

# DETOX instead of BOTOX

## Relax, Rejuvenate, Renew & Reveal your Beauty

### Want to look and feel better everyday?

Are you keen to know the secret of having thick hair or how your favorite celebrities have such perfect skin? We have then answer.

All you have to do is get ready for an Ayurvedic makeover. Just follow the skincare routine designed by Ayurvedic experts. You have to identify the best Ayurvedic beauty professional who provides a customised package for your specific needs.



### Accredited by NABH

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### Scheduled camps for the month of March

#### Dustavrna (unhealed ulcers)

Mar 2 to 7, 2020

#### Dysfunctional Uterine Bleeding

Mar 9 to 14, 2020

#### Yoga Philosophy and Meditation

Mar 16 to 21, 2020

#### Migraine & Headache

Mar 23 to 28, 2020

### 1. Full-Body Skincare:

According to Ayurveda, you can have a radiant skin and beauty only when you have a balanced or healthy state of mind and body. Skin is a reflection of what goes inside. We can't have beautiful, glowing skin unless our diet and lifestyle are in harmony with the constitution of the body. What enters our bodies appears on the skin.

There are three steps to possess beautiful skin: Cleanse, Nourish, and Moisturize. If it sounds to you like a standard operating procedure of the West, think again. Ayurveda suggests using pastes made of herbs, flours, and legumes to cleanse and exfoliate the skin, followed by nourishing and moisturizing with medicated oils (organic unrefined oils).



### 2. Facial Care:

Every woman dreams of having a beautiful, glowing and smooth skin that everybody appreciates. Glowing skin not only enhances our self-confidence but it also indicates our health.

In ayurveda there are number of herbal remedies which enhances the beauty of your skin naturally. It also helps you in preventing several common skin problems such as pimples, acne, spots, dark circles, scars, wrinkles, etc. We have many herbs which can be used in the form of rejuvenating skin masks.

### 3. Your Internal Routine – Diet:

Beauty really comes from the inside.



## The Recipe for Radiance.

Introducing the power of food into your beauty routine in a whole new way, you'll uncover the recipes that promote beauty from within (with beauty-boosting foods you'll salivate for!) Glossy hair, strong nails and glowing skin may be signs of a great beauty regime, but the importance of a great diet shouldn't be underestimated. Food contains lots of beauty nutrients, which people have used for thousands of years, inside and out.

### 4. Sleep Hygiene:

Your days appear dragged? Your nights are making you an owl? You have started developing dark circles around your eyes? Do you always feel tired and exhausted?. If you are experiencing any one of the above indications, then you may be suffering from insomnia (sleep disorder).

According to Ayurveda, insomnia can cause anxiety, nervousness, gloominess, depression, obesity, hypersensitivity, stress, deprived immune system and constant worrying. These symptoms can also be called as the siblings of insomnia. Abhyanga, Shirodhara, Meditation, use of Ayurvedic essential oils with therapeutic properties like anti-depressant, calm, soothing, sedative, relaxing and revitalization helps considerably in treating insomnia. A sound sleep demands these simple steps.



### Does sleep affect your Skin?

Your body boosts blood flow to the skin while you sleep, which means you wake up with a glowing skin.

### 5. Yoga Practice:

Ever wondered how celluloid beauties look so great all the time? One such beauty with a constant glow on her face is the gorgeous Shilpa Shetty. Yoga improves blood circulation, which in turn improves the skin. Yoga provides the required support to the body and flushes out toxins. The downward facing Mudras reduces dullness and clears acne, imparting a stunning youthful glow.

Yoga is not just for hippies anymore. Once you begin to practice it, you will notice how wonderful you feel – both inside and outside. The benefits of Yogasanas will definitely reflect on your skin.

## Wish come true offer by JSS Ayurveda Hospital, Mysuru.

### 15 days Detox treatment includes:

- Private consultations with subject experts in JSS Ayurveda Hospital, Mysuru. They will carefully analyse and prescribe the appropriate treatment that suits your body (Dosha) that restores balance for accelerated healing.
- Daily Yoga, Yoga Nidra and Meditation sessions
- Shirodhara – Warm, medicated oil is applied on the forehead to activate the pituitary center and to remove emotional blocks, etc.
- Abhyanga – herbal oil massages are performed simultaneously by two specially trained therapists

- Pinda Swedana – rice poultices are applied by one or two therapists
- Soothing steam baths to initiate deep bodily cleansing
- Nasya – herbal infused oils are used to clean and clear the sinuses & head and check hair fall and grey hair, etc.
- Virechana – controlled purgation for weight loss and body cleansing, etc.
- Basti – medicinal cleansing and soothing enemas.
- **Only an expert can hear what your skin says.**



# A ray of hope for the lost

## Palliative care for Cancer in Ayurveda



### A case diary

On first week of December 2019, Wednesday, afternoon, a patient arrived at the OPD in a wheelchair, along with her attenders. She was suffering from carcinoma of uterus with metastasis (stage 4), an advanced case with ascites, vomiting, serous oozing from both swollen lower limbs, swelling all over the body with breathlessness and sunken eyes with painful facial expressions.

