



JSS Mahavidyapeetha
JSS AYURVEDA HOSPITAL

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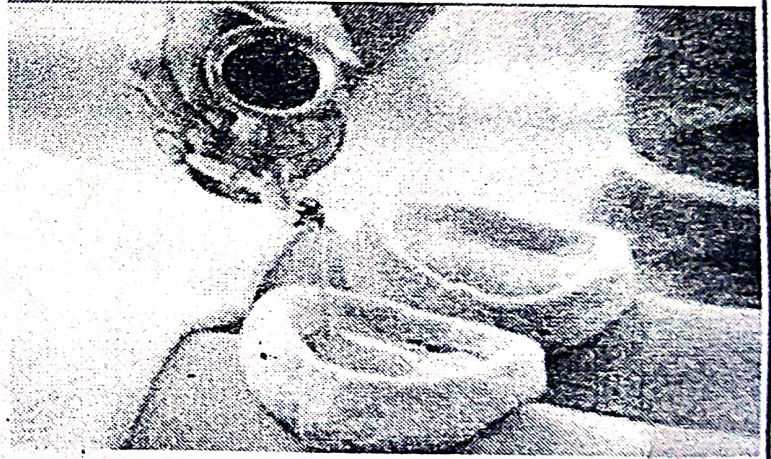


“PREVENTION AND MANAGEMENT OF ARTHRITIS”
13-02-2021 to 22-02-2021

**‘Take Care of Your Joints
and Stay Young’**

Who can avail camp

- One suffering with **Joint Pain, Stiffness, Swelling...**
- One who wants to **prevent development of arthritis**
- **40 years and above aged**

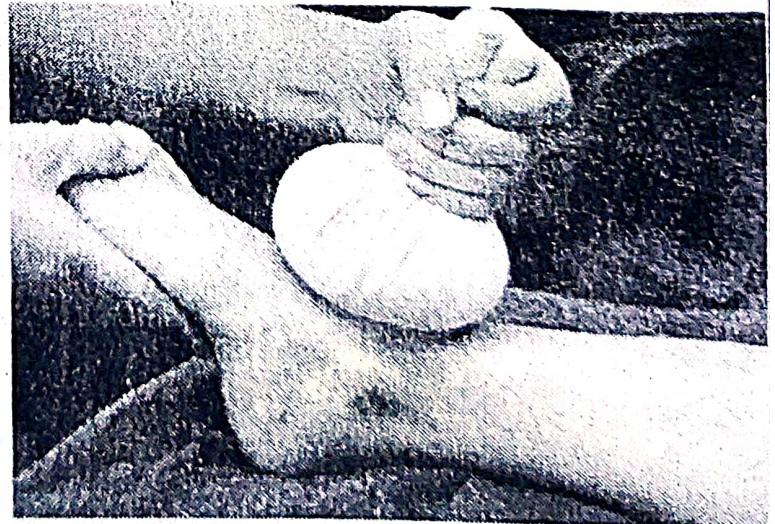


Treatments

- Janu Basti/ Abhyanga
- Patra Pinda Sweda/
Valuka Sweda
- Basti

Treatment help to

- Control pain
- Minimise joint damage
- Prevent degeneration of joints
- May avoid/ postpone knee replacement surgery



For Further Information & Enrolment
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