

Voice of SVNYMC

SVNYMC

A journey with Naturopathy and Yoga



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NEWS LETTER



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EVENTS



SWAMY VIVEKANANDHA NATUROPATHY AND YOGA MEDICAL COLLEGE AND HOSPITAL, SANKAGIRI, SALEM IN ASSOCIATION WITH SARU MATRICULATION HIGHER SECONDARY SCHOOL, SATHYAMANGALAM, ERODE, ORGANIZED A HEALTH CAMP ON 12TH FEBRUARY 2025, BENEFITING 1000 INDIVIDUALS (STUDENTS, TEACHING, AND NON TEACHING STAFFS).THE CAMP OFFERED FREE HEALTH CONSULTATIONS, PULSE DIAGNOSIS, DIETARY ADVICE, YOGA THERAPY, STRESS MANAGEMENT COUNSELING, AND AN INFORMATIVE HEALTH TALK ON "NATUROPATHIC LIFE STYLE AWARENESS - A STEP TOWARDS BETTER HEALTH AND WELL-BEING FOR ALL!"



SWAMY VIVEKANANDHA NATUROPATHY AND YOGA MEDICAL COLLEGE AND HOSPITAL, SANKAGIRI, SALEM IN ASSOCIATION WITH VICAAS, THRICHEGODE ORGANIZED A HEALTH CAMP ON 20TH FEBRUARY 2025, BENEFITING 150 INDIVIDUALS (STUDENTS, TEACHING STAFF) THE CAMP OFFERED FREE HEALTH CONSULTATIONS, PULSE DIAGNOSIS, DIETARY ADVICE, YOGA THERAPY, YOGA PERFORMANCE, STRESS MANAGEMENT COUNSELING, AND AN INFORMATIVE HEALTH TALK ON AWARENESS ON WOMEN'S HEALTH.



SVNYMC EMPOWERING RURAL COMMUNITIES WITH WELLNESS! SWAMY VIVEKANANDHA NATUROPATHY AND YOGA MEDICAL COLLEGE AND HOSPITAL, SANKAGIRI, SALEM ON 24.02.2025 CONDUCTED A FREE NATUROPATHY AND YOGA MEDICAL CAMP FOR THE GOVERNMENT CO-OPERATIVE BANK, TIRUCHENGODU, BENEFITING 40 INDIVIDUALS. THE CAMP OFFERED FREE CONSULTATIONS, NATUROPATHY DIAGNOSIS, TREATMENTS, AND VALUABLE DIETARY ADVICE. A STEP TOWARDS BETTER HEALTH AND AWARENESS!



SVNYMC ON 23RD FEBRUARY 2025(SUNDAY), AT ROTARY HALL, BAVANI, SWAMY VIVEKANANDHA NATUROPATHY AND YOGA MEDICAL COLLEGE AND HOSPITAL, SANKAGIRI, SALEM.IN COLLABORATION WITH ROTARY CLUB BAVANI-KOMARAPALAYAM, ORGANIZED A WELLNESS CAMP WITH 60 BENEFICIARIES. THE CAMP OFFERED A RANGE OF SERVICES INCLUDING FREE CONSULTATIONS, INDIVIDUALIZED YOGA THERAPY, DIET ADVICE, FREE NATUROPATHY TREATMENTS, AND PULSE DIAGNOSIS, PROMOTING HEALTH AND WELL-BEING FOR ALL ATTENDEES.



SVNYMC 4TH YEAR STUDENTS ON 22.2.25 VISITED ISHA YOGA CENTRE, COIMBATORE AS A PART OF THEIR OBSERVATIONAL STUDY



SVNYMC CONGRATULATES BNYS FIRST YEAR STUDENTS SRIRAM AND KAVIARASAN WHO THEMSELVES BEING STATE LEVEL AND DISTRICT LEVEL SILAMBAM CHAMPIONS RESPECTIVELY, TO HAVE BEEN SELECTED AS REFREES FOR THE SILAMBAM COMPETITION ORGANIZED BY VALVIL ORI SILAMBAM ASSOCIATION RASIPURAM ON 23.2.25.



ON 26TH FEB 2025 SWAMY VIVEKANANDHA NATUROPATHY AN YOGA MEDICAL COLLEGE AND HOSPITAL, SANKAGIRI, SALEM. IN COLLABORATION WITH LUCKY YAAN TEXTILES, ORGANIZED A WELLNESS CAMP WITH 50 PLUS BENEFICIARIES. THE CAMP OFFERED A RANGE OF SERVICES INCLUDING FREE CONSULTATIONS, INDIVIDUALIZED YOGA THERAPY, DIET ADVICE, FREE NATUROPATHY TREATMENTS, AND PULSE DIAGNOSIS, PROMOTING HEALTH AND WELL-BEING FOR ALL ATTENDEES.

MEDICAL FEATURES

EFFECT OF MUSTARD PACK, ICE APPLICATION AND PARTIAL MASSAGE ON CUBITAL TUNNEL SYNDROME



DR. VIJAY.S BNYS

ASSISTANT PROFESSOR CUM MEDICAL OFFICER,
SWAMY VIVEKANANDHA NATUROPATHY AND YOGA
MEDICAL COLLEGE, SANKAGIRI

ANATOMY OF CUBITAL TUNNEL

- THE CUBITAL TUNNEL IS FORMED BY THE CUBITAL TUNNEL RETINACULUM WHICH STRADDLES A GAP OF ABOUT 4 MM BETWEEN THE MEDIAL EPICONDYLE AND THE OLECRANON. IN TURN, THE FLOOR OF THE TUNNEL IS FORMED BY THE CAPSULE AND THE POSTERIOR BAND OF THE ELBOW JOINT. IT CONTAINS SEVERAL STRUCTURES, THE MOST IMPORTANT OF WHICH IS THE ULNAR NERVE.

THE ULNAR NERVE IS THE TERMINAL BRANCH OF THE MEDIAL CORD OF THE BRACHIAL PLEXUS, AND CONTAINS FIBERS FROM THE C8 AND T1 SPINAL NERVE ROOTS. IT DESCENDS THE ARM JUST ANTERIOR TO THE MEDIAL INTRAMUSCULAR SEPTUM AND LATER PIERCES THIS SEPTUM IN THE FINAL THIRD OF ITS LENGTH. PROGRESSING UNDERNEATH THE SEPTUM AND ADJACENT TO THE TRICEPS MUSCLE, IT TRAVERSES THE CUBITAL TUNNEL TO ENTER THE FOREARM WHERE IT PASSES BETWEEN THE TWO HEADS OF FLEXOR CARPI ULNARIS MUSCLE. IT ENCASES THE ULNAR NERVE, ONE OF NERVE THAT SUPPLIES FEELING AND MOVEMENT TO THE ARM AND HAND.

