

Voice of SVNMYMC

SVNMYMC

A journey with Naturopathy and Yoga



"Flexibility in Body , Freedom in Mind."

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NEWS LETTER



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EVENTS



- **MARKING A NEW CHAPTER IN HEALTHCARE EXCELLENCE. THE GRAND OPENING OF OUR NEW OUTPATIENT DEPARTMENT AT SWAMY VIVEKANANDHA NATUROPATHY AND YOGA HOSPITAL BY OUR HONOURABLE CHAIRMAN SIR. "HEALING HANDS, CARING HEARTS "- COMMITTED TO DELIVERING QUALITY MEDICAL SERVICES TO ALL.**



- **THE 1ST-YEAR STUDENTS FROM SVNMYMC RECENTLY EMBARKED ON A FUN-FILLED 1 DAY TRIP TO MUNAR AS PART OF THEIR BATCH DAY CELEBRATIONS. IT WAS A WONDERFUL OPPORTUNITY FOR THEM TO BOND AND CREATE MEMORIES WITH THEIR FELLOW BATCHMATES.**



- **SVNYMC CELEBRATED FRESHERS' DAY FOR THE 6TH BATCH WITH A MOTIVATIONAL SESSION BY DR. ILAYA ABDUL KALAM (DR. JEGAN), INSPIRING STUDENTS TO BEGIN THEIR JOURNEY CONFIDENTLY.**



- RELIVE THE MAGIC OF OUR CHRISTMAS AND NEW YEAR BASH.
- MAKING MEMORIES WITH FRIENDS AND FACULTY.OUR CHRISTMAS AND NEW YEAR CELEBRATION WAS A REAL SHOWSTOPPER

MEDICAL FEATURES

DR.SOWNDARYA.K
AP&MO
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BRAIN AND EMOTIONS

KEY TAKEAWAYS:

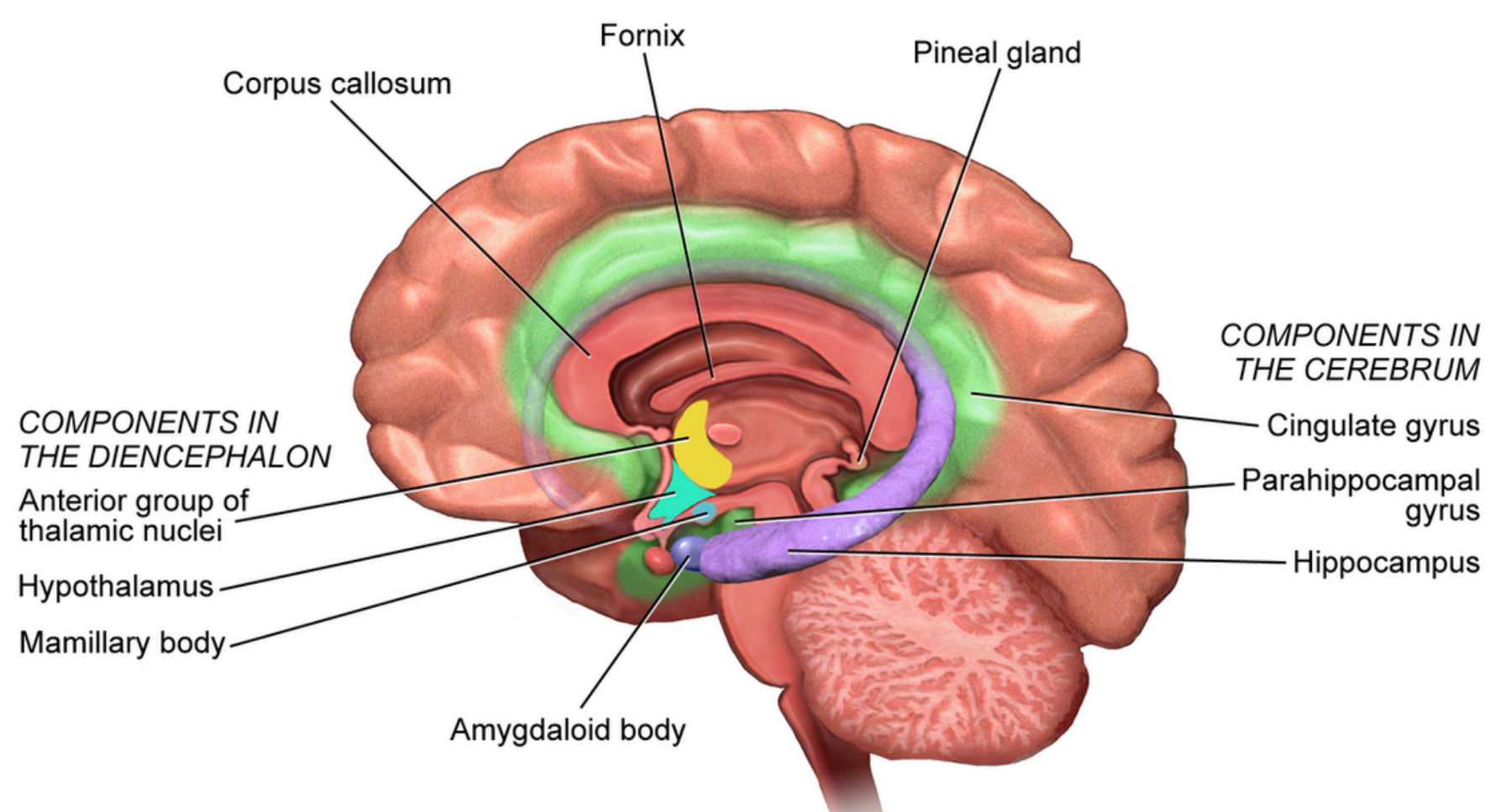
- EMOTIONS ORIGINATE FROM THE LIMBIC SYSTEM OF OUR BRAIN, WHICH IS A REGION THAT CONTROLS EMOTIONS AND BEHAVIOUR THAT WE RELY ON FOR SURVIVAL.
- THE HYPOTHALAMUS, HIPPOCAMPUS, AMYGDALA, AND LIMBIC CORTEX WORK TOGETHER TO CONTROL EMOTIONS.
- BRAIN INJURIES CAN AFFECT HOW WE CONTROL, REGULATE, AND EXPRESS EMOTIONS.

HOW DO EMOTIONS ORIGINATE FROM THE BRAIN?

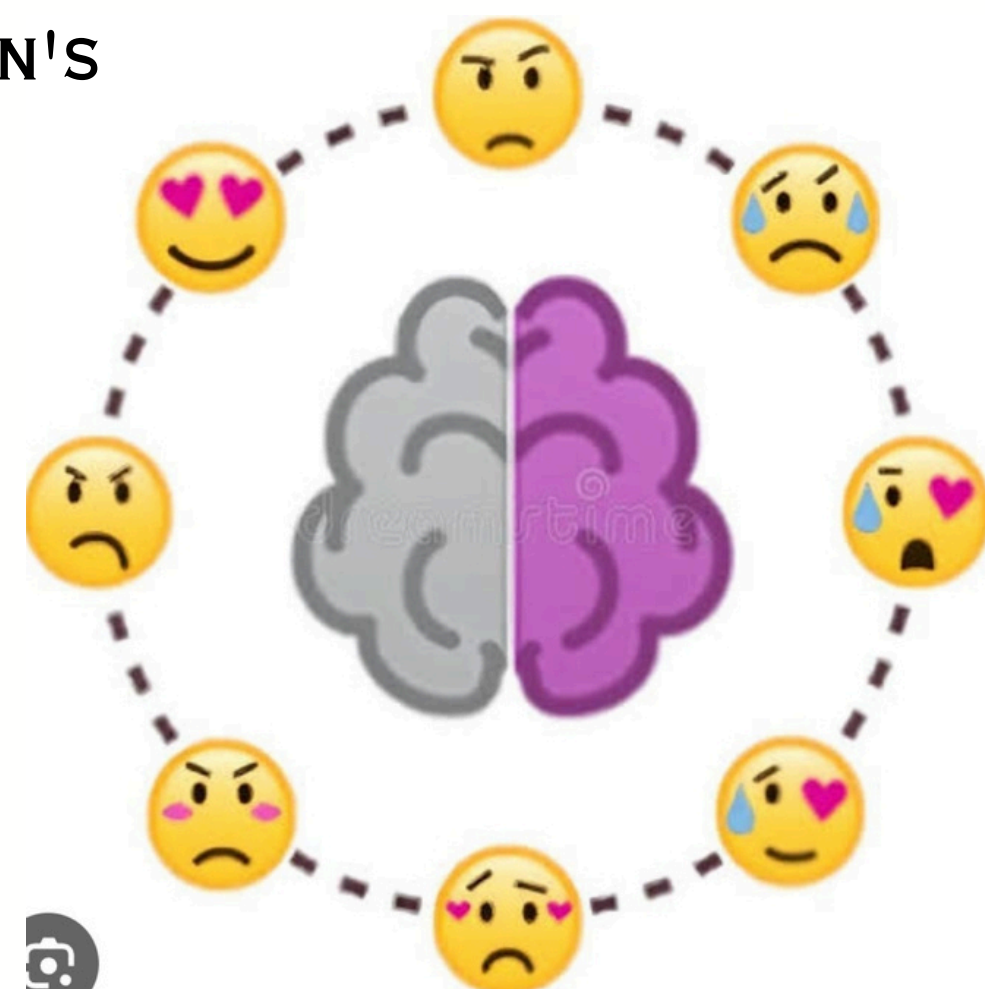
- THE VARIOUS PARTS OF THE BRAIN MAKE UP A VERY COMPLEX ORGAN. IT CONTROLS EVERYTHING, FROM THE VOLUNTARY MOVEMENTS OF YOUR BODY TO YOUR HEART RATE AND BREATHING. THE BRAIN ALSO PLAYS A VITAL ROLE IN CONTROLLING AND PROCESSING EMOTIONS.
- EMOTIONS ORIGINATE FROM THE PART OF THE BRAIN CONNECTED WITH BEHAVIOURS AND INSTINCTS WE RELY ON FOR SURVIVAL. THIS INCLUDES FEEDING, REPRODUCTION, CARING FOR OUR YOUNG, AND THE FIGHT OR FLIGHT RESPONSE. ALL OF THESE ARE TIED TO EMOTIONAL RESPONSES. FOR INSTANCE, WE PRODUCE CHILDREN WITH PARTNERS WHO WE ARE EMOTIONALLY INVESTED IN. ANOTHER EXAMPLE IS THE ANXIETY THAT COMES WITH THE FIGHT-OR-FLIGHT RESPONSE.

