

# JSS Ayurveda Hospital Journey from 2010...

At JSS Ayurveda Hospital, ayurvedic treatments are authentically practiced to bring you all the positive effects of Ayurveda. Located in the footsteps of the picturesque Chamundi Hills in Mysore, the JSS Ayurveda Hospital has a wonderful infrastructure covering all the major disciplines of Ayurveda.

So, come over to JSS Ayurveda Hospital and experience the true healing power of Ayurveda. Ayurveda is not just a medical science but a lifestyle. The aim of JSS Ayurveda Hospital is ensuring everybody perfect health and happy life.



## Accredited by NAHB

## Approved by CGHS & Govt. of Karnataka

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### Scheduled camps for the month of February:

#### Diabetes and its management

Feb 3 to 8, 2020

#### Skin disease

Feb 10 to 15, 2020

#### Weight Gain

Feb 17 to 22, 2020

#### Allergic Rhinitis

Feb 24 to 29, 2020

## Services offered and facilities

- Abhangya (traditional whole body massage)/ Shirodhara helps to relax and release the physical and mental stress.
- Exclusive Panchakarma therapies
- Perfect blend of ancient wisdom and modern outlook.
- All types of diagnosis and treatment facilities
- Treatment for paralysis, sciatica, backache, spondylitis, skin problems, piles, jaundice, diabetic neuropathy, non healing wounds and many others.
- Study of our body nature and proper guidance for a perfect lifestyle
- Swarnaprashana - a golden drop for strong immunity in your child
- Ksharasutra - a non invasive permanent cure for piles and fistula with modern OT facilities
- Well equipped separate treatment wings for male and female patients
- Natural Ayurvedic food and diet catering to all kinds of patients with special diet regimen.
- Exclusive pediatric wing flanked by gynecology department and delivery suites.
- Specialty clinics to heal chronic ailments  
[Liver Clinic](#) | [Male Infertility Clinic](#) | [Female Infertility Clinic](#) | [Parkinson's Clinic](#) | [Cancer Clinic](#) | [Headache Clinic](#)
- Yoga sessions, Nature Cure and Physiotherapy facility



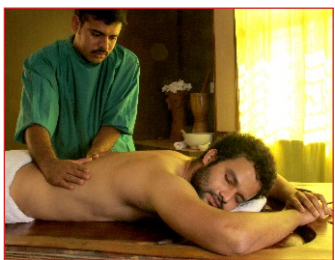
# "END WEAKNESS ON WEEKENDS"

In the gist of acquiring basic needs of life and quest for wealth, we enforce ourselves to unhealthy and erratic life style, which over a period of time takes us into an imbalanced state in our mind and body. These imbalances in hormones, cells, organs and systems in our body lands us into various health issues.

Ayurveda has claimed involvement of mind, body and spirit in the medical conditions which are now attested by modern medical innovations. The scientific world now realises the complex link of our physiology and emotions in which our personalities, feelings, perceptions and thought affect our body.

As we repair and service machines and vehicles to manage wear and tear to prevent damages, we need to subject human beings as well to bring a state of balance.

Embrace and enjoy our weekend packages consisting therapies and diet which revitalise and rejuvenate your mind and body.



## MASSAGE (ABHYANGA)

Therapeutic procedure where the whole body is rubbed and kneaded with medicated herbalized oil. This scientific way of massage loosens toxins (DOSHAS) and direct them towards the organs of elimination.

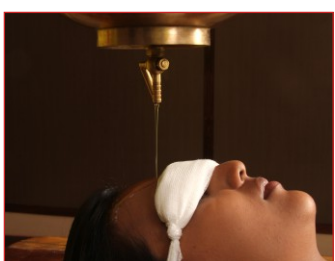
Massage is not just for comfort measure, it stimulates specific points and improves the functioning of cells, glands, organs and systems of our body, thereby boosting the immune system.

The steaming procedure (SWEDANA) followed by massage opens up pores to facilitate the elimination of impurities through sweat glands and body's different channels of evacuation.