CLASSIFICATION

ACCORDING TO MCGOWAN AND DELLON

TYPE 1: SUBJECTIVE SENSORY SYMPTOMS WITHOUT OBJECTIVE LOSS OF TWO-POINT SENSIBILITY OR MUSCULAR ATROPHY.

TYPE 2A: SENSORY SYMPTOMS + WEAKNESS ON PINCH AND GRIP WITHOUT ATROPHY

TYPE 2B: SENSORY SYMPTOMS + ATROPHY AND INTRINSIC MUSCLE STRENGTH < 3

TYPE 3: PROFOUND MUSCULAR ATROPHY AND SENSORY DISTURBANCE.

CUBITAL TUNNEL SYNDROME CAN MANIFEST AS NUMBNESS, TINGLING, OR PAIN IN THE RING/SMALL FINGERS AND DORSOULNAR HAND.

REPETITIVE PRESSURE, STRETCHING, FLEXION, OR TRAUMA OF THE ELBOW JOINT ARE KNOWN CAUSES OF CUTS. CHRONIC ULNAR NERVE COMPRESSION AND CUTS, WHEN LEFT UNTREATED, CAN LEAD TO ATROPHY OF THE FIRST DORSAL INTEROSSEUS MUSCLE AND AFFECT ONE'S QUALITY OF LIFE TO THE POINT THAT THEY ARE NO LONGER ABLE TO PARTICIPATE IN DAILY ACTIVITIES INVOLVING FINE MOTOR FUNCTION.