- THE LIMBIC SYSTEM, ALSO CALLED THE "EMOTIONAL BRAIN," IS RESPONSIBLE FOR THESE EMOTIONS. THIS REGION IS LOCATED DEEP IN THE MIDDLE OF THE BRAIN AND BRIDGES AREAS IN THE BRAIN STEM.

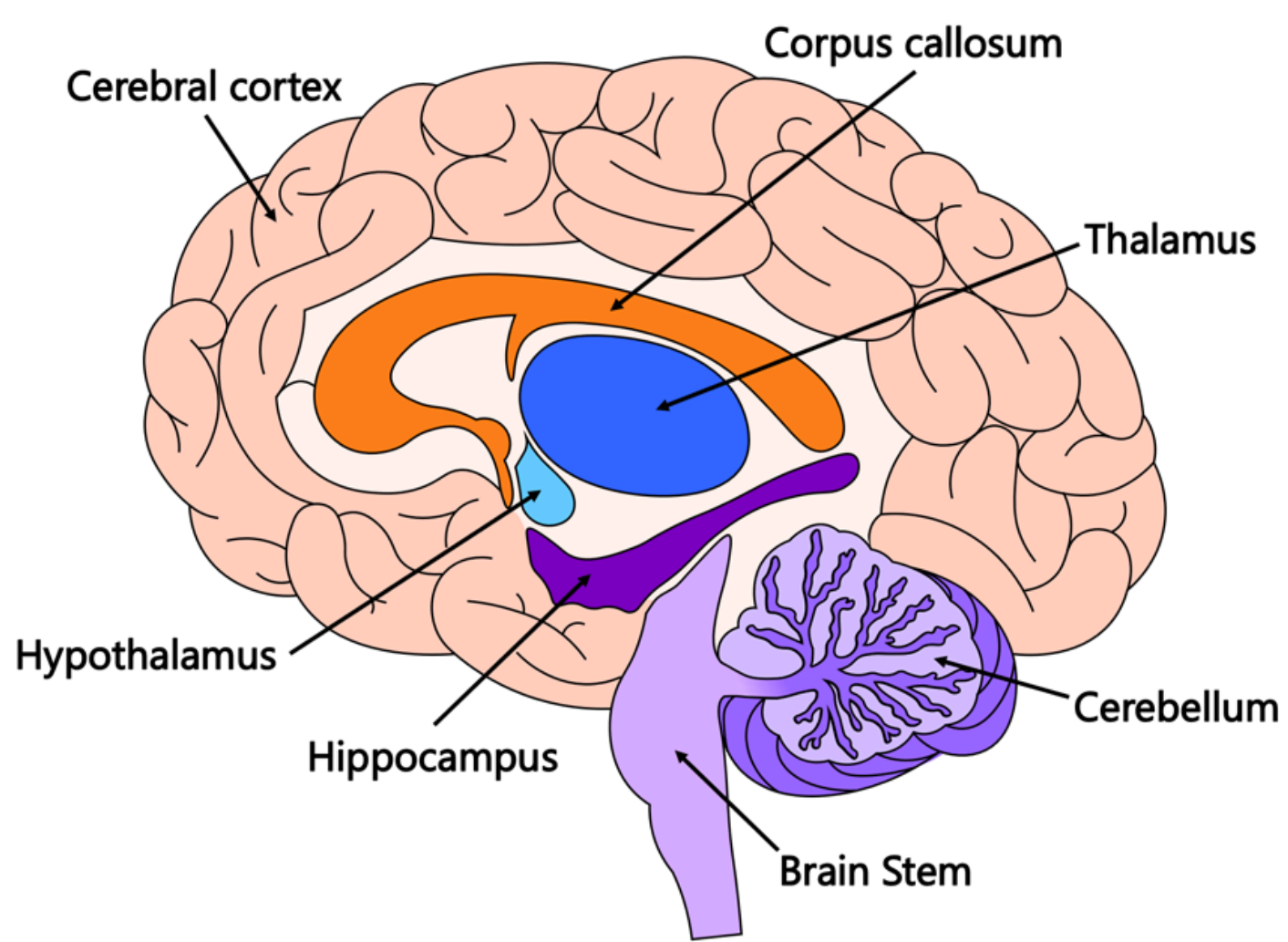
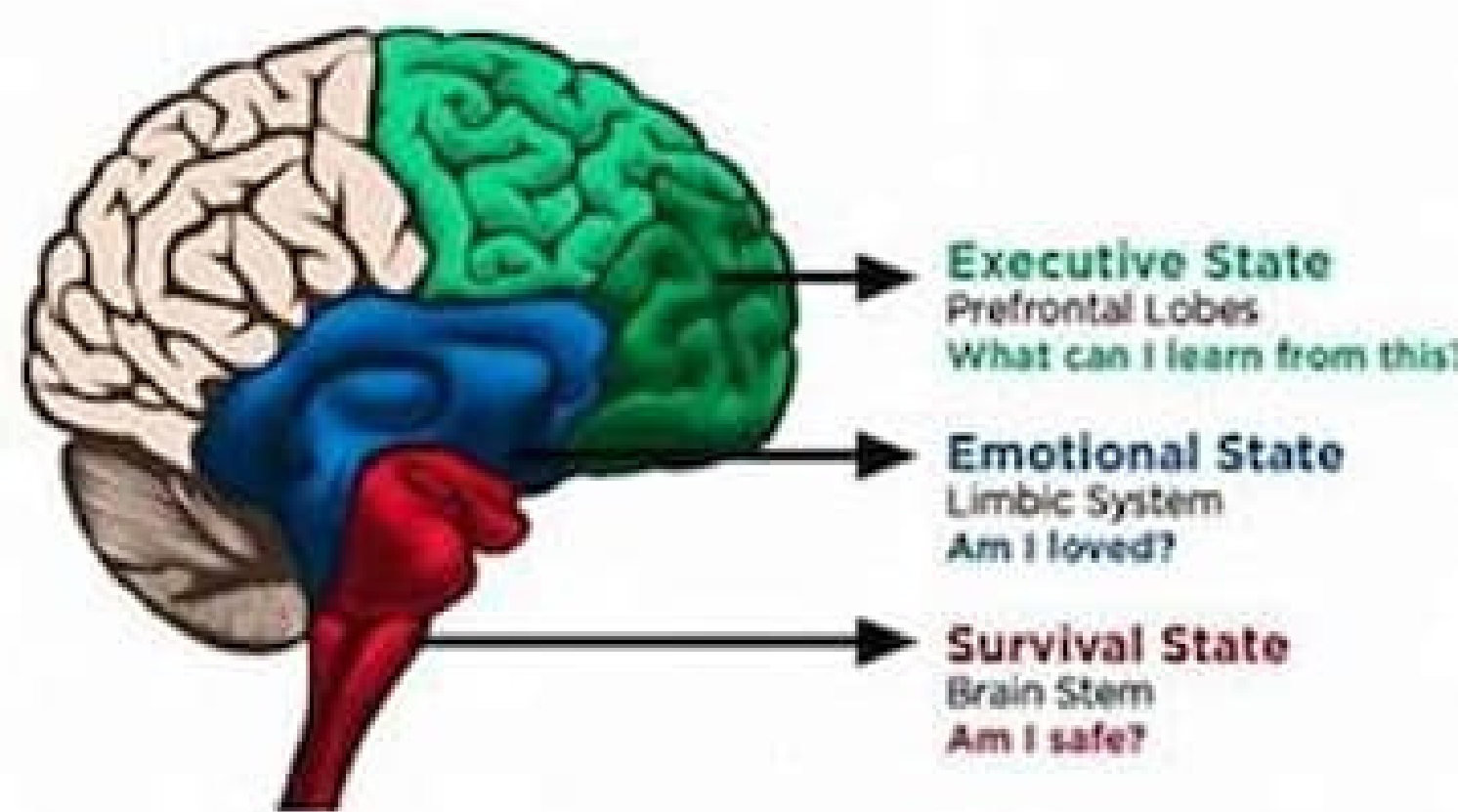
The Limbic System



