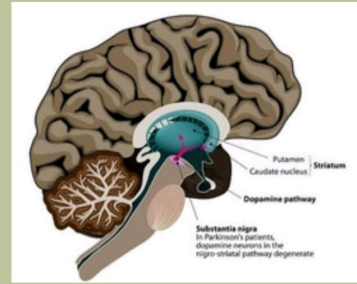
- **Deeptimayee Mahapatra, jwngsar Baro, Mamoni Das .advantages of seed cyclingdiet in menstural dysfunctions :a review based explanation; the harma innovation journal2023;12(4):931-939.**
- **Maham Zafar, roshina Rabali, saida Bibi, Ali Jebreen, Muhammad Asif Khan, Rana Muhammad Ali. Seed cycling: approach forPCOS.
<http://doi.org/10.1016/j.foohum.2024.100274>**

ASPIRING SCHOLAR



PARKINSONISM

C. PRIYANKA 3rd
BATCH BNYS
XIDUCIANS



DEFINITION:

Parkinson disease is a progressive neurological disorder that affects movement, balance and coordination and is caused by the loss of dopamine producing neurons in the brain

HISTORY OF PARKINSONISM:

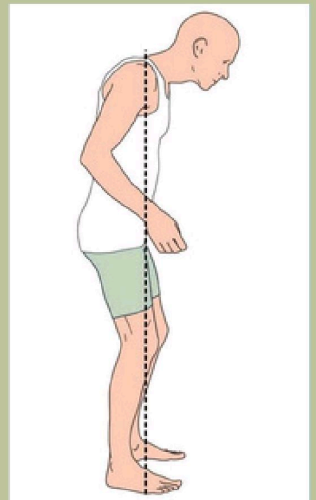
1817-Description of symptoms by James Parkinson 1862-Coined the name Parkinson disease by Jean Martin Charcot

1919- Degenerative of substantia nigra

1968-L-dopa was introduced

1979-MPTP was found to cause PARKINSONISM

1997 PARK 1 Gene mutation was discovered



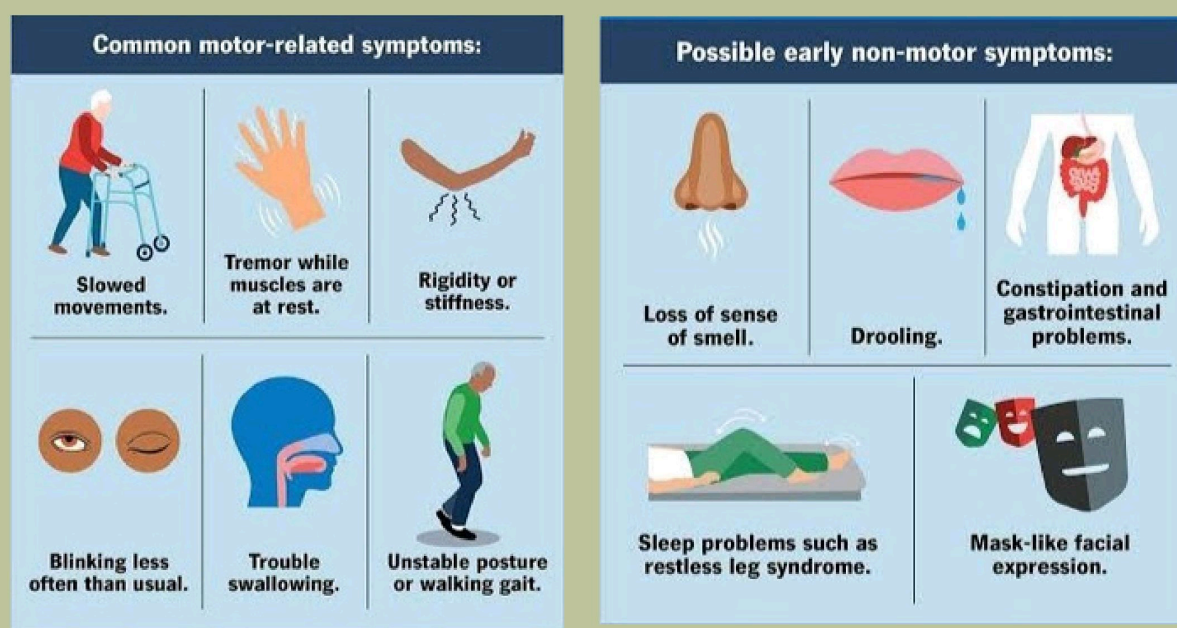
ETIOLOGY:



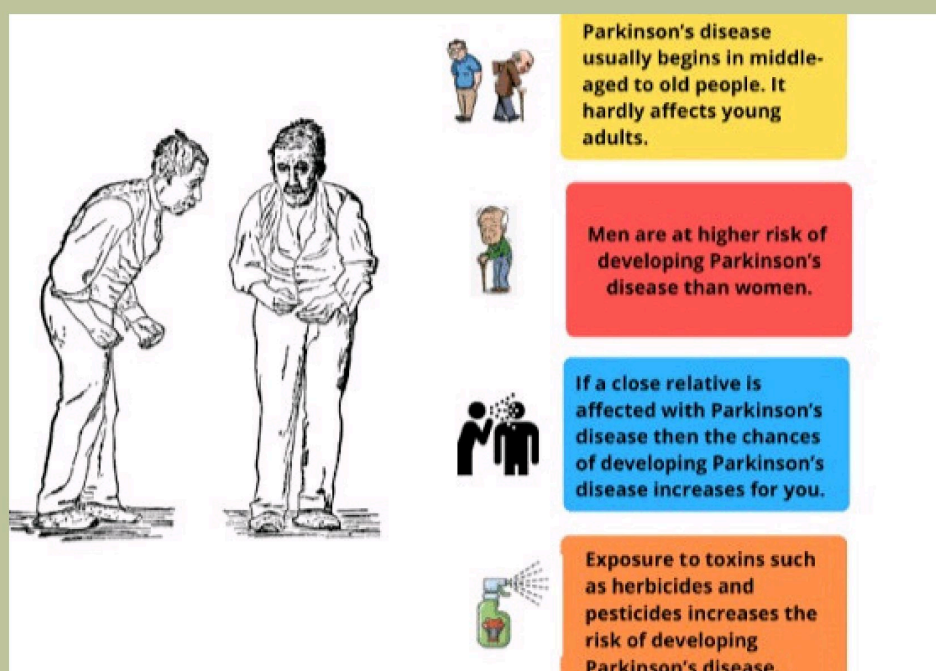
TYPES OF PARKINSONISM:



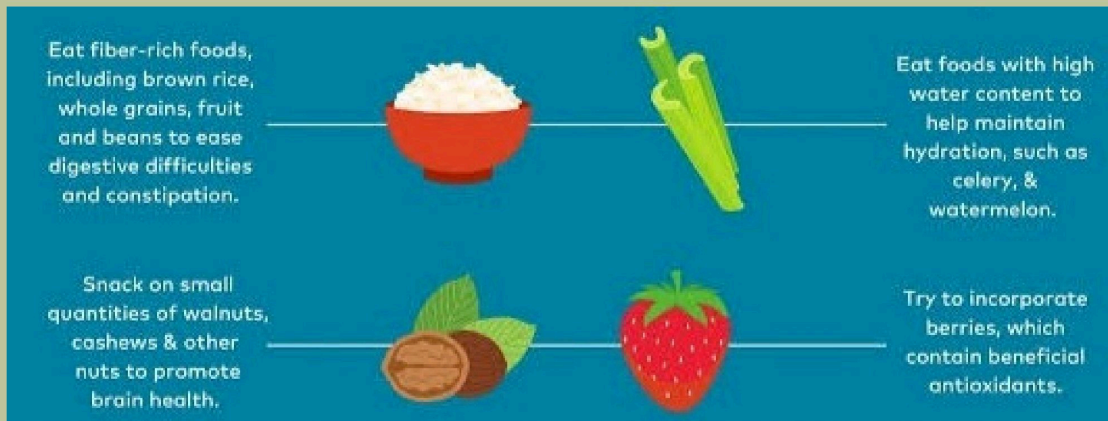
SIGNS AND SYMTOMS:



RISK FACTORS :



DIET FOR PARKINSONISM:

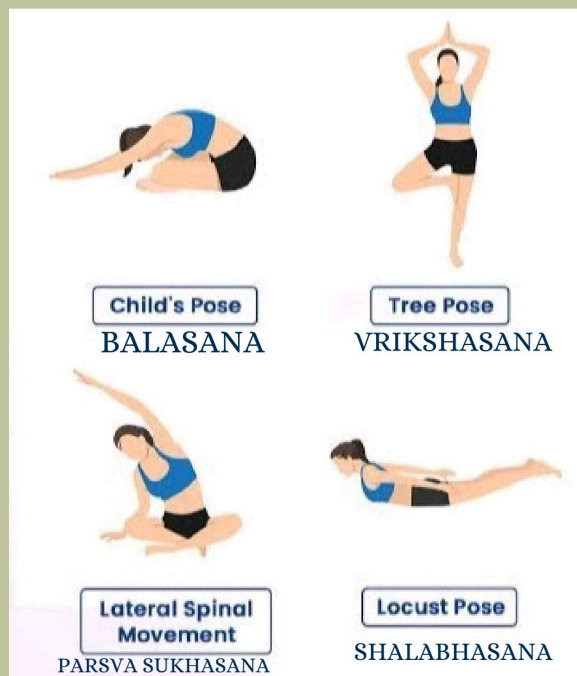


YOGA FOR PARKINSONISM:



BITILASANA MARJARYASANA

VIRABHADRASANA

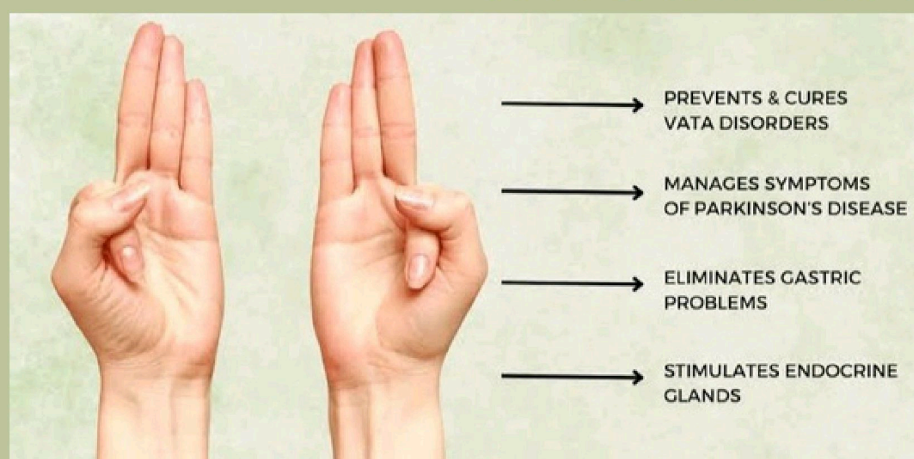


PRANAYAMA FOR PARKINSONISM:



MUDRA FOR PARKINSONISM:

VAYU MUDRA



RESEARCH ARTICLE:

RESEARCH STUDY

The Effect of Different Exercise Modes on Domain-Specific Cognitive Function in Patients Suffering from Parkinson's Disease:

AUTHOR: Stuckenschneider

CORRESPONDENCE: [*] Correspondence to: Tim Stuckenschneider; E-mail: stuckenschneider@dshs-koeln.de.

<https://content.iospress.com/articles/journal-of-parkinsons-disease/jpd181484>

ABSTRACT

Objective:

To systematically review evidence on the efficacy of different exercise modes (coordination exercise, resistance exercise.

Methods

aerobic exercise) on domain-specific cognitive function in patients with Parkinson disease.

Parallel group randomized controlled trials published before March 2018 were included. Primary outcome measures included global cognitive function and its subdomains, and the Unified Parkinson's Disease Rating Scale was included as a secondary outcome. Methodological quality was assessed using the Physiotherapy Evidence Database scale.

Results:

The literature search yielded 1,000 articles, of which 10 met inclusion criteria, and 10 patients (mean age 68.4 years) were included with a disease severity from 1 to 4 on the Hoehn & Yahr stage scale.

Keywords: Parkinson's disease, exercise therapy, cognitive function, systematic review, UPDRS

Journal: Journal of Parkinson's Disease, vol. 9, no. 1. pp. 73-95. 2019

Accepted 28 December 2018 |

Published: 05 February 2019

SATVIK KITCHEN

Five Star Chefs of the Month

Tapioca vada

Prepared by
Janani, Devadharshini,
logapriya.A, Pavithra
2year-BNYS



INGREDIENTS :

- Tapioca -5 to 6
- Onions -4 to 5
- Coriander - As needed
- Ginger garlic paste -2 spoons
- Green chillies -2

PROCEDURE:

- Peel the skin of Tapioca and wash it
- Grate it and steam it for 30 mins
- Smash the steamed Tapioca with finely chopped onion and green chillies, ginger garlic paste.
- Make it into small balls and press it
- Make it in circle shape
- Toast with little oil in tava
- Serve hot with chutney

