

SWAMY VIVEKANANDHA NATUROPATHY AND YOGA MEDICAL COLLEGE



Harmony in health, Excellence in life

Voice of SVNPMC

April 2026 - June 2026

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EVENTS

GLOBAL OPPORTUNITIES FOR BNYS IN WELLNESS INDUSTRY



With a vision to prepare future healthcare professionals for the global stage, our college organized a workshop on "Global Opportunities for BNYS in the Wellness Industry." The interactive session broadened students understanding of international career avenues, entrepreneurship, and the ever growing wellness sector. The workshop encouraged students to explore the limitless potential of BNYS beyond conventional practice and inspired them to contribute to holistic healthcare worldwide.

HOSTEL DAY



Hostel Day was celebrated with great enthusiasm and vibrant spirit at our college, bringing together students, faculty members, and wardens for an evening of joy and togetherness. The celebration featured a variety of cultural performances, fun-filled games, and entertaining activities that showcased the talents and creativity of the students. The event fostered unity, friendship, and a strong sense of belonging among the hostel residents. It served as a wonderful opportunity to create lasting memories and celebrate the essence of hostel life, making the occasion a truly memorable one for everyone.

YOGA DAY COUNTDOWN



As part of the 17-Day Countdown to International Yoga Day, our college organized various activities to promote yoga and holistic living. Students and faculty actively participated in yoga sessions and awareness programmes, emphasizing the importance of yoga for physical, mental, and emotional well-being. The initiative inspired everyone to adopt yoga as a lifelong practice and contribute to a healthier society.

YOGA DAY CELEBRATION



International Yoga Day was celebrated with great enthusiasm, professionalism, and a deep commitment to holistic well-being at our college. The programme brought together students, faculty, and dignitaries in a well-organized celebration featuring yoga demonstrations, pranayama, meditation, and awareness activities. The event emphasized the importance of incorporating yoga into our daily routine to promote physical fitness, mental clarity, emotional balance, and overall well-being. It also created awareness about yoga as an effective tool for preventive healthcare and healthy living, inspiring participants to embrace it as a lifelong practice. The celebration concluded with a renewed commitment to fostering a healthier, more mindful, and holistic society.

ASPIRING SCHOLAR



Dr.LALITHA.Y
(BNYS - CRRI)

MIDLIFE HEALTH OF A WOMAN

INTRODUCTION

The current experience of being a woman is characterized by increased access to education, career opportunities, and personal agency. While still navigating societal challenges like gender stereotypes, potential discrimination, and the expectation to balance work and family life, women are actively shaping their own destinies and pursuing ambitions without limitations based on gender.

RESEARCH APPROACH

Midlife is a critical period in the life course as it is when chronic conditions tend to increase and decline in physical function become apparent. For women, this period is accompanied by major hormonal changes due to the menopausal transition. Much of the research regarding chronic conditions and physical function in midlife has focused on prevalent chronic condition.

Midlife for women is a time of significant physical, psychological, and social changes.

Women may experience a variety of health conditions, including hormonal changes, sleep disorders, and joint problems.

Journal: Women's Midlife Health

PHYSICAL HEALTH

MENOPAUSE :

Most women begin menopause between the ages of 45 and 55 and the process can last for several years symptoms include hot flashes and changes in a menstrual cycle

WEIGHT GAIN:

Weight gain also known as the middle age spread is common

OTHER CONDITIONS :

High blood pressure high cholesterol thyroid disorder action reflex joints and connective tissue problem and osteoarthritis

MENTAL HEALTH

SLEEP PROBLEM:

This are common in middle-aged adults.

Midlife blues:*

Some women experience midlife blues, which can be treated with hormone replacement therapy, antidepressants, or anti-anxiety medicines. can be challenging.

Stressors :

Coping with multiple stressors can be challenging

SOCIAL HEALTH:

Family relationships:

Changing family relationships can be a challenge.

Work-life balance:

Rebalancing work and personal life can be challenging.

Self-discovery:

Rediscovering oneself can be challenging.

Resources :

Securing enough resources can be challenging.

Stressors

Coping with multiple stressors can be challenging

PREVALENT CHRONIC CONDITIONS

- Hypertension
- Osteoarthritis
- Osteoporosis
- Stroke, Heart Disease
- Cancer
- Depressive Symptoms.

Diabetes Mellitus

Prevalence increases after 45–50 years. Major risk factors include:

- Physical inactivity
- Inadequate diet
- Obesity expansion

Hypertension & Osteoarthritis

high BP increases cardiovascular and cognitive risk due to hormonal shifts.

