



JSS AYUR BULLETIN

Monthly Newsletter

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Prakriti

Department of Kriya Shareera

Prakriti is a discrete phenotype determined based on physical, psychological, physiological and behavioural traits and independent of social, ethnic and geographical variables. Prakriti of the human being depends on genetic and acquired factors. The genetic constitution depends upon Shukra (sperm) and Shonita (ovum), while the acquired form depends on environmental factors like age, race, heredity, climate, season, and region. Prakriti is an essential concept of Ayurveda that explains individuality. It expresses the unique trait of an individual defined

by the specific and permanent composition of Dosha right from birth. Prakriti makes every person unique; therefore, no two persons can be identical. Anatomical, physiological and psychological characteristics differ from one person to another person depending on their Prakriti. Prakriti remains constant for each individual throughout their lifetime. Prakriti formation of an individual according to Acharya Sushruta, the shape of Prakriti takes place by the condition of Tridosha at the time of union of Shukra (sperm) and Shonita (ovum) in the Garbhashaya

(womb) of the mother. The pre-dominance of any one, two, or all the three Dosha (body humors- Vata, Pitta and Kapha) determines the characteristics features of the future child as Ekadoshaja Prakriti (Vataja, Pittaja and Kaphaja), Dvandvaja (Vatapitta, Vatakapha, Kaphapitta), and Samamishra (Vata, Pitta and Kapha in equal proportions). According to Acharya Charaka, Panchamahabhuta and Chetana (soul) unite to form Purusha, and the nature of this Sharira is known as Prakriti.

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Factors affecting the formation of Prakriti :

Factors that play a direct or indirect role in the formation of Prakriti are Garbhakalaja Bhava (Antenatal)

- ShukraShonita Prakriti (Characters of Sperm-ovum)
- Kala-Garbhashaya Prakriti (Time of intercourse, fertilization and Age /nature of uterus)
- Matura Aharavihara Prakriti (Influence of mother's a diet/behaviour)
- Mahabhutavikara Prakriti (Influence of Akasha, Vayu, Teja, Jala & Prithvi)
- Jatiprasaktadi Bhava (Postnatal)
- Jatiprasakta Bhava Pratyatmaniyata Prakriti (Caste/Racial effect) (Self/Idiosyncrasy)
- Kulaprasakta Bhava Vayo'anupatini Prakriti (Familial) (Age effect)
- Desha anupatini Prakriti (Demographic impact)
- Kala anupatini Prakriti (Seasonal effect)

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Types of Shaaririka Prakriti (Physical constitution)

1. Vatala
2. Pittala
3. Shleshmala
4. Vata-Pitta
5. Vata-Kapha
6. Pitta-Kapha
7. Samadosa Prakriti



1. Features of Vata Prakriti

Attributes	Manifestations
Ruksha (Dry)	Ununctuous, emaciation, and dwarfness of the body; dry low broken obstructed and hoarse voice; always keeping awake.
Laghu (Light)	Light and inconsistent gait, action, food and movement
Chala (Mobile)	Unstable joints, eyes, eyebrows, jaws, lips, tongue, head, shoulder, hands and legs Bahu (Abundance) Talkativeness, abundance in tendons and veins
Shighra (Swift)	Quick in initiating actions, getting irritated and the onset of morbid manifestations, quick in affliction with fear, quick in likes and dislikes, quick in understanding and forgetting things
Sheeta (Cold)	Intolerance for cold things; often getting afflicted with cold, shivering, and stiffness.
Parusha (Rough)	Roughness in the hair of the head, face and other parts of the body; nails, teeth, face, hands, and feet
Vishada (Non-Slime)	Cracking of limbs and organs, production of cracking sound in joints when they move

These persons are endowed with a lesser quantity of strength, life span, procreation, accessories of life and wealth.

2. Features of Pitta Prakriti

These persons are endowed with moderate strength, average span of life, moderate spiritual and worldly knowledge, wealth, and life accessories.