She was around 50 years of age. She looked at me palely and explained how she was suffering from two years, because of medical negligence. But unfortunately the time she arrived here was too late. We couldn't plan much except palliative care (improvement of quality of life) till her last breath.

Her attenders were explained the prognosis and the patient was shifted to the ward after giving her hope. The floor where

she sat on the wheelchair was totally soiled due to the serous discharge from the lower limbs within that short duration.

She was admitted in our hospital for 23 days. She experienced many ups and downs in her health, especially vomiting, urination, bowel, appetite, sleep, wounds in both lower limbs, stomach pain, breathlessness due to the abdomen filled with ascitic fluid and so on.

With the grace of God Dhanwantari, in a period of 5-6 days after commencing the treatment, we started observing improvements. The swelling all over the body and secretion from the lower limbs reduced by 50%. By second week vomiting completely stopped, urine and bowel improved moderately. Her appetite also improved. The patient could walk on her own. Later, the swelling in lower limbs reduced and the wounds healed completely. Except ascites, every other problem was well addressed.

She regained confidence and her eyes were full of happiness & hope. The care she was receiving from her family members was amazing. They also appeared confident. She was discharged after 23 days of treatment with all the best wishes, medicines and hope.

But unfortunately, she expired after some time. But we did **provide the best care in minimizing her sufferings to a great extent.**

## Seasonal Regimen

It is a genuine fact that seasons leave an immense effect on our health. According to Ayurveda, if a person follows the proper diet and routine as per the season, his/her health will improve and also diseases can be prevented. The present Ritu (Season) is Sisira ritu (Winter season – Jan 1 to March 15). In this season weather will be cold and windy, people become lethargic and less energetic. The deposition of Kapha Dosha occurs in the body and Agni (digestive power) remains in a higher state.

### What food to eat?

The person should consume food having sweet and sour taste, newly harvested cereals / grains, such as rice, wheat and green gram. Sugarcane and its products, milk and its products, ginger, garlic, pepper can be included in the diet.

### What food should be avoided?

Foods having bitter, pungent, astringent taste like bitter gourd etc, and spicy food should be avoided.

Refrigerated food and which are light in digestion should also be avoided.

### Routine or Lifestyle:

In this season a person can undergo oil massage or powder massage to be healthy and one should take warm baths, expose to sunlight and wear warm clothes.

**Exposing to cold winds, excessive walking and going to bed late should be avoided.**



# About a herb

## Haridra



**Botanical name - Curcuma longa | Family - Zingiberaceae**

Haridra is used in the traditional system of medicine. It is used as an antioxidant and possesses various beneficial properties such as anti-inflammatory, anti-allergic, antiseptic, blood cleansing etc. It is a widely prescribed Ayurvedic drug.

Haridra is a vital herb, whose spice form can be recognized by its dazzling yellow color. The rhizome of the herb is used either fresh or dried, it is – lekhaneya (Anti-hyper lipidemic) and kushthghna (used extensively in skin disorders).

Its constituent “curcumin” has been extensively studied by western researchers & scientists for its antioxidant activity.

### Classical uses of Haridra :

#### 1. Piles:

Paste of Haridra Powder mixed with latex of Snuhi (Kalli) should be applied externally

#### 2. Anemic:

Take Haridra mixed with triphala, ghee and honey.

#### 3. Jaundice:

Haridradi Ghrita.

#### 4. Diabetes:

Haridra powder mixed with honey should be taken with the juice of Amalaki (Nelli kai)

#### 5. Freckles (Vyanga):

In hyper pigmented skin on face, paste of Haridra and rakta chandana powder with milk should be applied, it removes dark shades.

# Patient Speaks



Polite and Helpful staff. Very nice treatment and services. Well kept premises.

- Sri Rajendra Shah

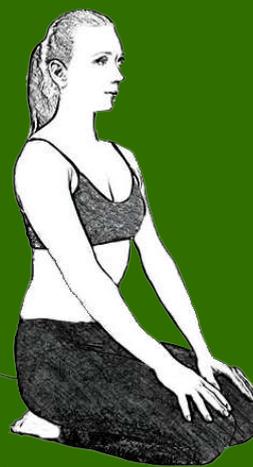
Very calm and superb Hospital and hospitality.

- Smt. Mukayamma



## Know About

### Yoga Posture



**Vajrasana** – The name is because it strengthens the body like a diamond (Vajra). It improves the digestion, tones up the muscle of lower limbs, prevents constipation. Useful in the early stages of varicose vein and sciatica. It can be done any time in a day. This is the only one asana which can be done immediately after having food.