

NJ Health Herald

Newsletter of Prajna Institute of Yoga & Allied Sciences

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Introducing our CMO



We are pleased to welcome Dr. D. Jayaprakash, BNYS, MD (Acu), MBA (Hosp Admin) as chief medical officer of the PIYAS Yoga and Nature Cure Hospital.

He has extensive clinical and administrative experience in the field of yoga and naturopathy and describes his physician philosophy with the word CARE in the form of intervening on the patients' behalf in whatever ways it is needed.

Exploring Our New Incredible Centre

PIYAS Yoga and Nature Cure Hospital (Prajna Institute of Yoga & Allied Sciences), a venture of Surajbai Sardarmull Navyas Trust, is located in the heart of garden city of Bangalore with facilities available for both outpatients (OP) and inpatients (IP). The hospital aims to combine fine living with healing touch, Naturopathy and Yoga being the principal mediums through which we communicate the message of "Healthy Living." PIYAS provides patients an opportunity to address the root cause of the health problems, de-stress and detox by living a healthy lifestyle. With a total capacity of 30 beds for in-patients, we are consulting, admitting and treating almost all kinds of diseases for people who have a true

search to be free from diseases and live in Health, Harmony and Happiness. We have Wellness Packages and customized Medical Programs to address many specific conditions. We custom design various Programs for medical conditions – acute and chronic, common or rare and for all age groups. We have had encouraging success with even rare and seemingly incurable diseases and even common conditions like Hypertension, Diabetes, Arthritis, etc. As naturopathy is mainly a lifestyle modification to recuperate the body and mind, it becomes a necessity for health seekers to stay in our centre for a minimum of 5 days. You may be recommended to stay for 7-30 days according to the advice given.

Enrich taste with a Smile

If you have a passion for a healthy diet, PIYAS provides you an access for variety of natural and tasty food items.

Sometimes small changes in our diet & lifestyle can make a huge difference to our health and quality of life. Here is a place to begin the change — **Aarogya Aaharam** — our diet centre . Our humble efforts are to serve you natural but a variety of delicious dishes with palatable taste, prepared under the guidance of qualified & experienced Naturopathy Doctors.

Step in to our natural diet centre, where we provide you healthy natural food from juices to raw salads and fruits to cooked food. The white soup, makhana snack, coconut, buttermilk, almond quick bites, stuffed bell peppers, and herbal tea replenish you and make you feel better.

Healthy cooking classes are also conducted periodically at PIYAS to attract people towards healthy food habits and eating.

Meet Dr. C. Ritesh Kumar Jain., BPT, MIAP, new incumbent at PIYAS

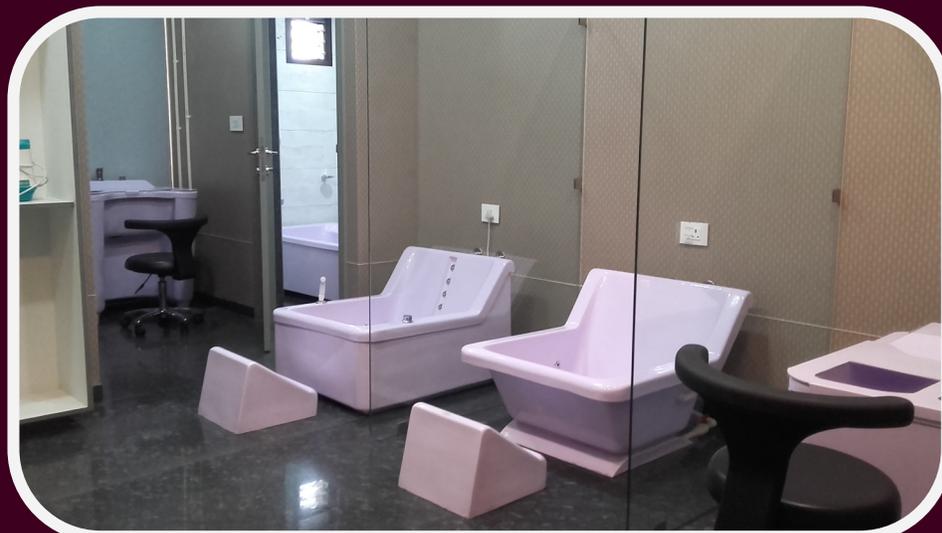
Dr. Ritesh, physiotherapist, has over 12 years of experience practicing physiotherapy in Bangalore.