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3. Features of Kapha Prakriti

Attributes	Manifestations
Snigdha (Unctuous)	Unctuousness of organs Shlakshna (Smooth) Smoothness of organs
Mridu (Soft)	Pleasing appearance, tenderness and clarity of complexion
Madhura (Sweet)	Increase in the quantity of semen, desire for sex-act, and number of procreation. Sara (mobility), Firmness, compactness and stability of the body
Sandra (Dense)	Plumpness and roundness of all organs
Manda (Slow)	Slow in action, intake of food and movement
Guru (Heavy)	Non-slippery and stable gait with the entire sole of the feet pressing against the earth
Stimita (Stable)	Slowness in initiating actions, getting irritated and morbid manifestations
Shita (Cold)	Lack of intensity in hunger, thirst, heat, and perspiration
Vijjala (Viscous)	Firmness and compactness in joints Accha (Clear) Happiness in the look and face; happiness and softness of complexion and voice

These persons are endowed with strength, wealth, knowledge, energy, peace and longevity.

4. Features of Dvandvaja Prakriti

The two Dosha Prakriti are characterized by the combination of the manifestation of respective Dosha.

5. Features of Sama Prakriti

Samadhatu Prakriti is characterized by the combination of the manifestation of all the Dosha in a state of equilibrium. These persons are endowed with the best qualities of all the three single

Dosha Prakriti.

Susceptibility to disease/Predictive Medicine:

Each Prakriti type is prone to specific diseases. Prakriti determines the proneness of an individual for Dosha particular diseases. For example, Kapha Prakriti persons are more prone to Kaphaja vikara like Agnimandhya, Pratishyaya, Medoroga, Prameha

etc. similarly, Vata Prakriti persons are more prone to Gulma, Aatopa, Sandhigatavata etc. and Pittaja Prakriti persons are more prone to diseases like Amlapitta, Pandu, Kamala, Raktapitta etc.

The various observations show that Vata Prakriti individuals have more susceptibility to anxiety neurosis, thyrotoxicosis and tuberculosis, Pitta Prakriti individuals to hypertension, peptic ulcer, bronchial asthma, and rheumatoid arthritis and Kapha Prakriti individuals to diabetes mellitus, obesity, hypertension and ischemic heart diseases. Vataja, Pittaja and Kaphaja diseases are challenging to treat in persons belonging to Vata, Pitta, and Kapha Prakriti. Given this fact, the different conditions to which an individual is predisposed can be predicted timely and may be prevented or postponed by appropriate diet, drugs or regimen.

Diagnosis of diseases:

Dashvidhapariksa has been mentioned by Acharya Charaka while diagnosing the strength of the diseased person. Prakriti analysis is the first one to be done while examining a patient.

Prognosis of diseases:

If the causative Dosha of an ailment is the same as the deceased person's Prakriti, the disease becomes Krichrasadhya, i.e. challenging to cure. Similarly, it is



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effortless to treat if the vitiated Dosha is different from one's Prakriti.

Management of diseases/ Individualized Medicine:

Acharya Charaka has mentioned 'Prati Purusha Siddhanta' considering one's Prakriti and other factors specific to the diseased person while treating their ailment. The knowledge of Prakriti helps in drawing a line of treatment for a diseased person. E.g. In Amajavyadhi, like Jvara, for Kaphaja person, one can adopt complete Apatarpana Chikitsa, whereas, in case of Vataja person, that cannot be assumed completely.

Determination of Drug doses:

The dose of the medicine is decided according to one's Prakriti. In general, the Alpa (minimum), Madhya (moderate) and Pravara (maximum) doses of medication are adopted in Vata, Pitta and Kapha Prakriti individuals, respectively.

Preventive Medicine-In Ayurveda:

Dinacharya (Diurnal regime) and Ritucharya (Seasonal regimes) have been advised on Prakriti. The person can adopt these regimes as per the need of Prakriti to keep the body healthy and Dosha in the equilibrium state. For example, Kapha Prakriti persons need more exercise and Laghuahara to keep their bodies fit and avoid Divasvapna. In contrast, Vata

Prakriti persons are advised to take nutritious and heavy food, do less training, and do divasvapna. Ayurveda advocates extensive preventive measures in terms of Sadvrita Svasthavrita, Dinacharya, Ritucharya etc. By determining the Prakriti of every individual, their health can be maintained by supporting them Pathya Ahara (Favorable foods and drinks) and Vihara (behaviour and physical activities) and simultaneously restricting them to take Apathya Ahara (Unfavorable food and beverages) and Vihara (Behavior and physical activities).

Genomic Medicine:

The concept of Prakriti and its relationship with genomics was hypothesized over a decade ago. Subsequent studies have attempted to correlate Prakriti classification with genetic information. A preliminary investigation suggests that the Prakriti classifi-

cation, as a foundation for the practice of Ayurveda, has a genetic basis and does provide clues for further studies.

