



The Healing Power of Oil Massage in Naturopathy Tips and Guidelines

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Introduction:

Oil massage, a cornerstone of traditional healing practices, holds a significant place in Naturopathy. With its roots in ancient healing systems like Ayurveda, oil massage offers a holistic approach to health and well-being. In this article, we explore the importance of oil massage in Naturopathy and provide tips and guidelines for incorporating this therapeutic practice into your lifestyle.

The Importance of Oil Massage in Naturopathy:

1. Balancing Body and Mind: Oil massage helps restore balance to

the body and mind by enhancing circulation, calming the nervous system, and promoting relaxation.

2. Detoxification: Through gentle manipulation of the body's tissues, oil massage supports the elimination of toxins, aiding in detoxification and cleansing.

3. Nourishment and Rejuvenation: The usage of nourishing oils during massage provides essential nutrients to the skin, promoting hydration, softness, and overall rejuvenation.

4. Stress Relief: In today's fast-paced world, stress has become ubiquitous. Oil massage offers a natural and effective way to alleviate stress, promoting a sense of calmness and well-being.

5. Improving Sleep Quality: Regular oil massage has resulted in improved sleep quality by reducing tension and promoting relaxation, leading to more restful and rejuvenating sleep.

and olive oil offer various therapeutic benefits. Consider your body type and specific health needs when choosing an oil.

2. Warm the Oil: Before applying the oil to the body, warm it slightly to enhance absorption and improve the overall massage experience.

3. Set the Mood: Create a relaxing environment by dimming the lights, playing soothing music, and using aromatherapy diffusers with essential oils like lavender or chamomile.

4. Massage Techniques: Learn and practice various massage techniques, including effleurage, petrissage, and kneading, to effectively manipulate the body's tissues and promote relaxation.

5. Focus on Problem Areas: Pay attention to specific areas of tension or discomfort in the body, such as the neck, shoulders, and lower back, and tailor your massage techniques accordingly.

6. Mindful Touch: Approach oil massage with mindfulness and intention, focusing on the present moment and connecting with the body's sensations.

Tips for Effective Oil Massage:

1. Choose the Right Oil: Selecting the appropriate oil is crucial for an effective massage. Options like coconut oil, sesame oil, almond oil,

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Guidelines for Incorporating Oil Massage into Your Routine:

- 1. Consistency is Key:** Aim for regularity in your oil massage practice, whether daily, weekly, or bi-weekly, to experience maximum benefits.
- 2. Listen to Your Body:** Pay attention to how your body responds to oil massage and adjust your approach as needed. Everyone's needs and preferences are unique.
- 3. Seek Professional Guidance:** If you're new to oil massage or have specific health concerns, consider consulting a qualified Naturopath or massage therapist for personalized guidance and recommendations.
- 4. Combine with Other Naturopathic Practices:** Enhance the benefits of oil massage by incorporating other Naturopathic practices such as herbal remedies, dietary modifications, and hydrotherapy into your wellness routine.

Conclusion:

Oil massage is not just a luxurious indulgence; it's a time-honoured therapeutic practice with profound benefits for the body, mind, and spirit. By incorporating oil massage into your Naturopathic lifestyle and following these tips and guidelines, you can experience enhanced well-being and vitality.



National Seminar On Yoga and Ayurveda 2024

The Department of PG Studies in Swasthavritta at JSS Ayurveda Medical College organized the National Seminar on Yoga and Ayurveda - 2024 on 14th May 2024, marking the 36-day countdown to the International Day of Yoga. The event was conducted in association with the Ministry of AYUSH, Government of India, Morarji Desai National Institute of Yoga, New Delhi, and SKRSPM Sri Veda Vyasa Yoga Pratisthana, Mysuru.

The program commenced with an invocation by Miss Tharini and the group. Dr. P. Sudhakar Reddy, Professor and HOD of the Department of PG Studies in Swasthavritta, extended a warm welcome to the guests and attendees. The

inauguration was graced by Vaidya Dr. Kashinath Samagandi, Director of Morarji Desai National Institute of Yoga, New Delhi, who highlighted the role and objectives of the Yoga Certification Board.

The first scientific session was delivered by Vaidya Dr. Arpan A Bhatt, Chairman of the Assessment Committee, Yoga Certification Board, New Delhi, on the topic "The Yoga Blueprint: Mapping your Swasthavritta Journey." Following this, Dr. Ulka Natu Gadam, Embryologist and Yoga Expert from the University of Mumbai, presented on "Ancient Wisdom, Modern Application: Yoga and Garbha Samskara." The third scientific session was conducted by Dr. K Raghavendra

Pai, Secretary of Sri Vedavyasa Yoga Pratisthana, Mysuru, addressing "The Impact of Yoga on Student Concentration and Academic Performance."

Additionally, the department organized an elocution competition on "Ayurveda & Yoga for Well-being" for II BAMS Students, with prizes distributed to the winners by the dignitaries. Dr. Sarbeswar Kar, Principal of JSS Ayurveda Medical College, Mysuru, delivered the presidential address. The program saw participation from more than 120 delegates, making it a significant event promoting the integration of Yoga and Ayurveda for holistic health and wellness.