RESEARCHERS STILL HAVE MANY QUESTIONS ABOUT THE BRAIN'S ROLE IN THE WIDE RANGE OF EMOTIONS WE EXPERIENCE. SO FAR, THEY HAVE PINPOINTED THE ORIGINS OF COMMON EMOTIONS, SUCH AS FEAR, ANGER, HAPPINESS, AND LOVE. **WHAT PART OF THE BRAIN CONTROLS EMOTIONS?**



OUR EMOTIONS ARE LINKED TO THE DIFFERENT PARTS OF THE LIMBIC SYSTEM. RESEARCHERS HAVE IDENTIFIED FOUR MAIN AREAS AS THE MAIN COMPONENTS OF THE LIMBIC SYSTEM, INCLUDING THE HYPOTHALAMUS, AMYGDALA, THALAMUS, AND HIPPOCAMPUS. EACH AREA HAS ITS OWN PURPOSE, BUT TOGETHER, THEY WORK TO REGULATE AND CONTROL EMOTIONS.



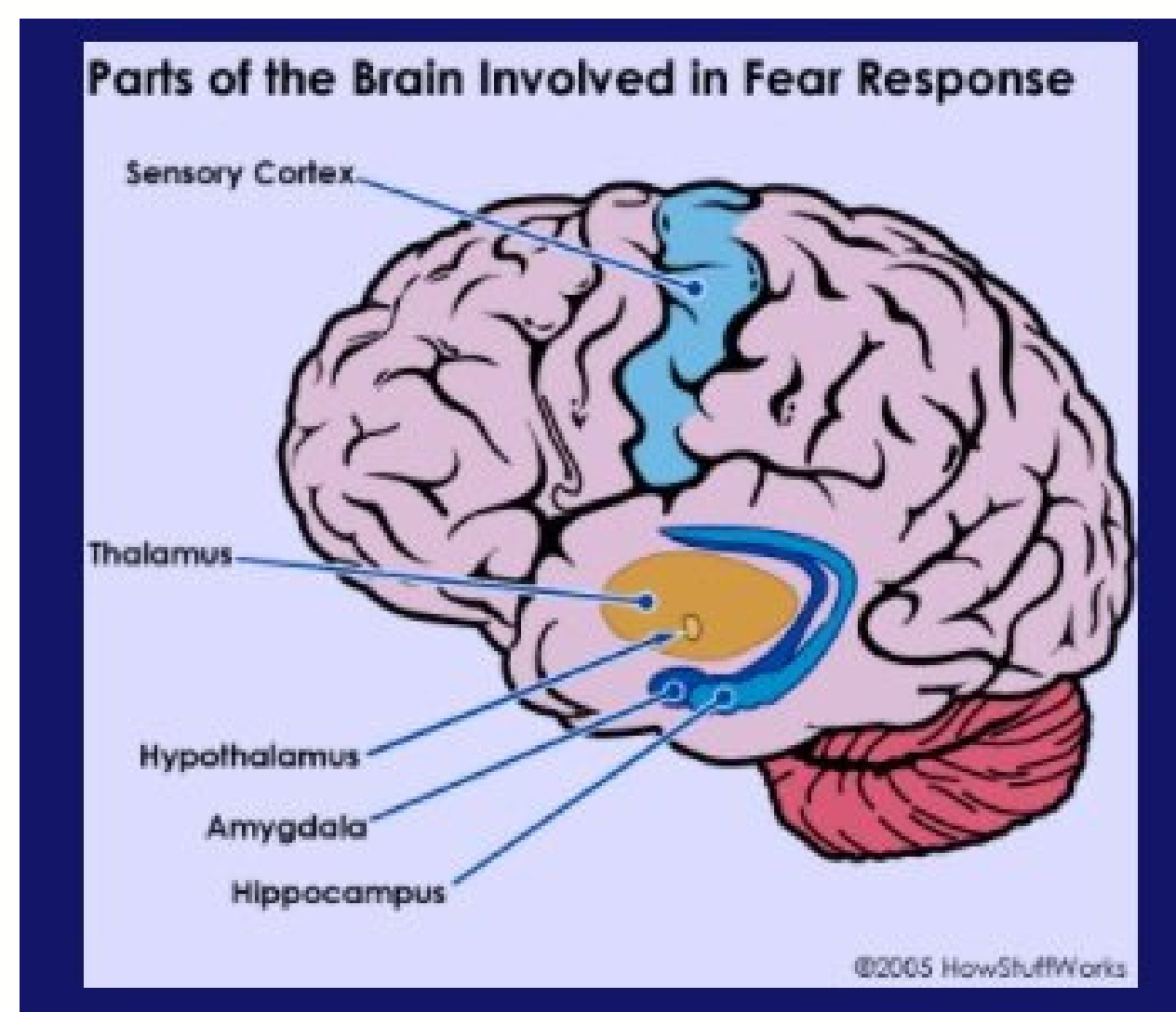
HYPOTHALAMUS. THIS PART OF THE LIMBIC SYSTEM CONTROLS THE SEXUAL RESPONSE, HORMONE RELEASE, AND REGULATING BODY TEMPERATURE. IT IS ALSO INVOLVED IN CONTROLLING EMOTIONAL RESPONSES.

HIPPOCAMPUS. THIS HELPS PRESERVE AND RETRIEVE MEMORIES. THE HIPPOCAMPUS ALSO HELPS US UNDERSTAND THE SPATIAL DIMENSIONS OF OUR ENVIRONMENT.

AMYGDALA. THE AMYGDALA COORDINATES RESPONSES TO STIMULI IN YOUR ENVIRONMENT, ESPECIALLY THOSE THAT CAUSE AN EMOTIONAL RESPONSE. THIS STRUCTURE IS IMPORTANT IN OUR EXPERIENCES OF FEAR AND ANGER.

LIMBIC CORTEX. THE LIMBIC CORTEX IS SPLIT INTO THE CINGULATE GYRUS AND THE PARA HIPPOCAMPAL GYRUS. TOGETHER, THEY INFLUENCE MOOD, MOTIVATION, AND JUDGMENT.

- THE AMYGDALA ALSO PLAYS A ROLE IN FEAR LEARNING, WHICH IS WHEN YOU ARE CONDITIONED TO ASSOCIATE CERTAIN SITUATIONS WITH FEELINGS OF FEAR. SOME PEOPLE WHO HAVE EXPERIENCED TRAUMA MAY HAVE AN OVERACTIVE FEAR RESPONSE. TRAUMA CAN AFFECT THE BRAIN IN CERTAIN WAYS THAT MAY CAUSE THE AMYGDALA TO GO ON OVERDRIVE.