Conclusion:

Prakriti is an essential concept in Ayurveda to understand the nature and severity of disease, the reaction of the body to the drugs (pharmacogenomics), selection of drugs and their doses, prognosis of the disease prevention measures such as diet, daily and seasonal regimens. Prakriti also determines an individual's response to environmental factors, drugs, and susceptibility to infections, making it one of the earliest known predictive, preventive and personalized or genomic medicine concepts. So Prakriti emphasizes individuality and plays an essential role in diagnosis, preventive medicine, and therapeutics.

Parul University, Faculty of Ayurved & The Association of Shalaki India
Jointly organizing
WEBINAR SERIES ON SHALAKYA TANTRA
Theme - Clinical Aspects in Shalakiya Tantra
Topic: Management of Ardhavabhedak with special reference to Migraine...

Guest Speaker
Dr. Gavimath Shivanand
Professor & HOD,
Department of Shalakiya Tantra,
JSS Ayurveda Medical College & Hospital,
Lalithadripura Road,
Alanahalli, Mysuru.

Regards

Dr. Harish Choudhary
President, TAO India

Dr. Manoj Kumar
General Secretary, TAO India

25 AUGUST 2021 7:00 PM TO 8:00 PM

STAY TUNED:
<https://meet.google.com/ojx-hybz-qnh>
www.paruluniversity.ac.in

Dr. Gavimath Shivanand, Professor & HOD, Department of Shalakiya Tantra, JSS Ayurveda Medical College Mysuru, was a Guest Speaker in Webinar Series on Shalakiya Tantra organized by Parul University, Faculty of Ayurved & The Association of Shalaki India. He gave a lecture on "Management of Ardhavabhedak with special reference to Migraine" on Aug. 25th 2021.

DIET IN GASTRITIS

Dr Aparna Surendra, Physician, Dept of Naturopathy and Yoga, JSSAH, Mysuru.

Gastritis is inflammation of the Gastric mucosa or stomach lining. If not appropriately treated, may lead to complication like peptic ulcer. The reasons may be indigestion, alcoholic intake, few medicines, junk food, taking more coffee or tea, infection and some allergic or immune conditions. Here symptoms are acute/chronic abdominal pain, the fullness of the stomach, nausea, vomiting, diarrhoea, sour belching, body ache, giddiness, constipation – all or a few of these may be present.

"Hurry" (Stress), "Worry" (Tension), and Curry (taking more fried food items) are considered as main culprits which induce Gastritis. Let us know what the 'pathya' diet for Gastritis is.

1. Most important is one should follow Sathvik Ahara and mithahara. Sathvik Ahara comprises more balanced, nourishing, less spicy vegetarian food. Mithahara means limited food where one will avoid overeating. According to Charaka Maharshi, the stomach is made into four parts, where two parts of the stomach are filled with solid food and 1 part of the stomach is filled with liquid food (like Buttermilk, Rasam, Juice Soup etc.) and the remaining 1 part should be left

empty. Eating in this way is nothing but mithahara which facilitates digestion.

2. One must avoid the following food – coffee, tea, spicy food including red chilly or green chilly, oily or deep-fried items, sour buttermilk, soft drinks, maida products, sugar, fermented food-stuffs, super-refined flour, potato, sweet potato, non-sprouted pulses or grams, junk food, cheese, non-vegetarian food etc.

3. One must avoid overeating. One must prevent night food intake. That means eating dinner before 4 hours of bedtime is ideal. For example, having dinner by 6 pm and sleeping by 10 pm is a healthy lifestyle.

4. Timely food intake is also very, very important. Breakfast by 8 am, Lunch by 12:30 pm, and dinner by 6 pm is ideal. Eating in between 2 significant meals should be avoided. After one takes breakfast, till next lunch one should avoid solid foods. But liquids can be taken like tender - coconut water, buttermilk, milk, soup or fruit juice etc., in between 2 meals.

5. Barley soup or Ragi Gangi in between 2 major meals is a perfect drink to reduce gastric acid hypersecretion. It cools the stom-



ach. Cold milk, Daniya and Jeera kashaya, Banana pith juice, Wheatgrass juice, Ashguard juice, Juice of Amla, Lemon Honey Juice, Doorva Juice, Juice of bottle guard or carrot, Pudina Juice – such liquids are taken in the empty stomach not only subsides Gastritis but also boosts immunity and promotes health.