Guest Lecture – “Significance of Folklore Medicine in Snake Bite”

A guest lecture on the significance of folklore medicine in treating snake bites was held to spread awareness on the topic. The event began with prayers seeking divine blessings, led by Miss Shibani and Miss Bhuvana. Dr. Satish Pai, Professor and Head of the Department of PG Studies in Dravyaguna, welcomed the guest, Principal and the gathering.

Dr. Sarbeshwarkar, Principal, and guest Mr. Putta Veeregowda Chikkannegowda, a folklore practitioner, along with Dr. Satish Pai, Head of the Department of Dravyaguna, and Dr. Pallavi, Head of the Department of Agadatantra,

presided over the stage.

Dr. Santosh Rangannavar, Reader in the Department of PG Studies in Dravyaguna, introduced our guest speaker, Mr. Putta Veeregowda Chikkannegowda, a folklore practitioner from H.D. Kote Taluk, Mysuru, to the esteemed audience.

Following this, our esteemed Principal, Dr. Sarbeshwarkar, who also guided the organization of this event, spoke a few words on the practice of folklore and the importance of sharing generational knowledge.

Mr. Putta Veeregowda Chikkannegowda, who had brought plant

samples for the students of II BAMS, explained the medicinal value of each plant and detailed how these plant medicines should be used for snake bites and other skin diseases. It was an amazing experience to learn about the unique applications of plants like Eshwari, Sarpagandha, Vasa, and many other species. The session concluded with a discussion and questions from the students.

The Principal, Dr. Sarbeshwarkar, along with Dr. Satish Pai and Dr. Santosh Rangannavar, felicitated the guest speaker. Dr. Pallavi, Professor and Head of the Department of Agadatantra evam Vidhi Vidhayaka, rendered the vote of thanks.



JSS Ayurveda College Mysore

Basic Neonatal Resuscitation Program (NRP) 24th May 2024

Organized by: Department of PG Studies in Kaumarabhritya in association with Department of Paediatrics, JSS Medical College, Indian Academy of Paediatrics (IAP) & National Neonatology Forum (NNF) Mysore Division.

The Basic NRP training program, organized by the Department of PG Studies in Kaumarabhritya in association with the Department of Pediatrics of JSS Medical College, Indian Academy of Paediatrics (IAP), and National Neonatology Forum (NNF) Mysore Division, took place at JSS Simulation Lab, JSS Medical College, Mysore on 24th May 2024. Participants who had successfully completed the Basic NRP Online course and passed the Pre-test were eligible for this program. A total of 17 PG Scholars and 2 faculties from the Department of PG Studies in Kaumarabhritya at JSS AMC, along with 11 PGs from the Paediatrics department of JSS Medical College, actively participated in this Hands-on Neonatal Resuscitation Training Program.

The program commenced at 8:00 AM after registration and breakfast. Led by 5 faculties from the Pediatrics departments of Mysore Medical College & Research Institute and JSS Medical College, the innovative training program began with an introductory session. Participants were divided into 5 groups and assigned specific simulation rooms where they received hands-on training

from respective faculties. The training covered various aspects of neonatal resuscitation including preparation of the delivery room and equipment, initial steps of resuscitation, routine and observational care, and extensive practice on bag and mask ventilation.

Following the successful completion of 4 training sessions, a MegaCode post-practical evaluation test was conducted by the faculties, and all participants qualified in this evaluation. A validity function was held post-

lunch, during which all participants were awarded the 'Basic NRP Provider' certificate valid for 2 years from the course date.

This training program enhanced participants' knowledge and skills in attending deliveries and confidently performing initial steps of neonatal resuscitation. Plans are underway to conduct the 'Advanced NRP Training' course, tentatively scheduled for August 2024, in collaboration with the Indian Academy of Pediatrics.



Workshop on Scientific Writing, Research Integrity, and Publication Ethics



WORKSHOP ON SCIENTIFIC WRITING, RESEARCH INTEGRITY AND PUBLICATION ETHICS

3 days capacity building programme for PG-Guides
Sponsored by NCDM, New Delhi

Organized By
Sri Dharmasthala Manjunatheshwara
College of Ayurveda and Hospital, Hassan

DATE- 29th, 30th, 31st of May, 2024

Venue : Seminar Hall

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Ten faculty members from JSS Ayurveda Medical College and Hospital, Lalithadripura Road, Alanahalli, Mysuru, attended the Workshop on Scientific Writing, Research Integrity, and Publication Ethics organized by Sri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital, Hassan, held on 29th, 30th, and 31st May 2024.

Our students actively participated and won the 3rd prize in the Himalaya Photo Contest.

Himalaya Infoline

Heartly Congratulations

To the **Winners** of the Himalaya Infoline 20th Anniversary Photo Contest!
our students bagged 3rd prize

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Bijapur, Karnataka

3rd Prize

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Karnataka Ayurveda College,
Bijapur, Karnataka

Ceremonial Prize Winners

Dr. Pradyumn Deshpande and group
Karnataka Ayurveda College and
Hospital, Bijapur, Karnataka

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