Management Strategies

- Lifestyle modifications & weightmanagement
- Medication adherence & regular monitoring
- Exercise therapy & pain management

IMPORTANCE OF YOGA DURING MIDLIFE

Yogaasanas alongwith pranayama provide a holistic experience of Yogic practice. Yoga works on both physical and emotional aspects, helping deal with life's challenges in a calm and composed manner.

Yoga aids in staying healthy—a healthy body and mind is less likely to suffer from midlife-specific illnesses like diabetes, hypertension, and cardiovascular diseases. Consistent practice grants focus, fulfillment, and emotional balance.

COMMON YOGA PROTOCOL

Yogic Sukshma Vyayama (Micro Circulation Practices)

- **Neck Movements:** Forward & Backward Bending, Side Bending, Twisting, Neck Rotation
- **Shoulder & Trunk:** Shoulder Stretch, Shoulder Rotation, Trunk Twisting
- **Ankle Movements:** Ankle Stretch, Ankle Rotation

Surya Namaskar & Yogasanas

- **Standing Postures:**
Tadasana, Hastottanasana,
- **Sitting Postures:** Vajrasana, Ustrasana, Shashakasana, Vakrasana
Bhadrasana, Paschimottanasana,
Ardha Katicakrasana, Padahastanasana
- **Prone Postures:** Bhujangasana, Shalabhasana,
Makrasana
- **Supine Postures:** Uttanpadasana, Ardha-halasana,
Sethubandhasana, Sarala
Matsyasana, Pawanmuktasana,
Shavasana

Bandha, Mudra & Meditation

- **Bandha&Mudra:** MulaBandha,Ashwani Mudra
- **Pranayama:** Nadi Sodhana Pranayama, Ujjai
Pranayama, Bhramari Pranayama
- **Relaxation & Dhyana:** Yoga Nidra / Deep Relaxation
Technique, Dhyana (Meditation)

MEDICAL FEATURES

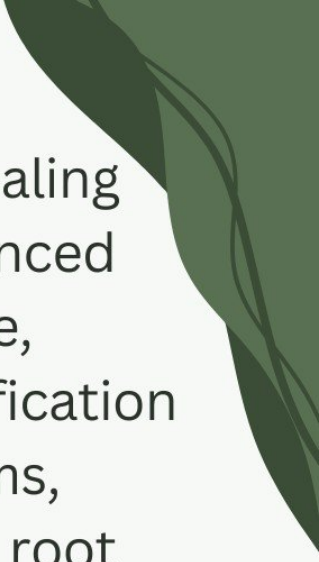


Dr. M. Alkousar Taz, BNYS., MD
(NATUROPATHY)
ASSISTANT PROFESSOR CUM MEDICAL
OFFICER,

NATUROPATHIC APPROACH IN PREVENTION OF ACUTE AND CHRONIC DISEASES

INTRODUCTION

Health is not merely the absence of disease, but a state of complete physical, mental, and social well-being. In modern times, the increasing burden of infectious diseases, lifestyle disorders, and stress-related illnesses has created a strong need for preventive healthcare systems. Naturopathy, a drugless system of healing based on natural laws, plays an important role in preventing both acute and chronic diseases through holistic care.



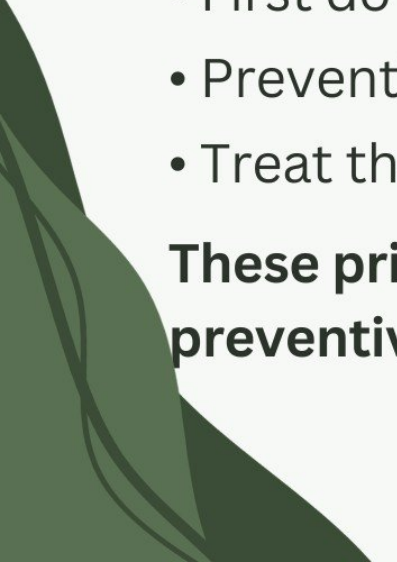
Naturopathy emphasizes the body's innate healing power and uses natural methods such as balanced nutrition, fasting, hydrotherapy, yoga, exercise, sunlight, rest, stress management, and detoxification techniques. Rather than suppressing symptoms, naturopathy seeks to identify and remove the root causes of disease. This makes it especially valuable in disease prevention and long-term health promotion. This article discusses the naturopathic principles and their role in preventing acute and chronic diseases, while highlighting current research evidence supporting these methods.

PRINCIPLES OF NATUROPATHY IN DISEASE PREVENTION

Naturopathy is founded on several key principles:

- healing power of medicine (Vis Medicatrix Naturae)
- Treat the cause
- First do not harm
- Prevention is better than cure
- Treat the whole person

These principles make naturopathy well-suited to preventive medicine.