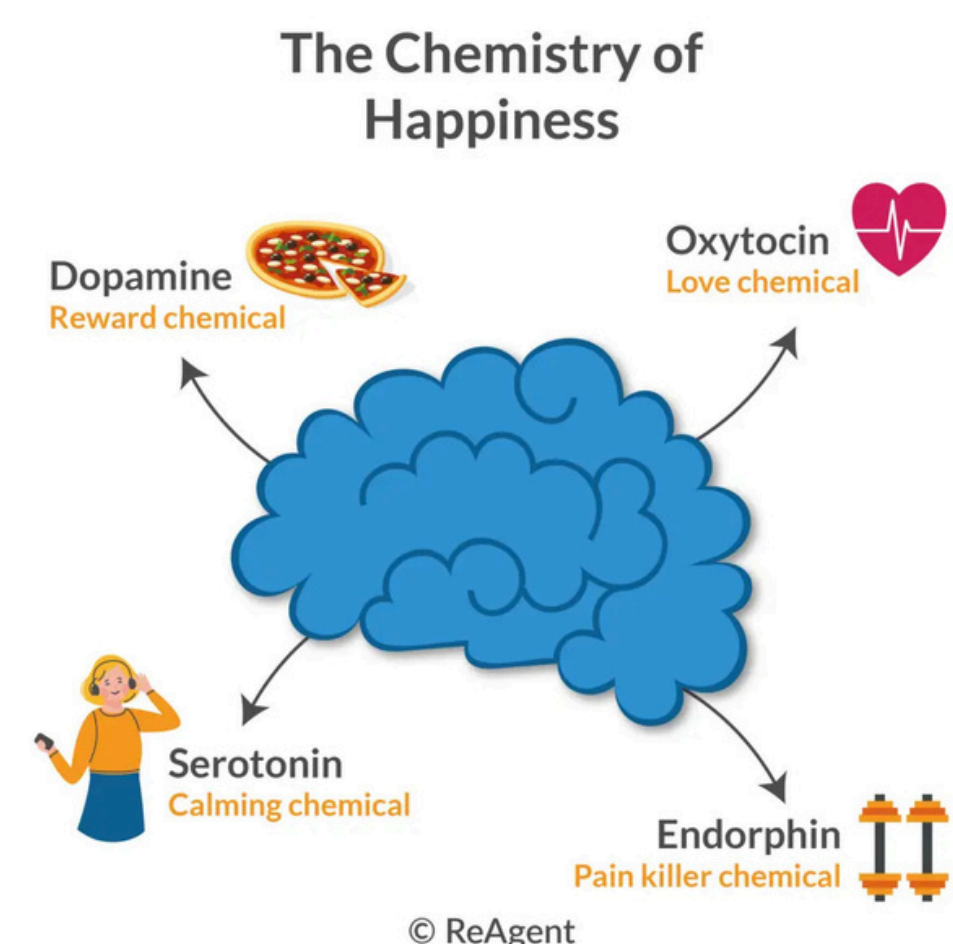


WHAT PART OF THE BRAIN CONTROLS ANGER?

- LIKE FEAR, ANGER IS A RESPONSE TO ENVIRONMENTAL STRESSORS OR THREATS. DANGEROUS SITUATIONS CAN ELICIT AN ANGER OR AGGRESSION RESPONSE JUST AS MUCH AS IT CAN MAKE US EXPERIENCE FEAR.
- THE AMYGDALA AND HYPOTHALAMUS CONTROL ANGER, SIMILAR TO THE FEAR RESPONSE. ANGER AFFECTS THE BRAIN AND BODY BY TRIGGERING THE FIGHT-OR-FLIGHT RESPONSE AND RELEASING HORMONES LIKE CORTISOL AND ADRENALINE
- THE PREFRONTAL CORTEX OF OUR BRAINS ALSO PLAYS A ROLE IN ANGER, PARTICULARLY IN REGULATING SUCH EMOTIONS. PEOPLE WHO HAVE DAMAGED THIS AREA OF THEIR BRAINS MAY SOMETIMES HAVE DIFFICULTY CONTROLLING ANGER AND AGGRESSION

WHAT PART OF THE BRAIN CONTROLS HAPPINESS

- HAPPINESS IS A STATE OF FEELING SATISFIED OR A GOOD LEVEL OF WELL-BEING, OFTEN ACCOMPANIED BY POSITIVE THOUGHTS AND FEELINGS.
- STUDIES SUGGEST THAT HAPPINESS IS CONTROLLED BY THE LIMBIC CORTEX AND AN AREA CALLED THE PRAECUNEUS, WHICH IS RESPONSIBLE FOR MEMORY RETRIEVAL, MAINTAINING ONE'S SENSE OF SELF, AND FOCUSING ATTENTION ON OUR ENVIRONMENT. FINDINGS HAVE SHOWN THAT PEOPLE WITH LARGER GREY MATTER IN THEIR RIGHT PRAECUNEUS REPORTED INCREASED HAPPINESS.



WHAT PART OF THE BRAIN CONTROLS LOVE?

- **IT IS INTERESTING TO NOTE THAT FEELINGS FOR ROMANTIC LOVE ARE ASSOCIATED WITH THE STRESS RESPONSE TRIGGERED BY THE HYPOTHALAMUS, THE SAME AREA THAT CONTROLS FEAR AND ANGER. HOWEVER, WHEN WE CONSIDER THE NERVOUS EXCITEMENT OR ANXIETY WE FEEL WHEN FALLING FOR SOMEONE, THE INVOLVEMENT OF THE HYPOTHALAMUS MAKES MORE SENSE.**
- **AS FEELINGS OF LOVE AND ATTRACTION DEVELOP, THE HYPOTHALAMUS TRIGGERS THE RELEASE OF OTHER HAPPINESS CHEMICALS AND HORMONES, INCLUDING DOPAMINE, OXYTOCIN, AND VASOPRESSIN. DOPAMINE IS ASSOCIATED WITH THE BRAIN'S REWARD SYSTEM, MAKING LOVE FEEL GOOD.**
- **DOPAMINE IS ASSOCIATED WITH YOUR BODY'S REWARD SYSTEM. THIS HELPS MAKE LOVE A DESIRABLE FEELING. IN FACT, A 2015 STUDY DEMONSTRATED A STATISTICALLY SIGNIFICANT DIFFERENCE IN THE ACTIVATION OF DOPAMINE-RICH PARTS OF THE BRAIN WHEN PARTICIPANTS WERE SHOWN PHOTOS OF THEIR ROMANTIC PARTNERS.**
- **NEXT IS OXYTOCIN, WHICH IS COMMONLY REFERRED TO AS THE "LOVE HORMONE." IT IS RESPONSIBLE FOR FEELINGS OF TRUST AND IS ALSO ASSOCIATED WITH SOCIAL BONDING. A STUDY CONDUCTED IN 2017 FOUND THAT ROMANTICALLY INVOLVED PARTNERS WHO EXPRESSED GRATITUDE TO EACH OTHER HAD GREATER LEVELS OF OXYTOCIN, WHICH LED TO IMPROVED PERCEPTIONS OF THEIR PARTNERS AND GREATER EXPERIENCED LOVE. VASOPRESSIN IS SIMILAR TO OXYTOCIN IN PROMOTING SOCIAL BONDING WITH A ROMANTIC PARTNER.**
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- **VASOPRESSIN IS SIMILAR TO OXYTOCIN IN PROMOTING SOCIAL BONDING WITH A ROMANTIC PARTNER.**

Which parts of the brain are highly stimulated when we fall in love?

VENTRAL TEGMENTAL AREA

Located in the midbrain, this area is part of the brain's reward system and the activity changes when we begin to fall in love. This part of the brain is stimulated by both natural rewards (e.g., food, sex) and drugs of abuse.

PREFRONTAL CORTEX

NUCLEUS ACCUMBENS

DOPAMINE

Twelve areas of the brain work together to release chemicals such as the "feel-good" hormone dopamine, the "cuddle hormone" oxytocin, and adrenaline, which induces a euphoric sense of purpose.

BASAL GANGLIA

Typically associated with motor control, this brain region is also involved in promoting attachment, which gives humans and other mammals the ability to stick it out and stay together even when things aren't going so well.

ANGULAR GYRUS

The part of the brain associated with complex language functions and the mirror neuron system, this region helps you anticipate the actions of a loved one.

AMYGDALA HIPPOCAMPUS

Study findings indicate that the brain's reward circuit—the amygdala, the hippocampus, and the prefrontal cortex—which is very sensitive to behaviors that induce pleasure, lit up on brain scans when talking about a loved one because of increased blood flow in these areas.

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CAN BRAIN INJURIES AFFECTS THE EMOTION REGULATION?

