



DESIGN YOUR OWN HEALTH CELEBRATE LIFE



Dr. Neetu Jain, Managing Director, PIYAS Yoga & Nature Cure Hospital, Bangalore, seen in the picture above delivering a keynote lecture on yoga and nature cure at Adhyatma Sadhana Kendra, under the aegis of JITO New Delhi Chapter, on March 18, 2018.

On the occasion of JITO foundation day, UTSAV introductory talk (Design Your Own Health-Celebrate Life) was held on March 18, 2018, at Adhyatma Sadhana Kendra, organized by JITO New Delhi Chapter.

Dr. Neetu Jain, founder and managing director of PIYAS Yoga & Nature Cure Hospital, Bangalore, delivered a keynote lecture on yoga and nature cure to a packed audience of eminent personalities. From prevention of diseases to management of acute and chronic diseases, Dr. Neetu Jain's information packed presentation led to a spirited and interactive session.

Before her lecture, Dr. Mahendra Balar, MD, Medical Director of PIYAS Yoga & Nature Cure Hospi-

tal presented an inspirational lecture to provoke fresh thinking about ancient Indian wisdom of yoga and nature cure and the perils of allopathic medicine. As an Integrative Medicine expert he said "when we do make the diagnosis, it makes sense to at least explore non-pharmaceutical options which are generally safe and quite effective before moving to medicines or surgery."

Mr. Pradip S. Jain, Chairman, Mr. Mahesh Jain, Convener, Mr. K. C. Jain, Mentor, and Mr. Kishore Kochar Jain, Chief Secretary of JITO, New Delhi Chapter, were also present during the program along with many other dignitaries.



EDITORIAL TEAM

Dr. Mahendra Balar

Dr. Neetu Jain

Dr. M. A. Mirza Owais

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PIYAS ACTIVITIES ON INTERNATIONAL DAY OF YOGA 2018.



Dr. Neetu Jain addressing the BHEL staff, Bangalore, on occasion of International Day of Yoga.

Many organizations choose to offer preventative services like biometric screenings and health fairs for their employees. Others focus on health education. Still others choose specific issues to focus on like smoking cessation or physical activity. All are excellent options in building a wellness program relevant to

the needs of their workforce. On the occasion of International Day of Yoga, June 21, 2018, BHEL, Electronics Division, Bangalore, invited Dr. Neetu Jain for a guest lecture on yoga and nature cure. She spoke how employee health is of vital importance and can affect productivity, morale and attendance. She also stressed the

importance of yoga, good nutrition and eating habits to prevent diseases which hinder employee productivity. As the lecture continued, the attention of the audience strengthened. More than 200 people attended the lecture which concluded with an interesting Q&A session.



PIYAS in Dubai
@
Jain Allied Sciences DMCC,
Shop P7, Concorde Tower,
H Cluster, JLT Dubai.

Prayer sets the tone for the International Day of Yoga at PIYAS Hospital. Dr. Neetu Jain seen with participants in the picture on the left.

SETHUBANDHASANA (BRIDGE POSE)

Benefits:

It calms brain and alleviates stress and depression.

It stimulates thyroid, lungs and abdominal organs.

It rejuvenates tired legs.

It reduces backache.

It reduces anxiety, fatigue, headache and insomnia.

It relieves menstrual discomfort.

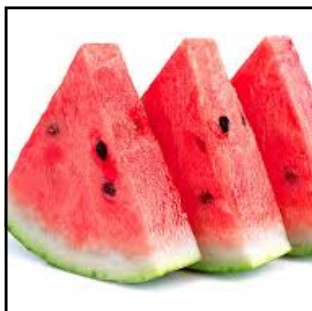
Note: Asanas must be practiced under expert guidance.

WATERMELON

So as name, it contains 92% of water. Each juicy bite has significant amounts of vitamin A, B6 and C, lots of lycopene, antioxidants, and amino acids. This quintessential summer fruit is fat-free and has 40 calories per cup. It improves blood flow. and is extremely rich in citrulline an amino acid which relaxes the blood vessels and enhances circulation. Arginine content together with potassium and magnesium helps to reduce high blood pressure. Hydrates you best, quenches thirst and prevents dehydration. Also detoxifying being a diuretic and alkaline in nature. It lowers the uric acid level and assists the body in flushing toxins through kidneys. Aids liver in its metabolic function thereby con-

trolling blood cholesterol. Vitamin C facilitates healing of wounds by creating new connective tissue. Being a rich source of antioxidants like vitamin A, C, and lycopene, it lowers the free radicals in our body thereby improves immunity and prevents aging.

“Life is a slice of watermelon never without seeds but sweet till the bitter end.”



Sethubandhasana - Bridge Pose.



PRAYAAS members giving ear to Dr. Mahendra Balar during presentation in yoga hall on Nutrition, Food, and Diseases in the above picture.

COCONUT WATER

Nature's soft drink, it hydrates the body and helps with a host of conditions from hang-over to cancer and kidney stones. It is low in calories, free of fat and cholesterol, and rich in potassium.

It is also a good source of vitamin C, calcium, magnesium, sodium, potassium and manganese. Diet rich in potassium ensures muscles stay in perfect order. It is a wonder drink flourished with all the electrolytes.

Adequate hydration flushes out harmful toxins through the detoxifying organs, liver and kidneys. It contains fair amount of vitamin B5, vitamin B6, and folate. It triggers serotonin called as "Happy Hormone."

Being alkaline in nature, coconut water maintains blood pH and relieves heartburn and hyperacidity.