PHYSICAL EXAMINATION

FOMENT SIGN

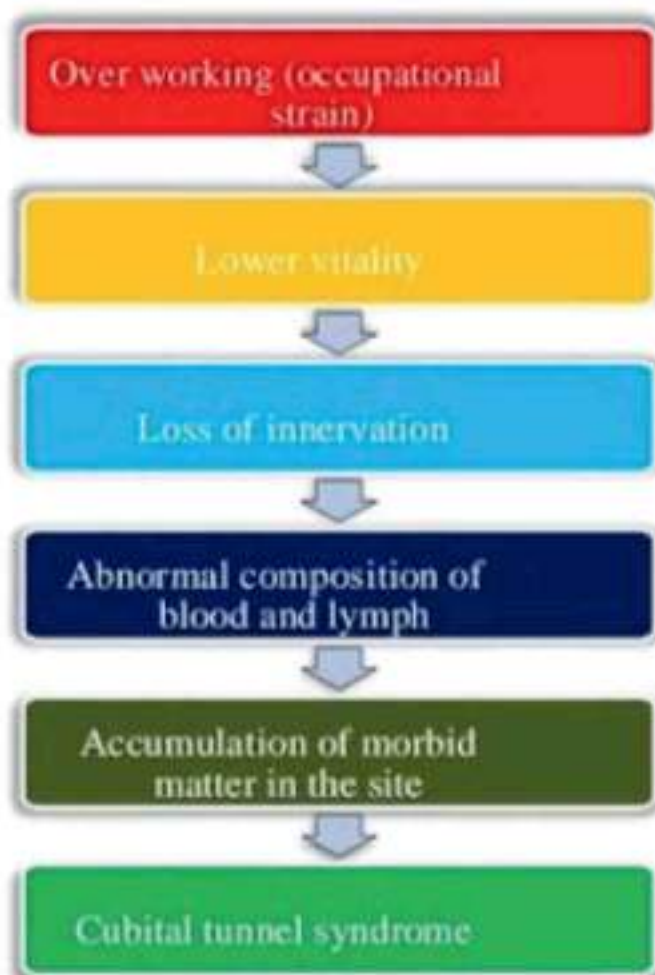


SHOULDER INTERNAL ROTATION TEST



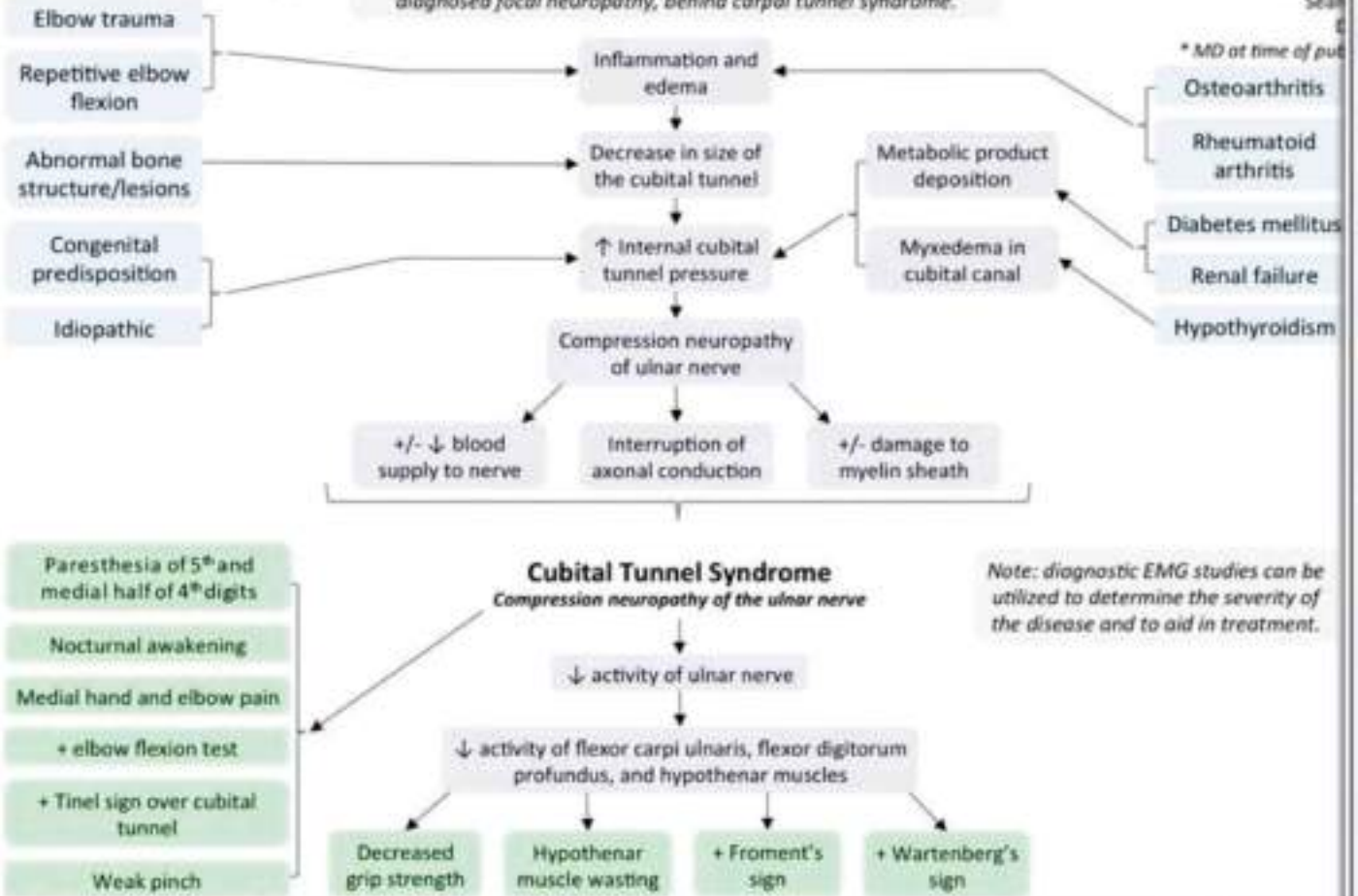
Treatment	Mechanism	Duration
Mustard pack	Mustard is a counter irritant. When it is applied externally to cubital area, it causes the blood vessels to dilate. The resulting increased blood supply to the area carries away the toxic product that produced the original inflammation. And also it helps to reduce the swelling and pain.	15 minutes
Ice application	Ice bag application to cubital area helps to reduce the pain and swelling. It can combine with the exercises helps to increase the range of motion.	15 minutes
PM to hand , shoulder and neck	Massage therapy is used to manage a health condition or enhance wellness. It involves manipulating the soft tissues of the body. Primary uses of massage are to promote relaxation, treat painful muscular conditions, and reduce anxiety. It helps to close the pain gate by stimulating competing nerve fibers and impeding pain message to and from the pain and reduce pain. It aids to release the endorphin. So, stress level can reduce. It improves the blood circulation, thereby reduce the swelling. Massage with hot oil in cubital area helps to relieve the pain and swelling. It helps to soothes the nerves.	20 minutes

NATUROPATHY UNDERSTANDING

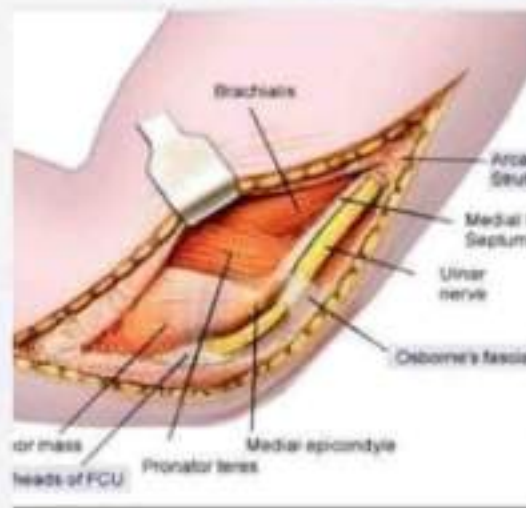


Cubital Tunnel Syndrome: *Pathogenesis and clinical findings* (aka ulnar neuropathy)

Note: cubital tunnel syndrome is the second most commonly diagnosed focal neuropathy, behind carpal tunnel syndrome.



THE ANATOMICAL ARRANGEMENT HAS TWO IMPLICATIONS FOR THE NERVE. FIRSTLY, THE ULNAR NERVE FOLLOWS A RELATIVELY CONSTRAINED PATH, AND SECONDLY, IT LIES SOME DISTANCE FROM THE AXIS OF ROTATION OF THE ELBOW JOINT. MOVEMENT OF THE ELBOW THEREFORE REQUIRES THE NERVE TO BOTH STRETCHY AND SLIDE THROUGH THE CUBITAL TUNNEL. SLIDING HAS THE GREATEST ROLE IN THIS PROCESS, ALTHOUGH THE NERVE ITSELF CAN STRETCH BY UP TO 5 MM.



ABOUT THE DISEASE

- CUBITAL TUNNEL SYNDROME IS A PERIPHERAL NERVE COMPRESSION SYNDROME.

CUBITAL TUNNEL SYNDROME (CUTS) IS THE COMPRESSION OF THE ULNAR NERVE IN CUBITAL TUNNEL AT THE ELBOW.

THIS IS ALSO TERMED AS ULNAR NERVE ENTRAPMENT.

IT IS THE SECOND MOST COMPRESSION NEUROPATHY IN UPPER LIMB AFTER CARPAL TUNNEL SYNDROME.



SIGNS AND SYMPTOMS

DEPENDING ON THE DURATION AND PROGRESSION OF THE DISORDER, PATIENTS WILL PRESENT WITH SIMILAR, BUT A SPECIFIC SET OF SYMPTOMS.

PRIMARY SYMPTOMS ARE INTERMITTENT PAIN AND TENDERNESS IN THE ELBOW JOINT AT MEDIAL EPICONDYLE.

NUMBNESS, TINGLING OR DECREASED SENSATION IN THE PALM OR LAST TWO FINGERS, ESPECIALLY WHEN THE ELBOW IS BENT. THIS MAY BE WORSE AT NIGHT WHILE SLEEPING.

WEAKENING OF THE GRIP DUE TO MUSCLE WEAKNESS AND DIFFICULTY WITH FINGER COORDINATION.

IF THE NERVE IS VERY COMPRESSED OR HAS BEEN COMPRESSED FOR A LONG TIME, MUSCLE WASTING IN THE HAND CAN OCCUR.

PAIN IN THE ELBOW, PALM, AND/OR LAST TWO FINGERS. ACTIVITIES THAT USE THE ARM MAY INCREASE THE PAIN.

PHYSICAL EXAMINATION



TINEL SIGN



ELBOW FLEXION TEST

INVESTIGATION

NERVE CONDUCTION TEST

A TEST TO FIND OUT HOW FAST SIGNALS TRAVEL DOWN A NERVE TO FIND A COMPRESSION OR CONSTRICTION OF THE NERVE.