- BRAIN INJURIES CAN AFFECT EMOTION REGULATION. TRAUMA CAN ALSO AFFECT THE BRAIN BY CHANGING THE WAY PEOPLE FEEL OR EXPRESS THEIR EMOTIONS.
- STUDIES HAVE FOUND THAT INDIVIDUALS WITH TRAUMATIC BRAIN INJURY (TBI) CAN DEVELOP SEVERAL TYPES OF EMOTIONAL PROBLEMS, SUCH AS ANXIETY AND MOOD DISORDERS.
- THEY MAY ALSO STRUGGLE WITH CONTROLLING OR REGULATING THEIR EMOTIONS. SOME PEOPLE WITH TBI MAY EXPERIENCE A FLOOD OF EMOTIONS QUICKLY AND INTENSELY WITH LITTLE LASTING EFFECT, SUCH AS BEING QUICK TO ANGER BUT GETTING OVER IT EASILY.

ASPIRING SCHOLAR

INSOMNIA

A NATUROPATHIC PERSPECTIVE

WHEN THE MIND WON'T REST:

UNDERSTANDING INSOMNIA THROUGH
THE LENS OF NATUROPATHY

- INSOMNIA IS A COMMON SLEEP DISORDER CHARACTERIZED BY DIFFICULTY IN FALLING ASLEEP, STAYING ASLEEP, OR WAKING UP TOO EARLY AND BEING UNABLE TO RETURN TO SLEEP. IT CAN BE ACUTE (SHORT-TERM) OR CHRONIC (LASTING MORE THAN THREE MONTHS). PERSISTENT INSOMNIA AFFECTS PHYSICAL HEALTH, EMOTIONAL BALANCE, COGNITIVE PERFORMANCE, AND OVERALL QUALITY OF LIFE.



DR YASHIKA.G, BNYS
CRRI



CORE CHARACTERISTICS OF INSOMNIA:

- DIFFICULTY INITIATING SLEEP (SLEEP ONSET INSOMNIA)
- FREQUENT AWAKENINGS DURING THE NIGHT
- EARLY MORNING AWAKENING
- NON-RESTORATIVE OR POOR-QUALITY SLEEP
- DAYTIME FATIGUE AND REDUCED CONCENTRATION

① TYPES OF INSOMNIA

ACUTE INSOMNIA:

SHORT-TERM, SLEEP-DISTURBANCE
OFTEN TRIAGERED BY STRESS, ILINESS.
TRAVEL, OR EMOTIONAL UPSET.



CHRONIC INSOMNIA :

OCCURS OR LEAST, THREE NIGHTS, PER
WECK FOR MORE THAN THREE MONTHS.
OTHEN EXSECTSTED WITH MEDICAL,
PSYCHOLOGICAL, OR IFIESTYIS FACTORS



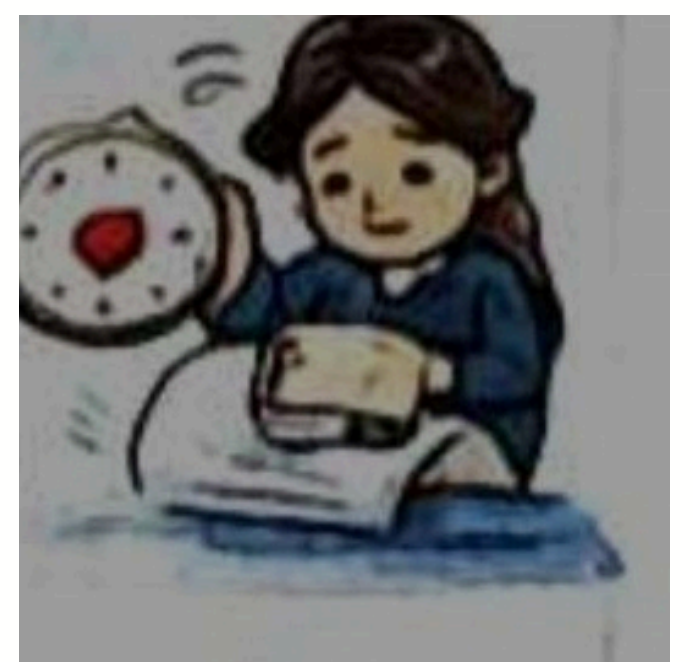
PRIMARY INSOMNIA:

NOT DIRECTLY REATED TO ANY OTHER
HEALTH CONDITION.



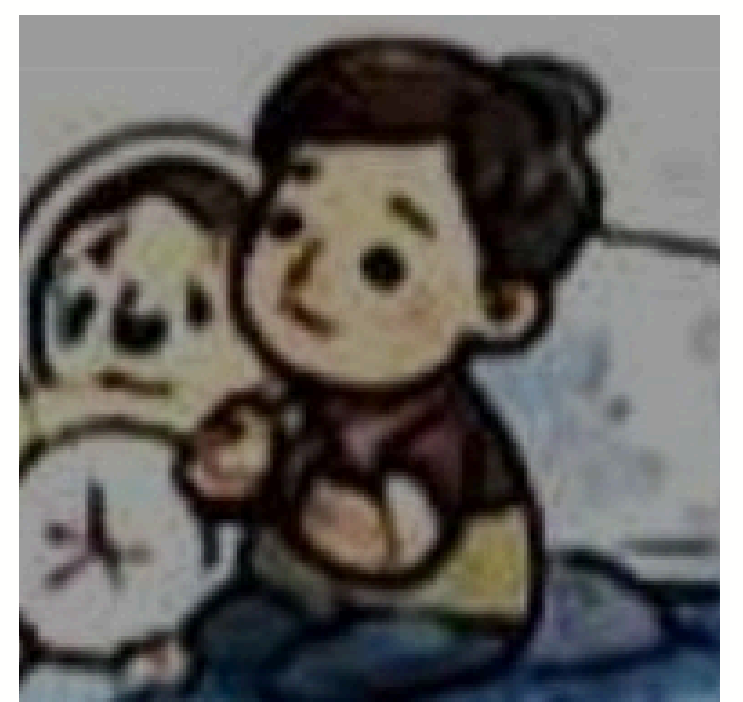
SECONDARY INSOMNIA :

OCCURS DUE TO UNDERLVING CAUSES
SUCH AS DEPRESSION,-VRRXIETY.
CHRONIC PAIN. HORMONAL IMBALANCE,
OR MEDICATION SIDE EFFECTS.



BEHAVIORAL INSOMNIA :

COMMON IN CHIARER UE TO POOR SLEEP
TAIBITS OR IMEGULAR SLEEP SCHEDULES.



2. CAUSES AND RISK FACTORS

STRESS & ANXIETY

CHRONIC STRESS, EXCESSIVE
WORRY AND OVERTHINKING.

POOR SLEEP HABITS

IRREGULAR SLEEP SCHEDULE, LATE-
NIGHT ECREEN TIME, STIMULATING
ACTIVITIES:

MEDICAL CONDITION:

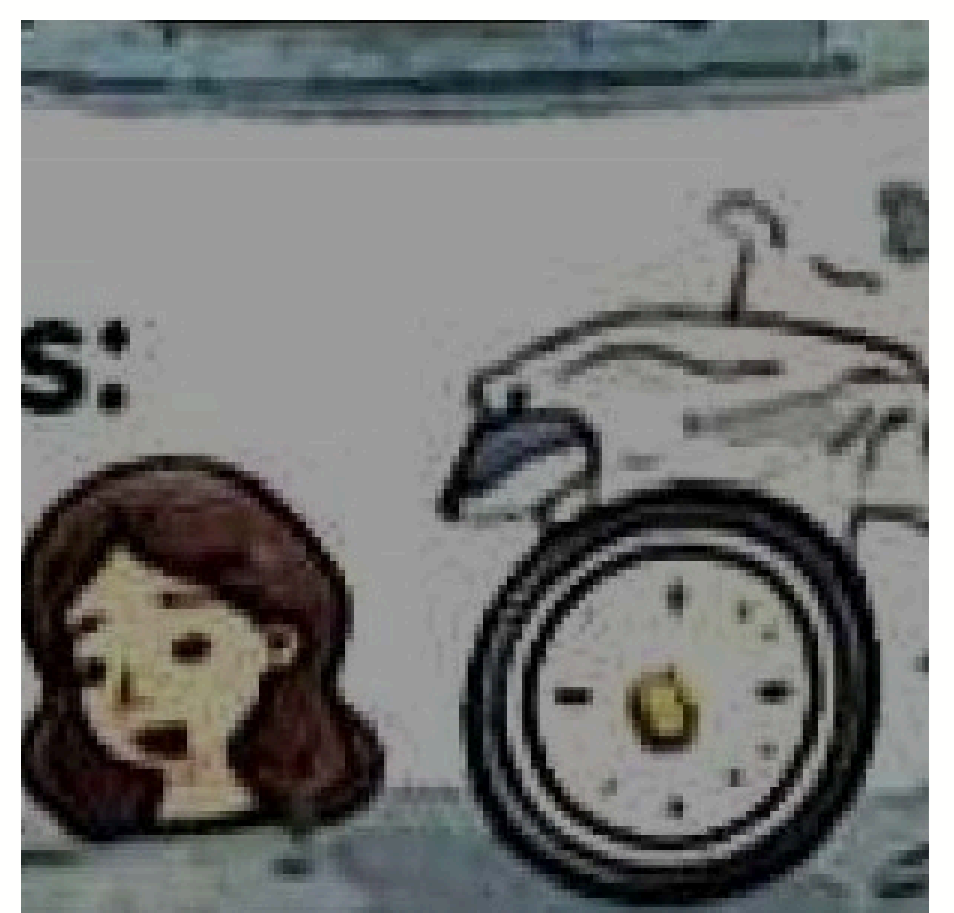
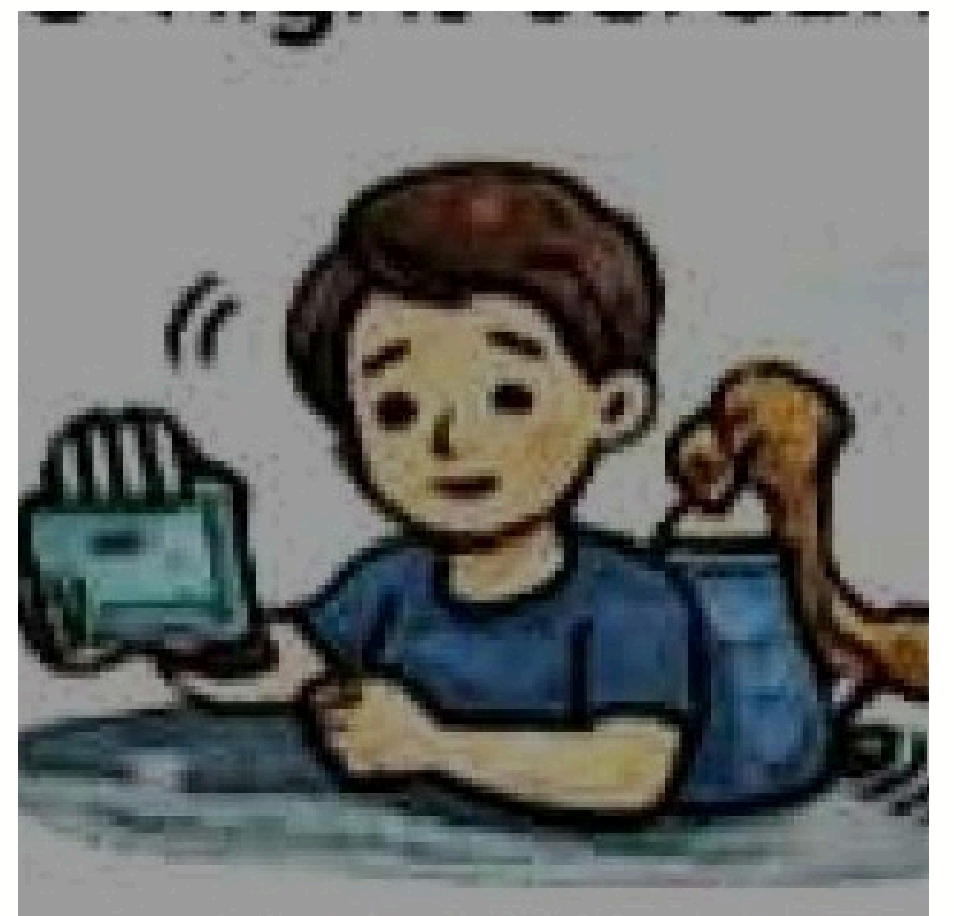
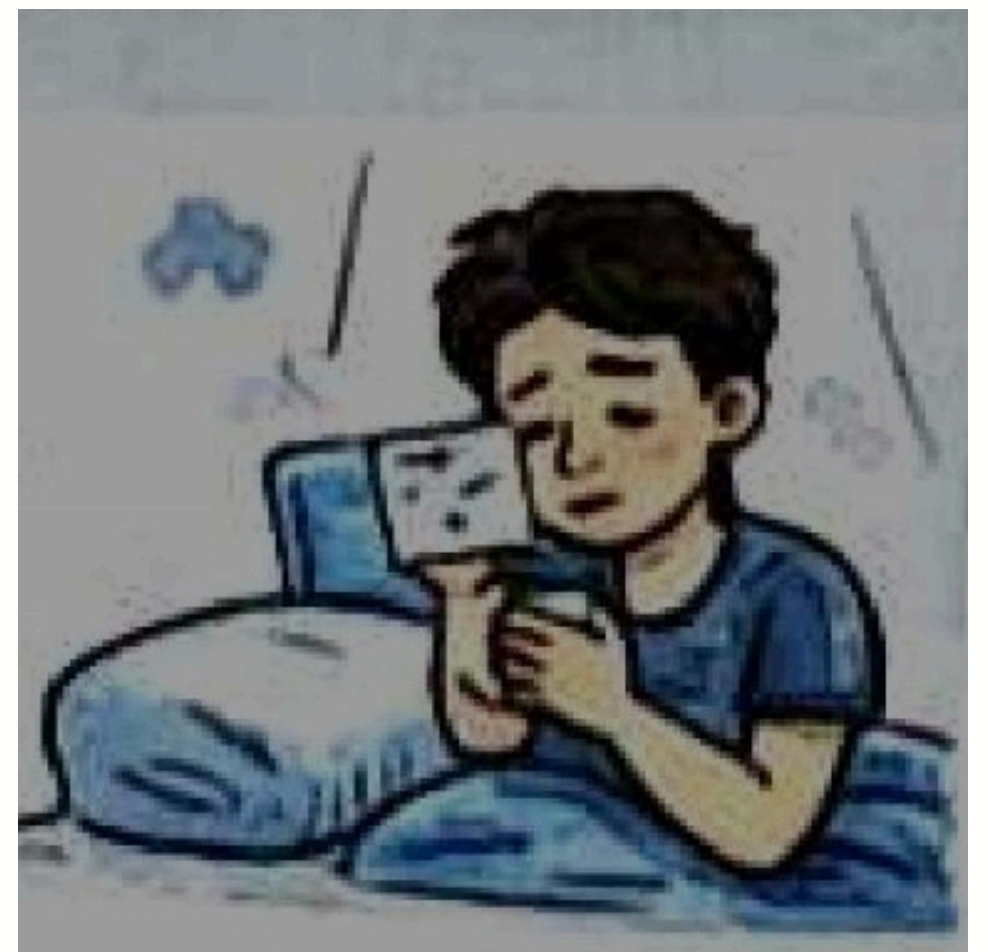
CHRONIC PAIN, RESPIRATORY.
DISORDERS-THYROID IMBALANCE.
HORMONAL CHANGES.

DIETARY FACTORS

HEARY MEDIS, CAFFEINE,
ALEOHOL, OPJCY FOODS,
SUGAR-BEFORE BED.

MENTAL HEALTH DISORDERS:

DEPRESSION, ANXIETY.
POST-TRAUMATIC STRESS (PTSD).



