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## EDITORIAL TEAM

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## 6 Basics of Health

- ◆ Fresh Air
- ◆ Sunlight
- ◆ Water
- ◆ Proper Diet
- ◆ Exercise
- ◆ Rest

## UTSAV - CELEBRATING BODY & CELEBRATING MIND

A group of 30 participated in UTSAV Program jointly conducted by PIYAS and Soma Wellness in Ooty. Though the term 'UTSAV' meant celebration, it also connoted learning and an event to rededicate to establishing healthy lifestyle. As a part of UTSAV program, a lecture on the importance of yoga and naturopathy in daily life was given by Dr. Neetu Jain, Ph.D., in the yoga hall at Soma Wellness. Special yoga sessions were conducted regularly for the participants during the course of 3 days from January 27th to 29th.



## COLLABORATION AT ITS FINEST!

Dr. Mahendra Balar, MD, a staunch protagonist of collaborating modern medicine knowledge with yoga and naturopathy seen addressing the participants of UTSAV. He highlighted that limitation of conventional medicine is its long-standing specialization which often results in a view of the body as a collection of separate body parts or systems whereas naturopathy seeks to understand connections across physiological systems (e.g. Does breathing influence the digestive system? Do body movements influence the immune system?). He is actively involved in PIYAS activities to combine research, education, and clinical care to move naturopathy toward a new model of wellness and healing.

## CHRIST UNIVERSITY (CU) PSYCHOLOGY STUDENTS VISIT PIYAS



Dr. Neetu Jain, Dr. Tissy Thomas and PIYAS team with M. Sc. Psychology Students of Christ University in the above picture.

PIYAS had a privilege of hosting visits by CU Psychology Students over the last many years. CU is one of the prestigious educational institutes in Bangalore. With a special focus on yoga and naturopathy treatment with counseling and responding to the psychological needs of society in general, PIYAS had been conducting workshops over the years for CU students. Most recently close to 50 psychology students from the CU visited PIYAS under the leadership of Dr. Tissy Thomas, Associate Professor. During this visit the team toured the facility to better comprehend the nature of the holistic programs undertaken by us. The visit was an incredible experience for all the parties involved, and the CU team walked away with a wealth of knowledge and experience which would be invaluable for their personal and professional growth. Visiting teams such as this constantly help to enhance the activities carried out by PIYAS and help us in our mission to deliver holistic programs for the welfare of the society.

**“YOGA DOES NOT CHANGE THE WAY WE SEE THINGS,  
IT TRANSFORMS THE PERSON WHO SEES.”**



### PADAHASTASANA

- Removes excess fat, particularly if done dynamically.
- Eliminates flatulence, constipation, and indigestion.
- Makes back muscles loose and supple.
- Influences sexual organs, removing sexual ailments, and prepares for trouble-free childbirth.
- Directs a good flow of blood to brain and face.

Note: Yogasanas must be practiced under expert guidance.

## ACUPUNCTURE - TRADITIONAL CHINESE MEDICINE



Acupuncture is a form of Traditional Chinese Medicine in which thin sterile needles are inserted in specific points of the body.

Following is a list of some conditions shown through controlled trials to be treated effectively by acupuncture:

- Low back pain
- Neck pain
- Sciatica
- Tennis elbow
- Knee pain
- Peri-arthritis of the shoulder
- Sprains
- Facial palsy
- Sinusitis
- Headache
- Chronic gastritis
- Rheumatoid arthritis
- Postoperative pain
- Stroke
- Allergic rhinitis
- Hay fever
- Depression
- Primary dysmenorrhea



# NJ Health Herald

## HYPOTHYROIDISM

Hypothyroidism has gone up in the last couple of decades. It has become so common that it is quite often not deemed a disease. Women especially resign themselves to this condition and keep taking thyroid medications for life without even wondering about the cause of diminished production of thyroid hormone and the potential cure. Hashimoto's thyroiditis is one of the most common forms of hypothyroidism. It is an autoimmune condition, where immune system attacks your very own thyroid gland. The prevalence of lack of awareness of the complexity of this problem in the public misguides it into believing that medication will alter the disease's outcome. Patients are started on medication and remain stuck with the disease for life. Symptoms such as fatigue, temperature intolerance, lethargy, constipation; dry skin, hair loss, weight gain, vague muscle and joint pains, anxiety, depression, irregular and heavy periods in women, high LDL cholesterol are observed. When one takes all these into consideration, it is obvious that only thyroid drugs prescribed in a normal fashion will not make the problem go away. Patients often get convinced that if their laboratory workup is normal, then their hypothyroidism is gone.

Hypothyroidism remains a complex condition the cause of which needs to be detected by a broad integrative, lifestyle and dietary altering approach coupled with detoxification, stress control and yet it does not need to be never ending process. The naturopathic approach to hypothyroidism consists of dietary changes and yoga. Diet plays a huge part in the treatment especially if it's autoimmune thyroid.

## HEALTHY COOKING CLASSES



Experienced and novice cooks alike were inspired by the delicious, healthy, whole foods prepared during the Healthy Cooking Classes at PIYAS. It was a wonderful experience for 3 days for those brand new to cooking or with special dietary/health considerations. Making gradual, lifelong changes in ways of cooking enables one to reach current and future health goals. The above picture shows enthusiastic participants with Dr. Neetu Jain, Dr. Jayashree, and Mrs. Prabha G.