ELECTROMYOGRAM (EMG):

THIS TEST CHECKS NERVE AND MUSCLE FUNCTION AND MAY BE USED TO TEST THE FOREARM MUSCLES CONTROLLED BY THE ULNAR NERVE. IF THE MUSCLES DON'T WORK THE WAY THEY SHOULD, IT MAY BE A SIGN THAT THERE IS A PROBLEM WITH THE ULNAR NERVE. THIS TEST TO FIND OUT HOW FAST SIGNALS TRAVEL DOWN A NERVE TO FIND A COMPRESSION OR CONSTRICTION OF NERVES.

X-RAY:

- THIS IS DONE AROUND THE ELBOW MAY SHOW OSTEOARTHRITIS, CUBITUS VALGUS OR CALCIFICATION IN THE MEDIAL COLLATERAL LIGAMENT, AND SHOULD BE TAKEN IF THERE IS A HISTORY OF PRE-EXISTING TRAUMA OR WHEN THE SYMPTOMS DO NOT FIT IN WITH THE CLINICAL EXAMINATION.

TREATMENT PLAN:

S. NO	TIME	TREATMENT	DURATION
1	09:00 am	Partial massage to neck, shoulder & hand with IRR	20 to 25 minutes
2	11:00 am	Ice bag application	10 to 15 minutes
3	03:00 pm	Mustard pack	15 to 20 minutes

NOTE:

This treatment is given to the patient continuously for 10 days.

MAGNETIC RESONANCE IMAGING (MRI):

THE FOLLOWING ULNAR NERVE CHANGES WITHIN THE CUBITAL TUNNEL ARE SUGGESTIVE OF ULNAR NEUROPATHY:

ULNAR NERVE THICKENING:

CROSS SECTIONAL AREA OF ULNAR NERVE VARIES ACCORDING TO THE DEGREE OF ELBOW FLEXION; THUS, COMPARISON (E.G. CONTRALATERAL ELBOW) MUST BE DONE CAREFULLY.

ULNAR NERVE T2 HYPERINTENSITY-:

INDEPENDENTLY, THIS IS NON-SPECIFIC AND SEEN IN UP TO 60% OF SYMPTOMATIC ELBOWS. THE DEGREE OF HYPERINTENSITY MAY BE RELATIVELY HIGHER IN CLINICALLY SIGNIFICANT ULNAR NEUROPATHY.

EDEMA LIKE SIGNAL CHANGES OR ATROPHY OF THE FLEXOR CARPI ULNARIS AND FLEXOR DIGITORUM PROFUNDUS MUSCLES MAY BE SEEN SECONDARY TO ULNAR NEUROPATHY.

DISCUSSION

THE PURPOSE OF THIS PRESENTATION IS TO DESCRIBE THE TREATMENT OF CUTS WITH ICE BAG APPLICATION, MUSTARD PACK AND PARTIAL MASSAGE WITH IRR.

PARTIAL MASSAGE AIDS TO RELEASE ENDORPHIN AND ALSO IMPROVES BLOOD CIRCULATION THEREBY IT REDUCES SWELLING AND THE HOT OIL HELPS TO SOOTEN THE NERVES.

- **ICE BAG APPLICATION HELPS TO REDUCE THE PAIN AND INCREASES THE RANGE OF MOTION.**

MUSTARD PACK CAUSES BLOOD VESSELS TO DILATE AND INCREASES THE BLOOD SUPPLY AND ALSO REDUCES THE SWELLING AND PAIN.

- **THUS, THIS HAS SHOWN THAT THERE IS A SIGNIFICANT IMPROVEMENT IN THE CUTS SUBJECT BY REDUCTION IN THE PAIN, NUMBNESS AND THE MOTION AFTER THE 10 DAYS OF NATUROPATHY TREATMENTS.**

CONCLUSION

- THIS SUGGESTS THAT THE NATUROPATHY TREATMENTS SHOULD BE CONSIDERED FOR FIRST-LINE INTERVENTIONS FOR CUTS WITH OR WITHOUT MEDICAL INTERVENTIONS, ESPECIALLY IN YOUNG PATIENTS. EARLY IDENTIFICATION, PATIENT'S EDUCATION AND SENSITIZATION FOR NATUROPATHY COULD PLAY AN IMPORTANT ROLE IN THE ALLEVIATION OF CUTS.
-

MEDICAL FEATURES

SHANKAPRAKSHALANA

VARISARA DHAUTI

(CLEANSING OF ENTIRE DIGESTIVE TRACT)

PRESENTED BY

DR.S.LOGESWARI,BNYS

ASSISTANT PROFESSOR CUM MEDICAL OFFICER

SWAMY VIVEKANANDHA NATUROPATHY AND YOGA MEDICAL
COLLEGE

SANKARI



WHAT IS SHANKAPRAKSHALANA?

- VARISARA DHAUTI IS ONE OF THE MAJOR HATHA YOGA PRACTICES, IT IS ALSO KNOWN AS SHANKHAPRAKSHALANA.
- "DHAUTI"REFERS TO 'INTERNAL WASHING' AND "VARI" MEANS 'WATER'. GENERALLY THE TERM SHANKHAPRAKSHALANA IS APPLIED, SHANKHA MEANS 'CONCH, BECAUSE OF ITS RESEMBLANCE TO THE STOMACH AND INTESTINES, PRAKSHALANA MEANS 'CLEANING'.
- SHANKHAPRAKSHALANA IS MODIFIED TO SUIT THE FAST PACED LIFE AND PERSONS WITH WEAK CONSTITUTIONS.
- IT IS A TECHNIQUE BY WHICH ALL THE TOXIC MATERIALS ACCUMULATED IN THE GASTROINTESTINAL CANAL ARE WASHED OUT.
- IN SHANKHAPRAKSHALANA, INTAKE OF PLAIN SALTY WATER AND SOME YOGIC AASANAS ARE THE ONLY REQUIREMENTS FOR THE PROCESS.

REQUIREMENTS FOR SHANKAPRAKSHALANA

- SALTED CLEAN WARM WATER
- KHICHARI

PREPARATION FOR VARISARA DHAUTI/SHANKHAPRAKSHALANA

GENTLY WARM PLENTY OF WATER TO 34-40°C (LUKEWARM) AND ALSO EXTRA HOT WATER IN CASE THE TEMPERATURE OF THE WATER COOLS.

