

SWASTHAVRITTA & YOGA

SWASTHVIRITTA & YOGA (PREVENTIVE & SOCIAL MEDICINE)

Swasthvritta is a unique branch of **Ayurveda** which deals with **maintenance and promotion of health as well as disease prevention**. **Swasthvritta** addresses all dimensions of health through **proper daily and seasonal regimen, proper dietetics, advocating code of good conduct for mental health and social behaviour** and so on. **Principles of Yoga and Naturopathy** are also assimilated for the health and wellness of public and private health. The Department has 6 days OP Consultation where Life style disorders are managed by **diet and lifestyle modification, yoga and pranayama consultation and nature cure techniques**. To prevent and manage diseases on a community level, **Health awareness classes** and **medical camps** are being conducted in different educational institutions, Panchayath level and at different factories. **Yoga and Naturopathy** are an important wing of this department. **Yoga and Pranayama** consultation and training are being given for OP and IP patients.

OPD UNIT

It aims at managing various lifestyle disorders adopting various **Panchkarma** modalities to regulate body mechanisms in healthy individuals. We also focus on timely practicing **Ritu-shodhana karma** and balancing the fundamental body bio-elements (**Doshas**). Dept of **Swasthvritta** also aims at educating the people regarding various **lifestyle disorders** and **lifestyle modifications** that are required.

YOGA UNIT

A stressful life has been a dreadful cause for many diseases. Overcoming this is possible through **Yoga**. Enhancement of **mental health** and **physical health** through **therapeutic Yoga** is our prime motto.

Ayurveda is a science of life and the first aim of **Ayurveda** is **prevention of health of all individuals (Swasthasya Swasthya Rakshanam)** and then if there is need **treat the diseases (Aturashya Vikar Prasamanam)**.