He practices evidence based physiotherapy in treating the root cause of the condition. He worked in several multispecialty hospitals ranging from Fortis to Karnataka Haemophilia Society and has helped more than 10 thousand people through different agencies.



AROGYA AHARAM - Natural diet centre at PIYAS



Above: Well equipped naturopathy department showing hydrotherapy and colon hydrotherapy equipment (colon cleanse)

A state of the Art Diagnostics ... we tell your inside story

You may need an investigation!

- When you are sick.
- When you have symptoms that could mean illness.
- To manage chronic conditions.
- To check the effects of a new treatment.
- To help with risk factors like smoking or obesity.
- If you are pregnant.
- For family planning, STD prevention and healthy eating, especially if you are a young adult.

The best time to go for a check-up is when you don't need one.



Above - a deluxe room in PIYAS Hospital. On the right - a view of the lobby / reading area on 2nd floor. Below - A Nagalinga Pushpa tree at the entrance of PIYAS Hospital.



Couroupita guianensis, known by a variety of common names including ***cannonball tree or Nagalinga Pushpa*** and has been grown widely in Shiva temples across India. In Hindi, it is also called Shiv Kamal or Kailaspati. The tree is named because of its fruits that look like a cannonball. The tree produces large, spherical fruits. The flowers of the Shiva linga tree are comparatively larger and can grow up to 6 cm in width. Those are brightly colored with the six petals. In the flowers, you can see shades of pink, red and yellow. In the centre of the flower, there are the stamens and the arrangement of these stamens look like a hood. The Cannonball fruit is edible and is commonly fed to cattle and livestock. The tree is traditionally known to have many benefits. The extracts of the tree have been used to treat hypertension, tumors, pain and inflammation. It also heals common cold and stomach ache. It aids in skin conditions and wounds and is very effective against malaria and toothache. Studies by scientists have shown that the extracts of this tree have antimicrobial abilities.

Infrared Sauna - Burn calories and Reduce weight

As you relax in the gentle infrared cabin, your body is actually working hard to produce sweat, pump blood, and burn calories. As your body sweats to cool itself, the heart will work smarter to pump blood at a greater rate to boost circulation.

According to the Journal of the American Medical Association, in a

single sauna session you may burn as many calories as you have jogged for 30 minutes! Westerners have traditionally used saunas to help eliminate cellulite. Since the infrared radiant heat of our sauna warms three times as deep as conventional saunas, it is significantly more effective at reducing cellulite.



Our spacious and peaceful yoga hall
(Day & Night view)



SPA - at PIYAS HOSPITAL



Both outpatient and inpatient facilities available @
PIYAS YOGA AND NATURE CURE HOSPITAL

(A venture of Surajbai Sardarmull Navyas Trust)

#27/1, 5th Main Road,

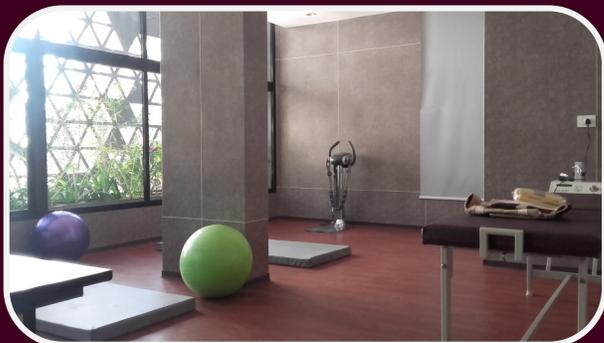
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A view of the physiotherapy department