## SHIRODHARA

Therapeutic procedure where oil or herbal decoction or liquid is dripped in a stream on to the forehead. This procedure profoundly soothes and relaxes nervous systems, brings relaxed state of awareness resulting in a dynamic psycho-somatic balance.

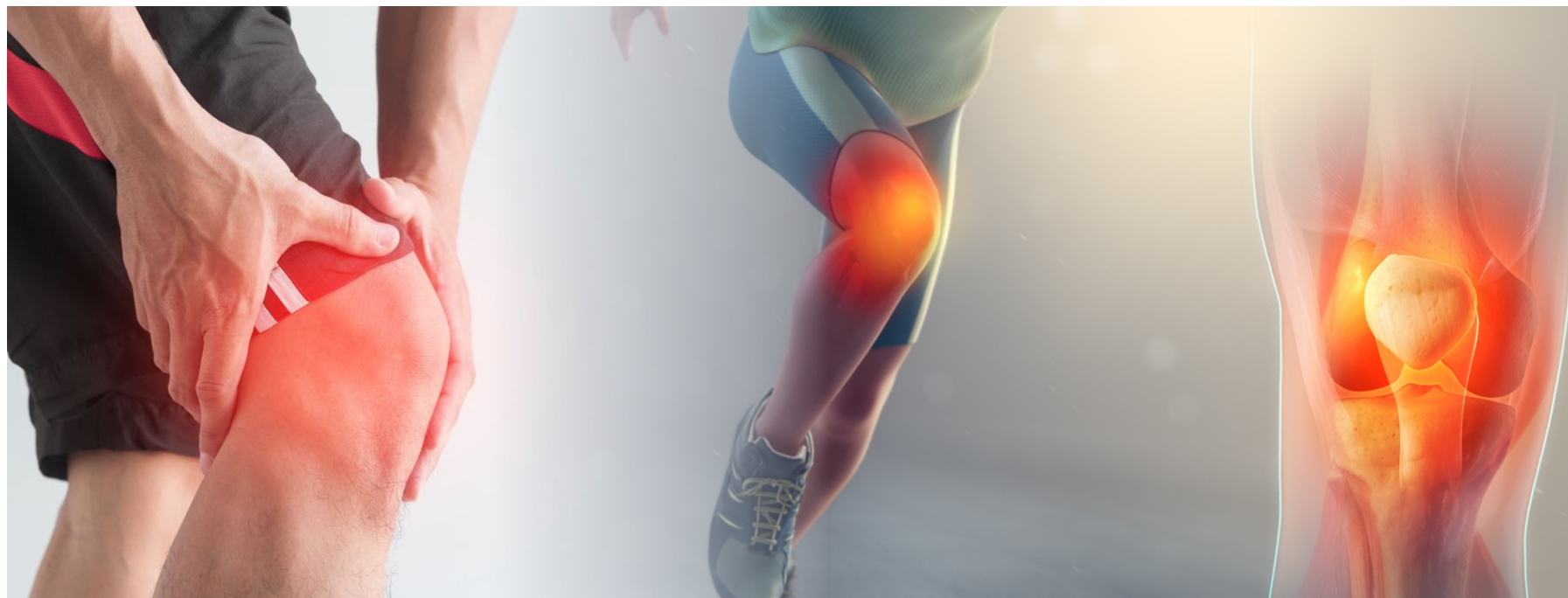


Hospital offers a unique opportunity to spend a refreshing day & night at its facility

- **Weekend packages -**  
Rejuvenate 24 & 48
- Other different packages for tourists, health enthusiast and IT professionals.



# Knee Pain - Key Information



Knee pain is a common complaint that affects people of all ages. Knee pain may be the result of an injury, such as a ruptured ligament or torn cartilage. Medical conditions — including arthritis, gout and infections — also can cause knee pain.

Many types of minor knee pain respond well to self-care measures. Physical therapy and knee braces also can help relieve knee pain. In some cases, however, your knee may require surgical repair.