6. Unpolished cereals like boiled rice, Rajamudi rice, red rice, Java wheat, ragi jowar with more green – leafy vegetables, fruits, and sprouts are also considered as an alkaline diet.

In this way, the selection, combination and Preparation of food acts as a therapeutic diet for Gastritis.

Report on BMD camp held at JSS Ayurveda Medical College, Mysuru, on 27-08-2021



Department of Kayachikitsa, in association with Zandu Emami Limited, organized a Bone Mineral Density (BMD) camp on 27-08-2021, Friday from 9.00 am to 5.00 pm at JSS Ayurveda Hospital, Mysuru.

The camp was inaugurated by Dr. Sarbeswarkar, Principal & MS, Dr. Gurubasavaraja, Senior Consultant & Professor, JSS Ayurveda Medical College & Hospital, Mysuru. Dr. Krishnaprasad RMO. Representatives from Zandu and other esteemed faculty members JSSAMC&H were present on occasion.

Dr. Rajesh A Udupudi, Dean, Dr. Beena M.D., HOD, Dr. Komala A., Dr. Unnikrishnan P. M., from the

Department of Kayachikitsa were chief consultants. Around 75 patients around Mysuru registered for the BMD camp and availed themselves of free checkups and consultation. The staff and Internees of JSS Hospital & College also benefitted from the camp. There were 165 who helped from the camp. Mr. Niranjana From Zandu and the Area manager of Zandu were present throughout the



camp, and Dr. Rajesh A Udupudi, Professor & Dean of, Department of Kayachikitsa, thanked them for their incredible support and service.

Department of PG studies in Panchakarma has organized a guest lecture on 07/08/2021 for 4th year UG and PG scholars on the topic Concept of Panchakarma by Dr. Suresh Hakkandi, Professor, Department of PG studies in Panchakarma, Sri Jagadguru Gavisiddheshwara Ayurveda Medical college, Koppal.



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Dept. of Rachana Shareera organized a guest lecture on 13/8/21 at 9:30 am for IBAMS students on Introduction to Neuroanatomy by Dr. Vishwanath .K Asso. Professor, Dept. of Rachana Shareera, GAMC, Shimoga.



Department of Kriya shareera organized a guest lecture on 07/08/2021 for 1st year BAMS students on the topic "SROTAS" by Dr. VARUNI S J, Professor, Department of Kriya shareera, Sri Sri Ayurveda Medical College, Bengaluru.

Continuing with the Community Outreach programme, the Department of Shalakya Tantra, JSSAMCH, conducted a speciality Eye and ENT screening and treatment camp. It was held at Lakkuru Grama Panchayath area on Jul. 31st 2021, Saturday. Ocular allergy, degenerative ophthalmic conditions, allergic rhinitis, and ear infections patients were screened. Free eye drops, medicines, and other nutritional supplements were distributed. Nearly 120 patients were benefitted. Dr. Gavimath Shivanand, Dr. Chaya and a team of junior doctors participated in this event.



Department of PG studies in Swasthavritta organized a talk on the occasion of World Mosquito Day-2021 on common mosquito-borne diseases and Mosquito control measures on 21/08/2021.

Dr. Santhosh Kumar K, Assistant professor, department of Community Medicine, Mysore Medical College and Research Institute, Mysuru, was the guest speaker.





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As a mark of salutation in the inaugural webinar series commemorates the 106th Jayanti celebration of Dr. Sri Shivaratri Rajendra Mahaswamiji, an online webinar is organized by the department of Samhita and Siddhanta.



Inauguration of Sanskrit Saptaha celebrated in our institution. Mrs. Shruti, Aiyer was felicitated for her contribution to the department.



Dr. Rashmi Pujar, Assistant professor, Department of Roga nidana, JSS Ayurveda Medical College Mysore, was invited as a Guest speaker on Indo Nepal Ayurveda Cooperation Campaign (INACC).

She spoke on the topic "Importance of ECG in Ayurveda Practise" on Aug. 23rd 2021, organized by Bramhabhumi Health Research Centre (BHRC) & Nepal Arogya Sangathan (NAS).