ADD 2 TEASPOON OF SALT PER LITER OF WATER (WITH HIGH BLOOD PRESSURE USE SALT WITH CAUTION).

THE TEMPERATURE OF THE WATER SHOULD BE KEPT CONSTANT THROUGHOUT THE WHOLE PRACTICE.

WEIGHT ASSESSMENT IS IMPORTANT BEFORE STARTING THE PROCEDURE. AS WEIGHT IS THE BASIC TOOL TO ASSESS THE PURIFICATION OF THE INDIVIDUAL VITALS SHOULD BE CHECKED TO AVOID ANY COMPLICATION. START THE PRACTICE EARLY MORNING IN EMPTY STOMACH.

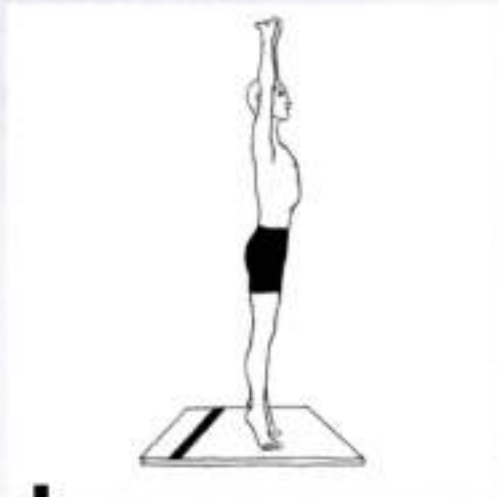
FIRST ROUND

- START THE PROCESS IN THE EARLY MORNING. INDIVIDUAL WILL BE ADVISED TO DRINK TWO GLASSES OF LUKEWARM SALT WATER AS QUICK AS POSSIBLE.**
- SERIES OF FIVE SPECIFIC AASANAS ARE PERFORMED DYNAMICALLY, EIGHT TIMES EACH, IN THE CORRECT SEQUENCE I.E., TADAASANA, TIRYAKA TADAASANA, KATI CHAKRAASANA, TIRYAKA BHUJANGAASANA AND UDARAKARSHANAASANA.**
- AFTER COMPLETION OF FIRST ROUND, HE/SHE WILL BE ASKED FOR URGE OF DEFECATION. GUIDELINES WILL BE GIVEN TO NOT USE FORCE TO PRODUCE A BOWEL MOVEMENT.**
- THIS COMPLETES ONE ROUND.**

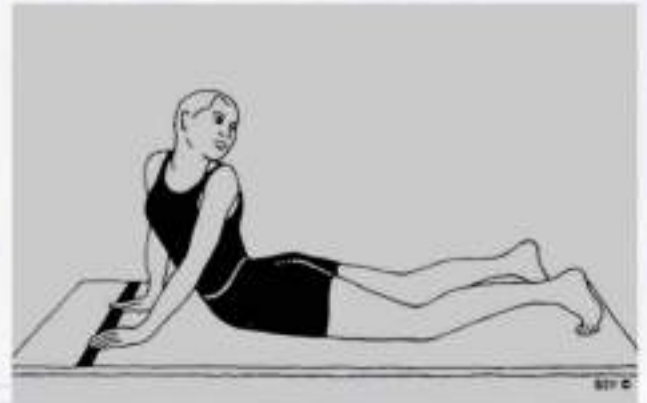
SECOND AND THIRD ROUNDS

- ALL THE ROUNDS ARE SAME AS FIRST.DO NOT REST BETWEEN THE ROUNDS. HE/SHE WILL BE ADVISED TO DRINK 2 GLASSES OF WATER AND ADVISED TO PERFORM 5 SPECIFIC AASANAS, EIGHT TIMES EACH.**
- AFTER THE FIFTH OR SIXTH GLASS, INDIVIDUAL WILL BE ASKED TO GO TO THE TOILET AND PERFORM ASHVINI MUDRA (RAPID CONTRACTION AND RELEASE OF THE ANAL MUSCLES). THIS MUDRA STIMULATES PERISTALSIS OF THE INTESTINES. HE/SHE WILL BE ADVISED TO SPEND LITTLE TIME AS MUCH AS POSSIBLE IN THE TOILET.**
- THE AIM IS TO BUILD UP THE INTERNAL CLEANSING PRESSURE. IN BETWEEN THE ASANAS, IF THERE WERE AN URGE OF DEFECATION, HE/SHE WILL BE ADVISED TO DO NOT IGNORE, AND GO TO THE TOILET. AFTER RETURNING FROM TOILET, HE/SHE WILL BE ASKED TO COMPLETE THE ROUND BEFORE FINISHING OFF.**

ASANAS



TADASANA



TRIYAKA BUJANGASANA



KATICHAKRASANA



TRIYAKA TADASANA



UDARAKARSANASANA

SEQUENCE OF EVACUATION

- AT FIRST, SOLID STOOL
- FOLLOWED BY MIXTURE OF STOOL AND WATER
- THEN MORE WATER AND LESS SOLID STOOL
- AS PRACTICE PROGRESSES CLOUDY YELLOW WATER
- FINALLY ALMOST CLEAR WATER

PHYSIOLOGY OF ASANAS

TADASANA:

- IT OPENS THE PYLORIC VALVE BETWEEN STOMACH AND SMALL INTESTINE, AND THEN WATER ENTERS INTO SMALL INTESTINE.

TRIYAKA TADASANA:

- CONTRACTS BOTH SIDES OF THE INTESTINAL LAYERS REPEATEDLY, THEN SALTY WATER ENTERS INTO INTESTINAL LAYERS.

KATICHAKRASANA:

- TWISTING OF THIS AASANA PASSES SALTY WATER DOWNWARDS INTO SMALL INTESTINE.

TRIYAKA BHUJANGASANA:

- TIRYAKA BHUJANGAASANA OPENS ILEOCECAL VALVE BETWEEN SMALL INTESTINE AND LARGE INTESTINE THEN WATER ENTERS INTO LARGE INTESTINE.



UDARAKARSHANASANA:

UDARAKARSHAN AASANA SQUEEZE AND MASSAGE THE CAECUM, SIGMOID COLON AND RECTUM, AND ALSO STIMULATE THE RECTOSPINCTERIC REFLEX (REFLEX CHARACTERIZED BY A TRANSIENT INVOLUNTARY RELAXATION OF THE INTERNAL ANAL SPHINCTER IN RESPONSE TO DISTENTION OF THE RECTUM) OR THE URGE TO DEFECATE.