## Symptoms

The location and severity of knee pain may vary, depending on the cause of the problem. Signs and symptoms that sometimes accompany knee pain include:

- Swelling and stiffness
- Redness and warmth to the touch
- Weakness or instability
- Popping or crunching noises
- Inability to fully straighten the knee

## Causes:

Knee pain can be caused by

- injuries like tear of ligaments, fractures, Knee bursitis, Torn meniscus Patellar tendinitis
- mechanical problems like degeneration, dislocated knee cap, walking pattern
- types of arthritis like Osteoarthritis, Rheumatoid arthritis, Gout, Pseudo gout Septic arthritis

## Risk factors

- **Excess weight.** Being overweight or obese increases stress on your knee joints, even during ordinary activities such as walking or going up and down stairs. It also puts you at increased risk of osteoarthritis by accelerating the breakdown of joint cartilage.

- **Lack of muscle flexibility or strength.** A lack of strength and flexibility can increase the risk of knee injuries. Strong muscles help to stabilize and protect your joints, and muscle flexibility can help you achieve full range of motion.
- **Certain sports or occupations.** Some sports put greater stress on your knees than do others.
- **Previous injury.** Having a previous knee injury makes it more likely that you'll injure your knee again.

## Treatments :

- **Shamanaushadhi:** Internal medicines like Guggulu, Kashaya, Choorna, Lepa
- **Panchakarma Therapies:** Basti, Janubasti, Abhyang, Sweda, Virechana
- Physiotherapy
- Acupressure and Acupuncture
- Yoga

## Prevention

Although it's not always possible to prevent knee pain, the following suggestions may help forestall injuries and joint deterioration.

- **Keep extra pounds off.** Maintain a healthy weight; it's one of the best things you can do for your knees.
- **Be in shape to play your sport.** To prepare your muscles for the demands of sports participation, take time for conditioning.
- **Get strong, stay flexible.**
- **Regular Exercise.** If you have knee pain or recurring injuries, you may need to change the way you exercise. Consider switching to swimming, water aerobics or other low-impact activities — at least for a few days a week. Sometimes simply limiting high-impact activities will provide relief.

# Health Benefits of Amalaki



Amalaki is a natural remedy long used in Ayurveda. Sometimes referred to as Amla or Indian gooseberry. Amalaki contains a number of substances thought to enhance health, including Vitamin C and other Antioxidants.

Amalaki is also one of the three herbs included in Triphala, an herbal formula widely used in Ayurvedic medicine.

## Uses

In Ayurveda, Amalaki is said to aid in the treatment of the following health conditions:

- Atherosclerosis
- Diabetes
- Diarrhoea
- High blood pressure
- High cholesterol
- Joint pain
- Obesity

Amalaki is commonly used to promote longevity in Ayurveda. It's also used by Ayurvedic practitioners to improve the health of the blood, bones, digestive system, liver, and skin.<sup>1</sup>

Additionally, Amalaki is said to possess cooling properties that can help soothe Pitta (one of the three doshas). According to the principles of Ayurveda, excess Pitta can contribute to inflammation, difficulty sleeping, skin problems, gastrointestinal disorders, and stress-related issues such as high blood pressure.

In addition, Amalaki is thought to reduce inflammation, alleviate pain, promote detox, sharpen memory, and protect against cancer.

# Patient Speaks



Committed Doctors, Effective and Excellent Staff and Therapists, Green Environment, Calm Atmosphere. Well Done JSSAH. Keep it UP.

- *Dr. N. Muthukumar, President and Whole Time Director of Automotive Axles Limited, Mysuru*

Very impressive stay. I will come back again to get rejuvenated again. Well trained staff, excellent facility. Kudos to whole team.....

- *Miyako Machii, Singapore*



## Know About

### Benefits of Kapalabhati Pranayama



Kapalabhati is invigorating and warming. It helps to cleanse the lungs, sinuses, and respiratory system, which can help to prevent illness and allergies. Regular practice strengthens the diaphragm and abdominal muscles.