Dr. Nimmi A N, PG Scholar, Department of Swasthavritta, had Awarded 2nd prize in the National Level Essay Competition conducted on the eve of 7th International Day of Yoga 2021 organized by BVVS Ayurved Medical College & Hospital, Bagalkot on 17/06/2021. The topic of the essay was "Role of Yoga in Covid 19 Pandemic Crisis" and also secured 2nd prize in Bhai Uddhav Das Mehta Memorial All India Essay Competition Organized by Vishwa Ayurveda Parishad.



Dr. Visal S Kuamr, Assistant Professor, Department of Kaumarabhritya, JSS Ayurveda Medical College Mysuru, was a Guest Speaker in Ayurbodha Webinar Series held at Sree Raghavendra Ayurveda Medical College and Hospital Malladihalli and given a lecture on the topic "Examination of Newborn" on Jul. 14th 2021.



Zaicvic Session- Sundays with Sheetal: Live on Instagram

Date: Aug. 29th, Sunday at 4.45 pm

Topic: Bone Health – Timely Preventive Measures

By: Dr. Beena MD

Associate Professor and Head- Dept of Kayachikitsa

JSS Ayurveda Medical College & Hospital, Mysuru, has participated in a live discussion in the programme Sundays with Sheetal on Facebook on bone health – prevention and management through Ayurveda in association with Zaicvic India on Aug. 29th 2021.

Report on General Health Awareness talk to Public At Arya Vaishya Bhavana, Kollegal On 03.08.2021

On behalf of JSS Ayurveda Medical College, Mysuru, the Department of Kayachikitsa organized a one-day General Health Checkup Camp on 03.08.2021 from 10 am to 2 pm at Arya Vaishya Bhavana, Kollegal.

The Inaugural programme started at 10 am with the prayer. Shri E.D. Kumar Krishna, President of Arya Vaishya Sangha, Kollegal, welcomed the gathering. Dr Beena MD, HOD, Dept of Kayachikitsa, spoke about how important is our health and how to protect health through Ayurveda. Ayurveda in day to day life and adopting Panchakarma chikitsa in the current situation. Dr Deepa C Patil, Professor, Dept of Kayachikitsa, explained various aspects of COVID 19. The past, present and future complications and preventive care to the public. Also, prevention, protection and rehabilitation through Ayurveda.

Mrs Aparna, President of Mahila Samaja Sangha, Kollegal proposed vote of thanks and Mastered the ceremony. Members of Arya Vaishya Sangha, Kollegal, Mahila Samaja, Kollegal and Yuva Jana Sangha were present throughout the camp. Around 136 people benefited from the awareness talk. A Skit followed this by the final BAMS student on COVID awareness. Later General Medical Camp, which included free health checkups and distribution of Ayurvedic medicines, was conducted up to 3 pm. About 136 patients benefited from the camp. Most of the complaints were related to stress, low



back pain, anorectal complaints, joint pains, obesity, headache, dysmenorrhoea, menstrual irregularities, metabolic disorders, various skin disorders and neurological disorders.

Dr Usha D T, Dr Vidya Narayan, Dr Unnikrishnan P M, Dr. Pooja Hassan G were the consultants. There were 25 PG and UG students who actively participated in the camp.



SKIT ON COVID PREVENTION AND MANAGEMENT BY STUDENTS

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REPORT ON GENERAL HEALTH CHECKUP CAMP AND AWARENESS TALK TO PUBLIC AT MADAPURA, HD-KOTE, MYSURU On 24.08.2021



On behalf of JSS Ayurveda Medical College, Mysuru, the Department of Kayachikitsa organized a one day General Health Checkup Camp, and a health awareness talk on 24.08.2021 from 10 am to 3 pm at Madapura, HD-Kote, Mysuru. The Inaugural programme started at 10 am with the prayer and later inaugural address, Briefing the programme and Ashirvachana by Pujya Sri Mallikarjuna Swamiji, Sri Chandramouleswara Matha, Madapura.

After the brief inaugural programme, a skit performance was organized regarding health awareness on Alcoholic Liver Disease and its effects on the family. Dr Komala, Asst. Prof. Dept. of Kayachikitsa spoke on home remedies. Dr. Unnikrishnan gave an awareness talk on stress in children and adults and Ayurveda treatment.

Mr. Prakash, a lecturer in SCMS Mahavidya Samsthe, mastered the ceremony. Around 122 people were benefited from the awareness.

General Medical Camp was arranged, which included Free Health Checkup and Distribution of Ayurvedic medicines. Total 107 people benefited from the camp.