BENEFITS:

- Lowering the cholesterol
- Improves the gut health
- Supports Weight gain
- Easy to digest

NUTRITION FACTS:

- Calories -130kcal/100g
- Sodium-145mg
- Potassium-92mg
- Carbohydrates -22g
- Protein -2g
- Cholesterol-1mg
- Fat-3.9g
- VitaminB-B5,B6
- Calcium-30.4 mg
- Iron-2.4mg

Four Star Chefs of the Month

RED AVAL PUTTU

Prepared by Subaharini
and Thanisha
2year-BNYS



INGREDIENTS :

- 2 cups red rice flakes (aval)
- 1/2 cup grated coconut
- 1/4 cup water
- Jaggery
- Spices (cumin, coriander)

PROCEDURE:

- Rinse and soak red rice flakes (aval) in water for 30 minutes or dry roast the aval
- Drain excess water and mix aval with grated coconut and jaggery
- Add 1/4 cup water and mix well.
- Fill puttu maker or Idli steamer with water and bring to boil.
- Fill puttu maker's cylinder with aval mixture and steam for 10-15 minutes.
- Serve hot with ghee

BENEFITS:

- High in Fiber
- Gluten-Free
- Rich in Antioxidants
- Low Glycemic index
- Rich in Vitamins (A, C, E, K)
- Mineral-Rich (Iron, Calcium, Magnesium)
- Supports Digestive Health
- Promotes Healthy Gut Bacteria
- Supports Eye & Skin Health
- Helps in lowering cholesterol level

NUTRITION FACTS:

- Energy: 420 kcal
- Carbohydrates: 85g
- Protein: 7g
- Fat: 8g
- Fiber: 5g
- Sugar: 1g
- Sodium: 200mg

Three Star Chefs of the Month



BEETROOT LADDU

Prepared by:
swathi and
Sunmitha

2 year -BNYS

BENEFITS:

- IMPROVES DIGESTION: BEETROOT IS HIGHER IN FIBER,WHICH HELPS WITH DIGESTION AND PREVENTS CONSTIPATION.
- BOOST IMMUNITY: BEETROOT IS RICH IN VITAMIN C AND ANTIOXIDANT WHICH CAN HELP TO BOOST OUR IMMUNE SYSTEM.
- IMPROVES BRAIN HEALTH: IT CAN HELP WITH MEMORY AND LEARNING.
- IMPROVES HEART HEALTH: IT REDUCES THE RISK OF CARDIOVASCULAR DISEASES.
- REGULATES BLOOD SUGAR LEVEL
- HELPS IN WEIGHT MANAGEMENT.

INGREDIENTS :

- BEETROOT-6
- COCONUT-1
- JAGGERY - 1 CUP (250G)
- GHEE-2 TABLE

PROCEDURE:

- GRATE THE BEETROOT AND COCONUT.
- BOIL THE BEETROOT WITH 1/4 CUP OF WATER IN MEDIUM FLAME FOR 15 MINUTES.
- IN THAT BOILED BEETROOT ADD THE GRATED COCONUT, GHEE AND JAGGERY.
- MIX THEM IN MEDIUM FLAME UNTILL IT BECOMES SUITABLE CONSISTENCY.
- AFTER FEW MINUTES MAKE THE MIXTURE INTO SMALL ROUNDED BALLS.
- NOW THE BEETROOT LADDU IS READY TO SERVE.

NUTRITION FACTS:

- FIBRE - 3.4G
- CALORIES-29 CAL
- PROTEIN-42 G
- CARBOHYDRATES -50 G

Future Goal

"Building My Future Pathway"



Anusiya. B
4th Batch

Introduction:

I am fascinated by how natural therapies can enhance physical and mental well-being.

Purpose of writing:

Here, I'll share how these studies have inspired my future pathway and the goals I aim to achieve.

Early Inspiration and leaning:

In my first year, I learned the anatomy, physiology, biochemistry and fundamentals of naturopathy, including the role of diet, yoga, and lifestyle practices in promoting health. These experiences have deeply influenced my perspective.

Future vision and goal:

Looking forward, I envision a future where I deepen my knowledge in naturopathy, gaining hands-on experience in holistic health practices.

Impacts on others:

My goal is not just personal success; I'm driven others to lead healthier lives by promoting natural way of healing and well-being.

Gallery