AFTER THE PROCEDURE

ONE SHOULD LIE DOWN IN SHAVASANA FOR 5-10 MINUTES AND RELAX.

THE PRACTITIONER MUST TRY TO AVOID SLEEP, SO THAT COMPLETE CESSATION OF INTESTINAL ACTIVITY CAN BE AVOIDED.

AFTER A BREAK OF 30-45 MINUTES A LIQUID TYPE KHICHARI OF RICE, MUNG DAL, LITTLE BIT OF ROCK SALT AND LITTLE HALDI (TURMERIC) MUST BE TAKEN AS A MEAL, ALONG WITH 1-2 TEASPOONS OF GHRITA (CLARIFIED BUTTER), THIS WILL RELINE THE WALLS OF THE INTESTINES AND REENERGIZE GASTRIC MOTILITY

FOOD RESTRICTIONS

FOR AT LEAST ONE WEEK AFTER THE PRACTICE, ALL CHEMICALLY PROCESSED, SYNTHETIC, PUNGENT, SPICY, ACIDIC, RICH AND NON-VEGETARIAN FOODS MUST BE STRICTLY AVOIDED.

NO PICKLES, SWEETS, CHOCOLATES, ICE CREAM OR SOFT DRINKS SHOULD BE TAKEN.

CIGARETTES, TEA, COFFEE, BETEL NUT PREPARATIONS SUCH AS PAN AND OTHER TYPE OF INTOXICANT OR DRUG SHOULD ALSO NOT BE TAKEN.

DIET TO BE FOLLOWED

- THE DIET SHOULD BE AS PURE AND SIMPLE AS POSSIBLE.
- IT INCLUDES FOODS SUCH AS RICE, WHEAT BREAD, VEGETABLES WITH LOW ACIDIC CONTENT, NUTS, LENTILS, SOYA BEANS AND OTHER PULSES.
- DRINK ONLY WARM WATER ON THE SAME DAY AFTER THE PROCEDURE.
- AFTER SHANKHAPRAKSHALANA THE DIGESTIVE SYSTEM IS VERY VULNERABLE AND EXTRA CARE SHOULD BE TAKEN TO PROTECT THE BODY.

CONTRAINDICATIONS

- HYPERTENSION
- CHRONIC PEPTIC ULCERS
- PREGNANT AND MENSTRUATING WOMEN
- HEART PATIENTS WITH RENAL FAILURE AND HERNIA SHOULD BE AVOIDED.
- PERSON WITH MENTAL DISORDER AND CHILDREN BELOW THE AGE OF 10.
- IT SHOULD BE AVOIDED IN WEAK AND DEBILITATED PERSONS.

ADVANTAGES

- CLEANSSES AND TONES UP THE ENTIRE INTESTINAL TRACT.
- REMOVES THE TOXIC WASTE ACCUMULATED PRODUCT FROM THE BODY CELLS, THUS IT RELIEVES ACIDITY, INDIGESTION, FLATULENCE, CONSTIPATION ETC.
- ALSO CURES GYNECOLOGICAL PROBLEMS.
- CLEANS THE WHOLE BODY.

PHYSICALLY SHANKHAPRAKSHALA KRIYA ALLEVIATES DIGESTIVE PROBLEMS SUCH AS INDIGESTION, ACIDITY AND CONSTIPATION. IT GENERALLY TONES THE LIVER AND OTHER DIGESTIVE ORGANS AND GLANDS. IT HAS BEEN USED IN THE CURE OF DIABETES MELLITUS, HYPOGLYCEMIA, OBESITY, HIGH BLOOD CHOLESTEROL AND HIGH LIPID LEVELS.

IT STRENGTHENS THE IMMUNE SYSTEM, ALLEVIATING ALLERGIES AND IMMUNOLOGICAL PROBLEMS. IT HELPS RELIEVE THE SYMPTOMS OF ARTHRITIS AND CHRONIC INFLAMMATORY DISEASES. EXCESSIVE MUCUS IS REDUCED RELIEVING ASTHMA, CHRONIC COLDS AND SINUSITIS. IT PURIFIES THE BLOOD AND ALLEVIATES SKIN PROBLEMS SUCH AS PIMPLES, BOILS AND ECZEMA.

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ASPIRING SCHOLAR

NATUROPATHIC THERAPY FOR FERTILITY

HARINI.M
1ST YEAR BNYS PART II



INTRODUCTION

FERTILITY ISSUES CAN BE A CHALLENGING AND EMOTIONAL EXPERIENCE FOR MANY COUPLES.

NATUROPATHIC MEDICINE FOCUSES ON TREATING THE WHOLE PERSON AND ADDRESSING THE ROOT CAUSES OF HEALTH ISSUES, INCLUDING FERTILITY PROBLEMS. BY TAKING A COMPREHENSIVE APPROACH TO FERTILITY, NATUROPATHIC DOCTORS CAN HELP BOTH WOMEN AND MEN IMPROVE THEIR CHANCES OF CONCEIVING NATURALLY.



LIFESTYLE TIPS TO IMPROVE FERTILITY

THERE ARE SEVERAL LIFESTYLE CHANGES THAT WOMEN AND MENS CAN MAKE TO IMPROVE THEIR FERTILITY. FOR WOMEN, MAINTAINING A HEALTHY WEIGHT, EATING A BALANCED DIET RICH IN FRUITS AND VEGETABLES, REDUCING STRESS, REGULAR YOGA , AND AVOIDING ALCOHOL AND TOBACCO CAN ALL HELP IMPROVE FERTILITY. FOR MEN, MAINTAINING A HEALTHY WEIGHT, EATING A BALANCED DIET RICH IN ANTIOXIDANTS, AVOIDING EXCESSIVE HEAT EXPOSURE TO THE TESTICLES, AND REDUCING STRESS CAN IMPROVE FERTILITY.



NATURAL WAYS TO BOOST FERTILITY

1. MAINTAIN A HEALTHY WEIGHT AND BMI
2. EAT A BALANCED DIET RICH IN ANTIOXIDANTS AND VITAMINS,
3. GET ENOUGH SLEEP AND PRACTICE GOOD SLEEP HYGIENE, BEING POSITIVE IN ATTITUDE
4. GET REGULAR EXERCISE, BUT AVOID EXCESSIVE HIGH-INTENSITY EXERCISE
5. LIMIT ALCOHOL AND CAFFEINE CONSUMPTION



ACCUPRESSURE POINT FOR FERTILITY:

SPLEEN-6: LOCATED ON THE INNER LEG, THIS ACUPUNCTURE POINT IS BELIEVED TO PROMOTE BLOOD FLOW TO THE PELVIC AREA, ENHANCE FERTILITY, AND REGULATE THE MENSTRUAL CYCLE.