NATUROPATHIC MANAGEMENT OF INSOMNIA

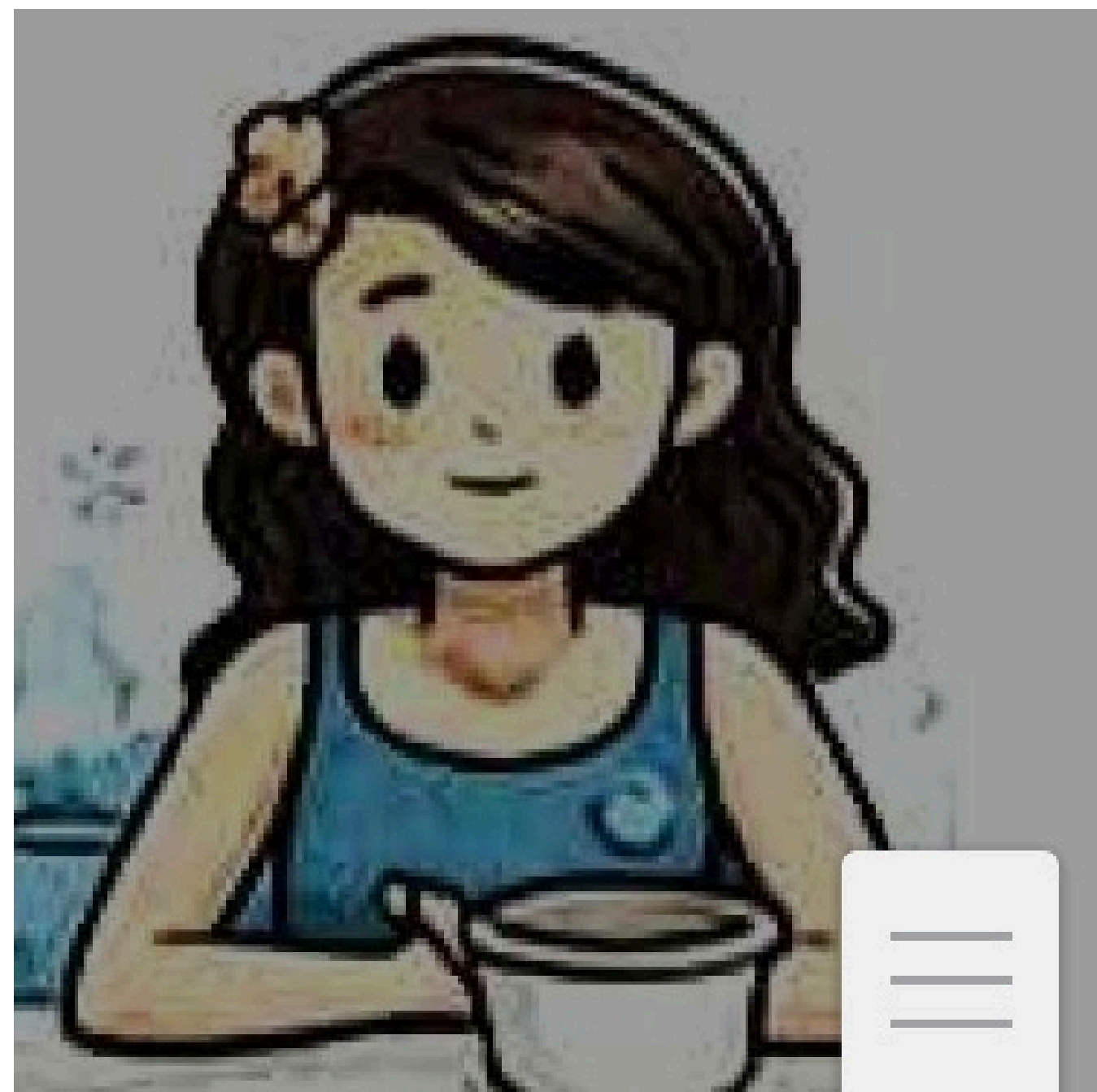
① DIET & NUTRITION

- **BALANCED DIET RICH IN MAGNESIUM (NUTS, SEEDS) AND TRYPTOPHAN (TURKEY, MILK,**
- **LIMIT CAFFEINE, ALCOHOL, AND HEAVY MEALS BEFORE BEDTIME. HERBAL TEAS SUCH AS CHAMOMILE OR VALERIAN ROOT.**



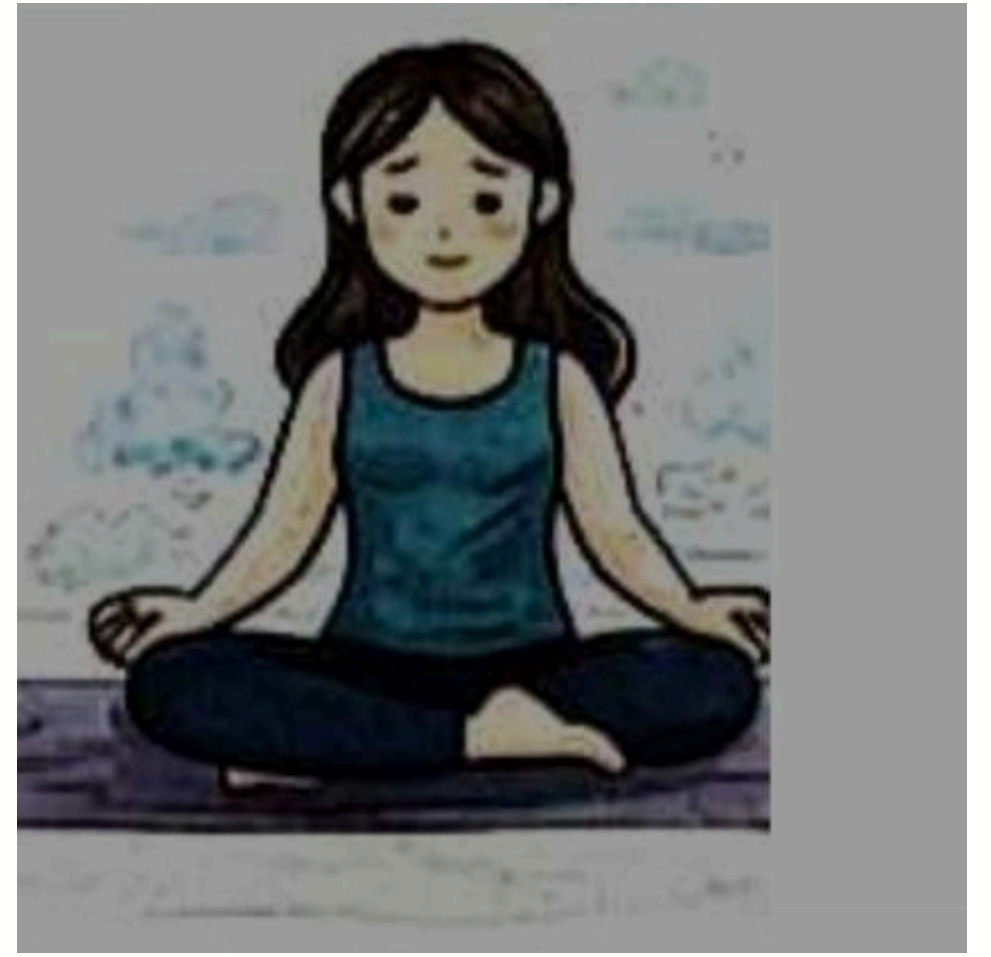
② HYDRATHERAPY

- **WARM BATH WITH EPSOM SALT BEFORE BED**
- **WET PACK PLACED OVER THE ABDOMEN (COOLING & RELAXING)**
- **NEUTRAL IMMERSION BATH (LUKE WARM WATER)**



3 YOGA & EXERCISE THERAPY

- SHAVASANA
- BALASANA
- PASCHIMOTTANASANA
- DEEP BREATHING EXERCISES
(ANULOM VILOM)



4 LIFESTYLE & SLEEP HYGIENE

- MAINTAIN A REGULAR SLEEP SCHEDULE
- AVOID SCREENS BEFORE BED
(BLUE LIGHT EXPOURE)
- CREATE A ELAXING BEDTIME ROUTINE (READING, MEDITATION)
- KEEP BEDROOM DARK, COOL, AND QUIET



5 HERBAL REMEDIES

- CHAMOMILE (CALMING & PROMOTES SLEEP)
- VALERIAN ROOT (SEDATIVE PROPERTIES: CONSULT A PRACTITIONER)
- ASHWAGANDHA (STRESS & ANXIETY REDUCER)



SATVIK KITCHEN

TAPIOCA CAKE

INGREDIENTS:

- TAPIOCA-2KG.
- JAGGERY-TO CUP (AS PER SWEETNESS).
- COCONUT (FRESH)-½ CUP, DRY-GROUND (WITHOUT WATER).
- RAVA/SOOJI-2 TO 3 TBSP.
- GHEE-1 TSP.
- CARDAMOM POWDER-TSP.

PROCEDURE:

- PEEL, WASH, AND GRATE THE TAPIOCA,
- SQUEEZE OUT THE EXCESS MILK.
- AND KEEP THE GRATED TAPIOCA ASIDE.
- GRIND COCONUT WITHOUT WATER AND KEEP ASIDE.
- MIX GRATED TAPIOCA WITH JAGGERY.
- ADD A LITTLE RAVA, GHEE, AND CARDAMOM POWDER.
- MIX WELL
- GREASE THE IDLI MOULD.
- ADD A LAYER OF TAPIOCA MIX, THEN A SPOON OF COCONUT MIX, AND COVER AGAIN WITH TAPIOCA MIX.
- STEAM FOR 20-30 MINUTES.
- COOL SLIGHTLY, UNMOULD, AND SERVE WARM.