## UNBEATABLE JAGGERY



Jaggery (a traditional non-centrifugal cane sugar).

- Detoxifies liver
- Relieves constipation
- Purifies blood
- Improves immunity
- Prevents anemia
- Helps menstrual pain
- Conditions intestines
- Soothes stomach
- Promotes weight loss
- Boosts energy



## MANGO - THE KING OF FRUITS

- Prevents cancer
- Lowers cholesterol
- Clears skin complexion
- Improves eyesight
- Alkalizes the body
- Improves digestion
- Helps fight sunstroke
- Boosts immunity

# NJ Health Herald

## UTSAV - 3 DAYS

### AFFIRMATION

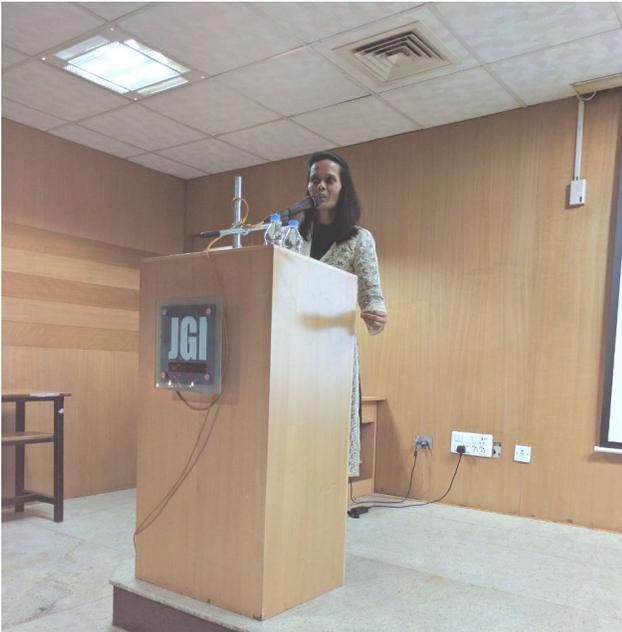


### CELEBRATION



### TRANSFORMATION

## NJ Health Herald



Dr. Neetu Jain seen addressing faculty members of School of Graduate Studies, Jain University, V V Puram, Bangalore. A comprehensive session on the topic “Health and Wellness” was given.

**DID YOU KNOW?**

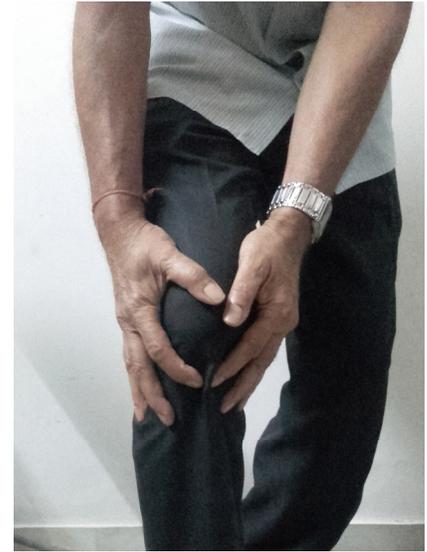
People exposed to daylight in the workplace get more sleep at night.

Dr. Mahendra Balar and Dr. Neetu Jain seen with Dr. Varalakshmi K. N. at Centre for Post Graduate Studies, Jain University. Resource lectures were delivered by Dr. Mahendra Balar and Dr. Neetu Jain during the Faculty Development Program conducted for the PG faculty at the Centre for Post Graduate Studies, Jain University, Jayanagar, Bangalore. Dr. Neetu Jain spoke about achieving health through harmony and happiness within oneself. The interactive and participative session created a better awareness about holistic health and gave more clarity on certain aspects about yoga and naturopathy.



## LIVING A QUALITY LIFESTYLE WITH OSTEOARTHRITIS THROUGH YOGA AND NATUROPATHY

The term arthritis means inflammation of the joint. Osteoarthritis is wearing down of joint cartilage leading to joint damage, pain and stiffness. Normally, cartilage acts as protective cushion and allows smooth movement of bones and the synovial membrane inside the joint produces fluid to nourish the cartilage. In osteoarthritis, the cartilage becomes rough and fragmented and there is narrowing of joint space. Joints of fingers, joint at base of the thumb, hips, knees, joints at base of the big toe, neck (cervical spine), and low back (lumbar spine) are affected. There is aching/throbbing pain which has a correlation with weather and it gets worse as the day progresses and relieved with rest. Stiffness and pain results in joints being used less and surrounding muscles being weakened. Medical management decrease pain, swelling of joints and stiffness but do not prevent further joint damage and have some serious side effects like stomach ulcers. Corticosteroid injections into affected area provide instant relief but can damage the cartilage and weaken the bone resulting in further joint problems. Gentle yogic exercises increase range of motion and muscle strength around affected joints and improve quality of life by being able to perform activities of daily living. Weight management, hydrotherapy packs, hot and cold fomentation, massages, and acupuncture form an important part of naturopathy treatment. Customized exercise program for osteoarthritis which is patient-centered taking into account factors such as age, co-morbidity and overall mobility is beneficial. An effective exercise program also includes education to promote a positive lifestyle change.



**Knee Pain - Renew Your Mobility!**

“Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it.” - Plato.

**We care, nature cures  
Holistic Living our mission.**

### OUR SERVICES



YOGA



NATURE CURE



ACUPUNCTURE



STRESS MANAGEMENT



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