HOW ACUPUNCTURE CAN IMPROVE FERTILITY

- **REGULATE MENSTRUAL CYCLES:** ACUPUNCTURE CAN HELP REGULATE IRREGULAR MENSTRUAL CYCLES AND RESTORE HORMONAL BALANCE, PROMOTING OPTIMAL CONDITIONS FOR CONCEPTION.
- **ENHANCE OVARIAN FUNCTION:** BY IMPROVING BLOOD FLOW TO THE OVARIES, ACUPUNCTURE CAN SUPPORT HEALTHY EGG DEVELOPMENT AND IMPROVE OVARIAN FUNCTION, IMPROVE SPERM QUALITY: ACUPUNCTURE TREATMENTS CAN ALSO BENEFIT MEN BY IMPROVING SPERM QUALITY, COUNT, AND MOTILITY.

ASANAS FOR FERTILITY

1. BADDHA KONASANA (BUTTERFLY POSE)

**IMPROVES BLOOD
CIRCULATION IN THE
PELVIC REGION**



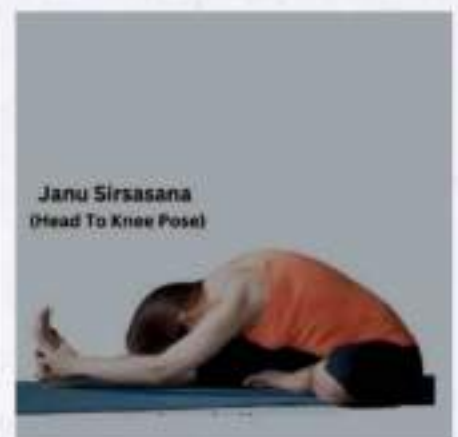
2. SETU BANDHASANA (BRIDGE POSE)



**MAY HELP WITH
PCOS SYMPTOMS
AND DIGESTION.**

3. JANU SIRASANA (HEAD TO KNEE POSE)

**IT CAN HELP RELIEVE
PREMENSTRUAL
SYMPTOMS**



KIDNEY-3: THIS POINT IS KNOWN FOR ITS ASSOCIATION WITH THE KIDNEY MERIDIAN, WHICH PLAYS A VITAL ROLE IN FERTILITY. STIMULATING KIDNEY-3 MAY HELP IMPROVE KIDNEY FUNCTION, SUPPORT HORMONAL BALANCE, AND ENHANCE REPRODUCTIVE HEALTH.

LIVER-3: THE LIVER MERIDIAN IS CONNECTED TO THE MENSTRUAL CYCLE AND EMOTIONAL WELL-BEING. STIMULATING LIVER-3 CAN HELP REGULATE THE MENSTRUAL CYCLE, REDUCE STRESS, AND PROMOTE EMOTIONAL BALANCE.

Satvik Kitchen

5 STAR CHEFS OF THE MONTH

PEARL MILLET ADAI

PRIYADARSHINI V.R

PRIYANKA

III BNYS

INGREDIENTS

- BAJRA-750GM
 - TOOR DAL-100GM
 - ONION-125GM
- FOR ONION CHUTNEY:
- ONION-200 GM
 - COCONUT-50 GM
 - GREEN CHILLI - 1 PIECE
 - URAD DAL-5 GRAMS
 - SALT(AS REQUIRED)

PROCEDURE

1. SOAK BAJRA AND TOOR DAL FOR 4 HOURS.
 2. GRIND SOAKED BAJRA AND TOOR DAL IN A MIXER ALONG WITH CUMIN, GINGER, GREEN CHILLI AND SALT (AS REQUIRED)
 3. NOW ADD FINELY CHOPPED BIG ONION, CORIANDER AND CURRY LEAVES TO THE BATTER.
 4. AFTER 30 MINS, TOAST IT LIKE A THIN PAN CAKE.
- FOR CHUTNEY:
- ADD SAUTEED ONION, URAD DAL, COCONUT, GREEN CHILLI, SALT AND GRIND IT INTO SMOOTH PASTE AND SERVE



NUTRITIONAL VALUE PER SERVING (100G)

CARBOHYDRATES-55.48G

PROTEIN-10.77G

FAT-4.37G

CALORIES-304 CAL

BENEFITS

1. DUE TO THE PRESENCE OF MAGNESIUM, IT REDUCES INSULIN RESISTANCE AND HELPS IN CONTROLLING DIABETES MELLITUS.
2. IT HAS OMEGA 3 FATTY ACID, MAGNESIUM, POTASSIUM WHICH HELPS IN REDUCING BLOOD PRESSURE.
3. AS IT IS RICH IN FIBER, IT HELPS IN PREVENTING CONSTIPATION.



Satvik Kitchen

4 STAR CHEFS OF THE MONTH

KAMBU KOOZH

ROHIT.M

RAMYA .M

III BNYS



NUTRITIONAL VALUE PER

SERVING (100G)

- CARBOHYDRATES: 49.48G
- PROTEIN: 8.63 G
- FAT: 4.25 G
- CALORIES: 272 KCAL

BENEFITS

RICH IN FIBER AIDS DIGESTION AND PROMOTES GUT HEALTH.

CONTAINS FOLIC ACID, WHICH HELPS PREVENT NEURAL TUBE DEFECTS DURING PREGNANCY.

- RICH IN FIBER, IT IS GOOD FOR DIGESTION AND HELPS PREVENT BLOATING, ACIDITY, ETC.

INGREDIENTS

- PEARL MILLET - 750 G
- CURD-200 ML
- ONION - 100G

PROCEDURE

- SOAK THE PEARL MILLET OVERNIGHT GRIND IT COARSELY, AND ADD THE MIXTURE INTO BOILING WATER. STIR WELL TO AVOID LUMPS.
- ONCE BOILED, ADD CURD ALONG WITH CHOPPED ONIONS AND LET IT COOL DOWN BEFORE SERVING.