PREVENTION OF ACUTE DISEASES THROUGH NATUROPATHY

Acute diseases are sudden in onset and usually short in duration. Examples include common cold, fever, indigestion, seasonal infections, diarrhoea, and minor inflammatory conditions.

STRENGTHENING IMMUNITY

Natural methods help improve immune resistance through:

- Balanced diet rich in fruits and vegetables
- Adequate hydration
- Exposure to sunlight
- Proper sleep and rest
- Regular exercise and yoga

Studies show that nutrition and moderate physical activity improve immune function and reduce infection risk.[1]

HYDROTHERAPY

Hydrotherapy, such as cold compresses, steam inhalation, hot foot baths, and contrast baths, can support circulation, relieve congestion, and promote recovery in acute conditions.

FASTING AND DIGESTIVE REST

Short therapeutic fasting or fruit diets may help in acute indigestion and mild fevers by allowing the digestive system to rest.

STRESS REDUCTION

Stress weakens immunity. Practices such as meditation, pranayama, and relaxation therapy reduce cortisol levels and improve resistance to illness.[2]

PREVENTION OF CHRONIC DISEASES THROUGH NATUROPATHY

Chronic diseases develop slowly and persist for long durations. Examples include diabetes mellitus, hypertension, obesity, arthritis, cardiovascular disease, asthma, and mental health disorders.

LIFESTYLE MODIFICATIONS

Major causes of chronic disease include poor diet, inactivity, smoking, alcohol use, stress, and obesity. Naturopathy addresses these through:

- Whole-food natural diet
- Regular exercise
- Weight management
- Adequate sleep
- Avoidance of addictions

According to the WHO, most noncommunicable Diseases are preventable through lifestyle intervention

DIET THERAPY

Natural foods rich in fiber, antioxidants, vitamins, and minerals help in:

- Lowering blood sugar
 - Reducing cholesterol
 - Improving digestion
 - Reducing inflammation •
- Managing body weight

Plant-based and Mediterranean dietary patterns reduce the risk of diabetes and cardiovascular disease.[4]

YOGA AND EXERCISE

Regular yoga improves blood pressure, lung function, flexibility, stress tolerance, and glucose metabolism. Yoga has shown benefits in hypertension and anxiety disorders.[5]

STRESS MANAGEMENT

Chronic stress contributes to hypertension, depression, diabetes, and immune dysfunction. Naturopathic approaches such as mindfulness, deep breathing, massage, and sun exposure are beneficial.

SCIENTIFIC EVIDENCE SUPPORTING NATUROPATHY

Modern research supports several preventive components of naturopathic care:

- Lifestyle medicine reduces cardiovascular risk
- Yoga lowers stress and blood pressure
- Natural diets improve metabolic syndrome
- Hydrotherapy assists pain and circulation
- Mind-body practices improve psychological well-

A randomized trial found that naturopathic care reduced cardiovascular risk in high-risk workers through counseling and lifestyle intervention.[6]



ADVANTAGES & LIMITATIONS OF NATUROPATHIC PREVENTION

- Cost-effective healthcare approach
- Minimal side effects
- Encourages self-care
- Improves quality of life
- Reduces disease burden
- Supports long-term wellness

LIMITATIONS

- Should not replace emergency medical care
 - Advanced diseases may need integrated treatment
 - Evidence strength varies among therapies
 - Requires patient motivation and compliance
- 

CONCLUSION

Naturopathy offers approach to preventing diseases through nutrition and exercise

a comprehensive and natural both acute and chronic stress management, hydrotherapy, and healthy living practices, it reduces disease burden and improves overall well-being.

With the rising incidence of lifestyle disorders worldwide, naturopathy provides an effective and sustainable preventive healthcare model. Integrating naturopathic principles with modern medicine and public health systems can significantly improve community health outcomes.

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GALLERY

















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- Experienced Doctors and Qualified Therapists
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- 24×7 Ambulance Service
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- 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."

DISEASES TREATED THROUGH YOGA AND NATUROPATHY

Obesity (Weight Gain)

Gastritis

Asthma

Diabetes Mellitus

Acid Reflux

Sinusitis

Hypertension

Constipation

Allergic Rhinitis

High Cholesterol

Indigestion

Chronic Cough

Metabolic Syndrome

Irritable Bowel Syndrome

Bronchitis

Arthritis

Fatty liver

Psoriasis

Rheumatoid Arthritis

Stress

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Osteoarthritis

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Acne

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Kidney Stones

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Migraine

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Sciatica

Headache



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