



GOVT. OF KERALA

INFORMATION & PUBLIC RELATIONS DEPARTMENT

NOVEMBER

29

2019



PRESS RELEASE-1

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Ayurveda Department in full swing at Sabarimala

The Ayurveda Department has set up extensive treatment facilities at Pampa and Sannidhanam where the trekkers will begin the trek to Sabarimala. In Pampa Ayurveda hospital there are three doctors serving. Thousands of people visit the Ayurveda treatment center at Sannidhanam every day. A group of 14 staff is actively ensuring the health of the devotees. The services of five Ayurvedic doctors are available at the Sannidhanam center. They are assisted by two therapists, three pharmacists, one attendant, and three nursing assistants. Medicines and various therapies offer relief to those who are suffering from pain and discomfort while trekking. Treatment for fever, cough, allergies, shortness of breath, sprains and muscle pains are available in the centers. It also provides massage, bandaging, infrared light heating to relieve the pain. Panchakarma treatment like nasyam is also provided. The treatment center is headed by Doctors AM Jayan, M Jayaraj, AM Manoj, John Jacob, and VV Anilkumar.

(PR-52)

Ayurveda practices to be followed while climbing

Thousands of devotees flock to Sabarimala every day since the start of the pilgrimage season. Dr. M. Jayaraj of Cherthala Pattanakkad Government Hospital explains what Ayurveda practices are to be followed for climbing and health.

1. Devotees should control food the days before the plan to trek the mountains. Avoid or reduce foods rich in oil and spices. Avoid digestive foods.
2. It is best to do at least a few simple exercises a week before climbing.
3. Do not discontinue medication for any illness, either as part of a fast or as a preparation. When coming to the mountain, you should take medication and take it in real-time. It is also advisable to keep the medicine bag and doctor's certificate in the bag.
4. Eat only snacks before heading down the mountain. Avoid constipation with a hungry stomach. It can cause gas to build up inside the stomach. Do not eat foods that are difficult to digest before constipation.
5. While ascending the mountain, make the first long distances climb very slowly. Avoid climbing fast in the initial excitement.
6. If you feel tired while hiking, take adequate time and rest.
7. It is advisable to keep warm water in your hands and to drink it occasionally.
8. Feeling overwhelmed while hiking. Feeling the pain on the left side. Be careful if it gradually spreads to the shoulders and hands. This can happen as part of the gas. It can also due to cardiovascular disease. If you feel uncomfortable with these symptoms, seek medical attention.

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