

### Department Details for Website

Yoga & Naturopathy Lifestyle Clinic

Department started on 01.10.2014

Asst. Medical Officer : Dr.C.Sukumar BNYS

Male Therapeutic Assitant : P.Aruljohnson DNT

FeMale Therapeutic Assitant : Jeyakarthiga DNT

### Services Provides to the patients

1. Mud therapy ( Joint Pain With Swelling, Skin Disease )
2. Steam Bath ( Obesity, General Body Pain. )
3. Oil Massage & Application ( joint Pain )
4. Facial Steamer , Jala Neti ( cold, Cough , Asthma , Sinusitis )

5. Acupuncture & Acupressure (Joint Pain )
6. Magneto therapy ( Htn, CMR, Lumbago )
7. Hydrotherapy ( Hip bath, Spinal Bath )
8. Treadmil, Orbitek Gym equipment.
9. Wax therapy, Infra Red Lamp, Hot water Bag,  
Ice bag, ( all kind of Painful condition )
- 10 . Therapeutic Yoga ( ANC, PNC, DM, HTN,  
Asthma, Sinusitis, Lumbago, Obesity and general  
Yoga ).
11. Natural Diet Advice and Diet Chart.
12. Pranayama , Meditation, Relaxation  
Techniques

OG Department -

ANC & PNC Yoga, Obesity ,

PCOD Yoga, Hip Bath.

Psychiatry department

Yoga, Meditation, relaxation technique,  
acupuncture

Dermatology

Steambath, mud bath , diet advice

Respiratory Medicine

Yoga , Pranayama, Steambath, Diet advice,  
Aroma Oil

Ortho department

Joint pains - Massage, IR therapy, Wax ,  
Acupuncture, Mud Therapy

Pediatrics

Yoga, diet advice

OP Timings : 8 .00 AM to 2.00 PM

### Details of academic Activities to MBBS Students

Basic Yogic postures are being thought to the first year Students and also posted for a week in their CRMI period.

#### Naturopathy

Naturopathy is a holistic and traditional system of medicine that emphasizes the inherent ability of the body to heal itself. It is based on the concept of five great elements earth ( prithvi ) , water, fire, air and space. Each element plays a vital role in maintaining the balance and harmony of the body.

Naturopathy and Yoga department employs therapies like Hydrotherapy, mud therapy, yoga therapy, diet therapy, fasting therapy, magnetotherapy, chromotherapy, heliotherapy, acupressure, acupuncture, reflex zone therapy, massage therapy

and life style changes to restore the balance of these great elements.

### Hydrotherapy

It is a versatile multimodal approach using varied temperature, pressure and immersion methods to enhance circulation, reduce inflammation / pain.

### Diet therapy

It is the core component of Naturopathy, emphasizing the healing power of natural food to maintain health, prevent disease, and restore balance in the body. unlike conventional diet, Naturopathy diet therapy is highly individualized based on the patients constitution , lifestyle, and health conditions.

It also emphasizes a plant based or vegetarian balanced diet including macro, micro nutrients , phytonutrients, trace elements, antioxidants, and

enzymes . It teaches the right combination of food, right eating habits etc..

### Yoga Therapy

Yoga therapy is the application of yoga tools to address an individual's physical, mental, and emotional needs, particularly in the context of health and wellness.

### Common Techniques Used:

Asanas (yoga postures)

Pranayama (breathing exercises)

Dhyana (meditation and mindfulness)

Relaxation techniques (like Yoga Nidra)

Lifestyle and diet advice (based on yogic philosophy)

### Benefits:

- Reduces stress, anxiety, and depression

- Improves flexibility, balance, and strength

- Enhances cardiovascular and respiratory function

- Aids in pain management

- Promotes better sleep and digestion,

### Magneto therapy

Magneto therapy is an adjunct therapy which uses the static magnetic field or pulsed magnetic field to various health conditions widely used for pain relief and relaxation

"Nature is the best healer."

## Fasting

Fasting gives the digestive system a rest, allowing the body to focus energy on cleansing, repair, and regeneration.

Types of Fasting in Naturopathy:

1. Water Fasting - Only water is consumed.
2. Juice Fasting - Fresh fruit or vegetable juices are taken.
3. Raw Fruit Diet - Light diet with seasonal fruits only.
4. Intermittent Fasting - Eating within a time-restricted window.
5. Mono-diet Fasting - One type of food (e.g., grapes or apples) is consumed.



### Reflexology

There are pressure points in the feet and palms that correspond to every organ and system of the body. gentle pressure is applied with skill in releasing tension, boosting circulation, and rebalancing the energy.

### Massage

Massage is a soft tissue manipulation that enhances the lymphatic drainage and promotes circulation. it is the best relaxing and rejuvenating therapy.

Partial

full body massage

vibro massage





















Yoga



Kids Yoga