Most of the complaints were related to low back pain, anorectal complaints, joint pains, skin diseases, headache, dysmenorrhoea, menstrual irregularities, metabolic disorders and neurological disorders.

Dr Beena M D, HOD, Dept. of Kayachikitsa, Dr Deepa Patil, Professor, Dept of Kayachikitsa, Dr Komala and Dr Unnikrishnan P M, Assistant professors, Dept of Kayachikitsa, Dr Shruti, Dept. of Prasuti Tantra and Stree roga, Dr. Shashibindu, dept. of Agadatantra, Dr. Aditya, dept. of Shalyatantra were the consultants. 22 PG and UG students actively participated in the camp, and three hospital staff helped with the proper arrangements and technical support.



FREE MEDICAL HEALTH CHECKUP CAMP AT HADINARU VILLAGE

On 23.08.2021, a free medical health camp was conducted at Hadinaru village, near Mysore. The camp was organized by the Department of Prasooti Tantra and Stree Roga and the Department of PG studies in Panchakarma. The camp was successfully conducted at Sri

Gurumalleshwara Mat, under the Hadinaru village Panchayat limits. It was a half-day camp from 10 am to 1.30 pm. About 50 patients attended the free medical camp. Medicines were also distributed free of cost to the camp patients.

Dr. Vidya Narayan, Dr. Nanda K O. And



Dr. Tejaswini from the Department of Prasooti Tantra and Stree Roga attended the camp.

Dr. Suma KJ, Dr. Manasa S D., and PG scholars, Department of PG studies in Panchakarma, attended the camp. Fourth-year students of BAMS also participated in the camp.

The camp ended with an appreciation note from the Panchayat Development Officer, Hadinaru village Panchayat.



JSS Ayurveda Medical College & Hospital, Mysuru, has celebrated 75th Independence Day on 15.08.2021.



Painting contest on account of 75th Independence Day – Judges and participants.



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Patients Speak

The hospital ambience is very nice. The staff are very co-operative staff, wonderful experience. Everyone was exceptionally caring and treated well. Especially the doctor was so kind and helpful and treated my health condition with a lot of patience. I thank all the staff for treating me so well, right from the beginning of admission to the end of discharge.

- Amit Tyagi

JSS Ayurveda Hospital is a perfect blend of qualified and helpful professionals. I always like to meet them like an old friend with a smile and respect. The doctors shared a lot of information related to my health condition. The treatment was beneficial and supportive as well.

- Thontesh G C

Very nice Doctors, Nurses, and Therapists. All are Good at treating and caring. The persons are kind-hearted and helped us a lot.

- Murali S

I have been suffering from back pain for the past year. I was looking for a hospital for the best treatment. Then, my husband suggested JSS Ayurveda Hospital Mysuru. I was admitted for a week, and our Doctor Satish Pai treated me. The therapist treated me quite well, and I recovered by almost 70-80 %. I am very grateful for the wonderful support.

- Pratima

September Camps

Stree Vandhyatwa Camp (Female Infertility)

20.09.2021 to 25.09.2021

Patients with problems of Infertility, Irregular menstruation or Absence of menstruation, etc.

Leech Therapy

27.09.2021 to 30.09.2021

Patients suffering from Unhealed ulcers, Diabetic foot, Gangrene, Varicose veins, Deep scars, Skin lesions can avail the consultation.

Relaxation Camp (Panchakarma Therapies)

20.09.2021 to 30.09.2021

Patients suffering from Sleeplessness, Irritability, Aches and Pain, Low energy, Headache, Moodiness, Rapid heartbeat can take part in the camp.

Anemia and Nutritional Disorders

28.09.2021 to 30.09.2021

Anemia in children is a condition caused by decreased amount of red blood cells below normal for child's age. Nutritional disorders in children, specially the protein energy malnutrition adversely affects with growth and development of the child appropriate for age.

REFRACTIVE ERRORS (Eyecare camp for children)

23.09.2021 to 25.09.2021

Refractive Errors like Myopia, Hypermetropia, and Astigmatism etc., will be screened and treated by our expert doctors.



Jack Fruit – (Panasa)



- Rich in Calcium and Protein.
- Rich in Vitamin C and B.
- It also contains folate, niacin, potassium, and magnesium.
- Relieves Constipation – as it is rich in fibre, it helps in proper bowel movements.
- A good amount of Vitamin C protects your skin from damage.
- Potassium helps lower blood pressure.