Satvik Kitchen

3 STAR CHEFS OF THE MONTH

TAPIOCA FUFU

SANDHIYA .S
SANDHIYA.V
III BNYS



INGREDIENTS

- 1.TAPIOCA -1000G
- 2.SALT

PROCEDURE

- 1.HEAT WATER - IN A POT, BRING 1 CUP OF WATER TO A BOIL.
- 2.COOK THE FUFU - GRADUALLY POUR THE GRINDED TAPIOCA MIXTURE INTO THE BOILING WATER WHILE STIRRING CONTINUOUSLY TO PREVENT LUMPS.
- 3.STIR AND THICKEN - KEEP STIRRING UNTIL THE MIXTURE THICKENS AND BECOMES STRETCHY. IF TOO THICK, ADD A LITTLE HOT WATER AND STIR UNTIL SMOOTH.
- 4.STEAM FOR A FEW MINUTES - REDUCE THE HEAT AND LET IT STEAM FOR ABOUT 3 MINUTES TO ENSURE IT'S WELL COOKED.
- 5.SERVE - SHAPE INTO BALLS AND SERVE WITH YOUR FAVORITE STEW

NUTRITIONAL VALUE PER SERVING (100G)

- CALORIES -160 KCAL
- CARBOHYDRATES -40G
- PROTEIN -0.2G
- FAT-0-0.2GM

BENEFITS

- 1.GLUTEN-FREE & EASY TO DIGEST
- 2.TAPIOCA FUFU IS A GREAT OPTION FOR PEOPLE WITH GLUTEN INTOLERANCE OR CELIAC DISEASE
- 3.IT IS LIGHT ON THE STOMACH AND EASY TO DIGEST.
- 4.GUT-FRIENDLY - CONTAINS RESISTANT STARCH, WHICH ACTS AS A PREBIOTIC PROMOTING HEALTHY GUT BACTERIA AND IMPROVING DIGESTION.
- 5.SUPPORTS WEIGHT GAIN - DUE TO ITS HIGH CARBOHYDRATE CONTENT, CAN BE USEFUL FOR INDIVIDUALS LOOKING TO GAIN HEALTHY WEIGHT.



ACADEMIC EXCELLENCE OF THE MONTH



GEO RAJLIN.D
4TH YEAR BNYS



GOWSICA
3RD YEAR BNYS



SRUTHIKA
2ND YEAR BNYS



HEMA PRIYA
1ST YEAR BNYS
(PART-2)



MARIYA JENITA
1ST YEAR BNYS (PART-1)

FUTURE GOALS

"THE GREATEST GLORY IN LIVING LIES NOT IN NEVER FALLING, BUT IN
RISING EVERY TIME WE FALL."

V.KALAIYARASAN

1STYEAR BNYS [PART II]



- AFTER COMPLETING MY SCHOOL LIFE, I ENTERED A NEW ENVIRONMENT THAT IS MY COLLEGE LIFE. IT WAS A NEW AND EXCITING EXPERIENCE WITH MY FRIENDS AND LECTURERS.
- FOUND IT VERY INTERESTING TO LEARN ABOUT THE NATUROPATHY AND YOGA SYSTEM OF MEDICINE
- AT THE TIME OF MY JOINING, IT WAS VERY DIFFICULT FOR ME TO UNDERSTAND SOME CONCEPTS IN MY SUBJECTS. HOWEVER, AFTER FEW DAYS, I WAS ABLE TO GRASP THEM WITH THE HELP OF MY TEACHERS AND WITH CLINICAL EXPOS
- ADDITIONALLY, THE MORNING YOGA CLASSES ARE EFFECTIVE AND BRINGS A SENSE OF PEACE AND POSITIVITY.

CARRIER OBJECTIVE:

- THERE IS AN INCREASING AWARENESS AND ACCEPTANCE OF ALTERNATIVE MEDICINE, INCLUDING NATUROPATHY AND YOGA, AMONG THE GENERAL PUBLIC
- THIS BRAND IS EXPECTED TO CONTINUE, ENHANCING THE VALUE OF BNYS GRADUATE JANE TO ESTABLISH A SUCCESSFUL NATUROPATHIC PRACTICES, PROVIDING HOLISTIC HEALTHCARE SOLUTIONS TO PATIENTS AND PROMOTING WELLNESS IN THE COMMUNITY.
- TO WORK IN PUBLIC HEALTH, DEVELOPING AND IMPLEMENTING PROGRAMS THAT PROMOTE NATURAL HEALTH AND WELLNESS, AND ADVOCATING FOR POLICIES THAT SUPPORT INTEGRATIVE HEALTHCARE.

EDUCATION GOAL:

- I WOULD LIKE TO ENHANCE MY MEDICAL SKILLS BY STUDYING MD IN ACUPUNCTURE AND DREAM TO OPEN A CLINIC

LEARNING FROM LIFE:

- LIFE HAS TAUGHT ME MANY THINGS. LIFE IS FULL OF EXPERIENCES, LESSONS, HEART BREAK AND PAIN BUT IT ALSO HAS SHOWN ME LOVE, BEAUTY, RESPONSIBILITY AND NEW BEGINNINGS

CONCLUSION:

- THIS LIFE PATH IS MARKED BY A DEEP COMMITMENT TO NATURAL HEALTH AND AN ONGOING JOURNEY OF LEARNING AND PERSONAL DEVELOPMENT
- WITHOUT DREAMS AND GOALS SUCCESS IS HARD TO ACHIEVE IN MEDICAL LIFE I DECIDED TO SET A NAME IN THE MEDICAL FIELD BECAUSE I WISH TO TREAT THE PATIENT WITH INFINITE HAPPINESS

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
- ★ SWAMY VIVEKANANDHA PHYSIOTHERAPY COLLEGE
- ★ VIVEKANANDHA ALLIED HEALTH SCIENCE COLLEGE (Co-Ed)
- ★ KRISHNA INSTITUTE OF OPTOMETRY AND RESEARCH
- ★ VIVEKANANDHA INSTITUTE OF HEALTH SCIENCE & RESEARCH (Boys)
- ★ KRISHNA INSTITUTE OF HEALTH SCIENCE (Boys)
- ★ VIVEKANANDHA COLLEGE OF ENGINEERING FOR WOMEN (AUTONOMOUS)
- ★ VIVEKANANDHA COLLEGE OF TECHNOLOGY FOR WOMEN
- ★ VIVEKANANDHA INSTITUTE OF INFORMATION AND MANAGEMENT STUDIES
- ★ VIVEKANANDHA COLLEGE OF ARTS AND SCIENCES FOR WOMEN (AUTONOMOUS)
- ★ 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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