BENEFITS:

- GLUTEN-FREE
- RICH IN MINERALS
- BOOSTS IMMUNITY
- IMPROVES DIGESTION
- GOOD FOR SKIN
- EASY DIGEST
- HIGH ENERGY FOOD
- SUPPORT HEALTHY GAIN WEIGHT



PREPARED BY
SWATHI. V
THASLEEM BANU
3RD YEAR-BNYS



NUTRITIONAL VALUE:

- CALORIES:- 120-150 KCAL
- CARBOHYDRATES: 25-30G
- PROTEIN: 1-2 G.
- FAT:2-3 G.
- FIBER: 1-2 G.
- NATURAL SUGAR: 8-12 G.

PROTEIN PANIYARAM



INGREDIENTS

- GREEN GRAM-250 G
- SWEET CORN-3 IN NUMBERS
- CHANNA-1/4 KG
- GREEN CHILLI - 2
- SALT AS REQUIRED
- MINT-1 CUP
- CORRIANDAR - 1 CUP
- 1/2 CABBAGE
- CARROT-3
- 1/2 CUP OF LUKE WARM WATER

PROCEDURE

- SOAK GREEN GRAM AND CHANNA OVER
- NIGHT
- BOIL SWEET CORN AND CHANNA AND GREEN GRAM WITH OPTIMUM TEMPERATURE
- THEN MAKE A DOUGH NOT TOO WATERY WITH THE CONSISTENCY OF KULI PANIYARAM
- THEN MIX THE ALL THREE PASTE WITH CHOPPED CABBAGE AND CARROT IN A PAN ADD A LITTLE AMOUNT OF OIL
- THEN POUR THE BATTER IN EACH HOLE AND WAIT UNTILL IT TURN INTO GOLDEN BROWN THEN TO GRIND CHUTNEY ADD FRESH MINT
- ADD PINCH OF SALT AND GRIND IT AND SERVE WITH TASTY AND HEALTHY PANIYARAM



PREPARED BY

SRUTHI A. T. A

SRUTHIKA.S

3RD YEAR-BNYS

BENEFITS

1. HIGH QUALITY PROTEIN
2. HIGH IN DIETARY FIBER - IMPROVES DIGESTION AND PREVENTS CONSTIPATION.
3. RICH IN IRON, MAGNESIUM, FOLATE, B VITAMINS
4. SUPPORTS HEART HEALTH BY LOWERING CHOLESTEROL.
5. GIVES LONG-LASTING ENERGY - IDEAL FOR BREAKFAST OR SNACKS.
6. GLUTEN-FREE- SUITABLE FOR PEOPLE WITH GLUTEN INTOLERANCE.
7. HELPS IN WEIGHT MANAGEMENT BY KEEPING YOU FULL LONGER.
8. GUT FRIENDLY AND EASILY DIGESTIBLE
9. LOW IN FAT, NUTRIENT DENSE AND EASY TO DIGEST
10. IDEAL FOR MUSCLE BUILDING, WEIGHT MANAGEMENT AND OVERALL WELLNESS

NUTRITIONAL VALUE

- CALORIE PER SERVING -364 KCAL PER 100 GRAM

BEETROOT CHANNA PEDA

INGREDIENTS:

- ROASTED CHANA POWDER (SATTU) -2 CUPS
- BEETROOT JUICE - 450ML (FOR COLOR & MOISTURE)
- DATES (SEEDLESS)-12-15 (SOAKED IN WARM WATER IF HARD)
- CARDAMOM POWDER - 1 TSP

PROCEDURE:

1. ADD ROASTED CHANA DAL TO A BLENDER AND GRIND IT INTO A SMOOTH, FINE POWDER.
2. SIEVE THE POWDER TO REMOVE ANY COARSE PARTICLES FOR A SOFT PEDA TEXTURE.
3. SOAK THE DATES IN WARM WATER FOR 5-10 MINUTES TO SOFTEN THEM (OPTIONAL BUT HELPFUL).
4. BLEND THE SOAKED DATES INTO A THICK, SMOOTH PASTE WITHOUT ADDING EXTRA WATER.
5. TRANSFER THE DATE PASTE TO A MIXING BOWL.
6. ADD THE ROASTED CHANA POWDER TO THE DATE PASTE GRADUALLY
7. MIX THOROUGHLY USING YOUR HANDS OR A SPOON TO FORM A UNIFORM DOUGH.
8. IF THE DOUGH FEELS DRY, ADD 1-2 TSP OF THE DATES' SOAKING WATER JUST TO BIND.
9. SPRINKLE CARDAMOM POWDER AND MIX IT EVENLY INTO THE DOUGH.
10. ADD BEETROOT ESSENCE (2-4 DROPS) AND KNEAD UNTIL THE COLOR BLENDS UNIFORMLY.
11. LET THE DOUGH REST FOR 5 MINUTES SO IT FIRMS UP NATURALLY.
12. SHAPE THE PEDAS BY ROLLING SMALL BALLS AND PRESSING THEM GENTLY INTO PEDA SHAPE.

NUTRITIONAL VALUE:

- ENERGY: 90-100 KCAL
- CARBOHYDRATES: 10-14 G
- PROTEIN: 2-3 G
- FAT: 2-4 G
- DIETARY FIBER: 1-2 G



PREPARED BY SUSHMA.S
SUNMITHA.S
3RD YEAR-BNYS

BENIFITS :

- GOOD SOURCE OF DIETARY FIBER - BOTH ROASTED CHANA AND DATES IMPROVE DIGESTION AND PREVENT CONSTIPATION.
- NATURALLY SWEETENED - DATES PROVIDE NATURAL SUGAR, REDUCING THE NEED FOR REFINED SUGAR.
- LOW IN FA - NO GHEE OR MILK MAKES THIS A LOW-FAT SWEET OPTION.
- IRON-RICH-DATES AND CHANA BOTH CONTRIBUTE TO IMPROVING IRON LEVELS, HELPFUL FOR ENERGY AND ANEMIA PREVENTION.
- SUPPORTS SUSTAINED ENERGY - CHANA PROVIDES COMPLEX CARBS; DATES OFFER QUICK ENERGY-GOOD BALANCE FOR LONG-LASTING FUEL.
- HEART-FRIENDLY-NO SATURATED FAT AND HIGH FIBER HELP KEEP CHOLESTEROL LEVELS IN CHECK.
- RICH IN ANTIOXIDANTS - BEETROOT ESSENCE (OR BEETROOT) PROVIDES BETALAINS, WHICH SUPPORT
- HEALTHY BLOOD FLOW AND CELL PROTECTION. KEEPS YOU FULL - HIGH PROTEIN + FIBER
- COMBINATION REDUCES OVEREATING AND HELPS IN WEIGHT MANAGEMENT.
- GOOD FOR GUT HEALTH - DATES CONTAIN NATURAL PREBIOTICS THAT SUPPORT HEALTHY GUT BACTERIA.
- NATURALLY GLUTEN-FREE - SAFE FOR PEOPLE WITH GLUTEN SENSITIVITY OR INTOLERANCE.

GALLERY







VIVEKANANDHA NATURE CURE HOSPITAL

HOSPITAL FACILITIES

"Natural Healing with Modern Care for a Healthy Life."

- **100 Bedded In-Patient Facility**
- **Separate Out-Patient (OPD) and In-Patient (IPD) Sections**
- **Separate Treatment Sections for Male and Female Patients**
- **Experienced Doctors and Qualified Therapists**
- **Modern Treatment Equipment and Therapy Units**
- **Executive, Elite and Deluxe Room Facilities**
- **24×7 Doctor Care and Medical Supervision**
- **24×7 Ambulance Service**
- **24×7 Pharmacy Service**
- **Purified Drinking Water Facility**
- **Patient Library and Relaxation Area**
- **Well-furnished patient accommodation with basic amenities**

"Naturopathy helps treat lifestyle diseases and chronic disorders naturally through diet therapy, hydrotherapy, yoga, mud therapy, massage, and detoxification."

NATUROPATHY TREATED DISEASES:

- Obesity (Weight Gain)
- Diabetes Mellitus
- Hypertension
- High Cholesterol
- Metabolic Syndrome
- Arthritis
- Rheumatoid Arthritis
- Osteoarthritis
- Back Pain
- Cervical Spondylosis
- Sciatica
- Joint Stiffness
- Asthma
- Sinusitis
- Allergic Rhinitis
- Chronic Cough
- Bronchitis
- Psoriasis
- Eczema
- Gastritis
- Acid Reflux
- Constipation
- Indigestion
- Irritable Bowel Syndrome
- Fatty Liver
- Stress
- Anxiety
- Insomnia
- Migraine
- Headache
- Depression
- Acne
- Kidney Stones
- Thyroid Disorders
- Varicose Veins
- Chronic Fatigue

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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