GERIATRIC CARE AND NATUROPATHY

'Geriatrics' - is a branch of medicine that focuses on health promotion and prevention and treatment of disease in later life. In-Greek "geron" means "old man" and "iatros" means "healer", and was proposed in 1909 by Dr. I. Nascher. It is cognate with Jara in Sanskrit which also means old.

Scope

In most of the countries geriatricians are mainly physicians, while some focus on community geriatrics. While originally a distinct specialty, it has been integrated as a specialization of general medicine since late 1970s. Most geriatricians are therefore accredited for both.

History

Modern geriatrics at least in UK really began with "Mother" of Geriatrics, Dr. Marjory Warren. Dr. Warren emphasized that rehabilitation was essential to care of older people. She took her experiences as a physician in a London Workhouse Infirmary and developed the concept that merely keeping older people fed until they died was not enough - they needed diagnosis, treatment, care and support. She found that patients, some of whom had previously been bed-ridden, were able to gain some degree of independence with the correct assessment and treatment. The practice of geriatrics is also one with a rich history of multidisciplinary working, valuing all the professions, not just medicine, for their contributions in optimizing the well being and independence of older people.

What is the relevance of Geriatrics in India?

Many factors have contributed to the alienation of the elders in India and elsewhere too.

Migration of young couples from rural areas to cities in search of better employment opportunities leave elders to fend for themselves. Elders who have been in control of the household for a long time are unwilling to give up the responsibility to their children. Youngsters on their part are sometimes resentful of the attitude of their parents. Many youngsters have moved to places far away from their native homes and in the recent past to many countries abroad. So even if they want to they cannot accommodate their parents in their own homes. Elders are sometimes too incapacitated or unwell to look after themselves or get medical care especially in an emergency. All these have made geriatric practice and the concept of old age homes seem more relevant in the Indian context than ever before.

Integrated approach of naturopathy towards senior citizens.

Geriatrics differs from adult medicine in many respects. The body of an elderly person is substantially different physiologically from that of an adult. Old age is the period of manifestation of decline of the various organ systems in the body, which may vary according to various reserves in the organs, as smokers, for example, consume their respiratory system reserve early and rapidly. Many people cannot differentiate between Disease and Aging effects, e.g. renal impairment may be a part of aging but renal failure is not. Geriatricians aim to treat the disease and to decrease the effects of aging on the body. Years of training and experience, above and beyond basic medical training, go into recognizing the difference between what is normal ag-



ing and what is in fact pathological. The decline in physiological reserve in organs makes the elderly develop diseases (such as dehydration from a mild gastroenteritis) and be liable to complications from mild problems. Fever in elderly persons may cause confusion leading to a fall and to a fracture of the neck of the femur ("breaking her/his hip"). Functional ability, independence and quality of Life issues are of greater concern to geriatricians, perhaps, than to adult physicians.

Treating an elderly person is not like treating an adult. A major difference between geriatrics and adult medicine is that elderly persons sometimes cannot make decisions for themselves. The issues of Power of Attorney, privacy, legal responsibility, advance directives and informed consent must always be considered in geriatric procedure. Elder abuse is also a major concern in this age group. In a sense, geriatricians often have to "treat" the caregivers and sometimes, the family, rather than just the elder.

Elderly people have specific issues as regard medications. Elderly people particularly are subjected to polypharmacy due to many causes.

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Dr. Neetu Jain, Dr. Mahendra Balar, and other dignitaries from JITO New Delhi Chapter along with top businessmen and bureaucrats seen during lighting the lamp ceremony at the start of the program of Introductory talk on UTSAV at Adhyatma Sadhana Kendra, New Delhi on March 18, 2018. The program was a massive success applauded by a packed audience.

“Anywhere Anytime Practices” - Dr. Neetu Jain with Plivo Communications Staff in Bangalore on International Day of Yoga.

Most of the employees were young, energetic, tech-savvy engineers and software professionals who very keenly participated in the program to find solutions for their stressful and sedentary lifestyle.



Dr. Neetu Jain, from PIYAS Yoga & Nature Cure Hospital conducting a session for executives of Power Grid Corporation of India , Bangalore Unit on the occasion of International Day of Yoga 2018.

After going through asana and pranayama practices, the participants immensely enjoyed the deep relaxation session which helped them to reconnect themselves with their inner self which was a once in a lifetime experience considering their hectic work schedule.

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GERIATRIC CARE AND NATUROPATHY

Some elderly people have multiple medical disorders; some use many herbs & OTCs; some adult physicians just prescribe medications to their specialty without reviewing other medications used by the elder patient. This polypharmacy may result in many drug interactions or adverse reactions.

Drugs are excreted mostly by kidneys or liver, either of which maybe impaired in elderly.

Therefore there is a big role for drugless therapies especially Naturopathy in this age group which are considered very safe and without any side effects.

The presentation of disease in elderly persons may be vague and non-specific. Some elderly people may find it hard to describe their symptoms in words, especially if the disease is active and causing confusion, or if they have cognitive impairment. Delirium in the elderly may be caused by a minor problem such as constipation or by something as serious and life-threatening as a heart attack.



Mr. Mahesh Jain and other dignitaries from JITO New Delhi Chapter along with top businessmen and bureaucrats seen in the above picture during Introductory talk on UTSAV at Adhyatma Sadhana Kendra, New Delhi on March 18, 2018. The program was a massive success applauded by a packed audience.



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OUR SERVICES



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