

DEPARTMENT OF SIDDHAR YOGA MARUTHUVAM



Dr.V.MAHALAKSHMI MD(S)

PROFESSOR AND HOD

SPECIAL OP:

EVERY MONDAY - GERIATRIC CARE. – INSOMNIA

MEDICINES GIVEN : TPC , VALLARAI TABLET

CONSULTANTS :

1. Dr. V. MAHALAKSHMI MD(s) – PROFESSOR AND HOD
2. Dr. M. SANKARARAMASUBRAMANIAN MD(s) - LECTURER GRADE II

OPD TIMINGS : 7.30 A.M. To 12.00 P.M.

PATIENT SERVICES :

1. PRANAYAMAM (Naadi Shodhana , Brahmari , Kaphalapati)
2. RELAXATION TECHNIQUE (Body loosening exercises)
3. ASANAS (Basic sitting, Standing , Lying postures , Side bending asanas)
4. MEDITATION (Yoga Nidra , Om Shanti)
5. SURYA NAMASKARAM & CHANDRA NAMASKARAM
6. DHYANA MUDRAS

TREATING DISEASES :

1. Obesity
2. PCOD

3. Hypertension
4. Diabetes
5. Osteoarthritis , Lumbar spondylosis, Cervical spondylosis, Rheumatoid arthritis.
(Degenerative disorders)
6. Stress, Anxiety , Major depressive disorder, Schizophrenia, OCD (Psychiatric disorders)
7. Menstrual disorders
8. Metabolic disorders
9. Bronchial asthma
10. Migraine

Various Yoga techniques are performed under the SIDDHAR YOGA MARUTHUVAM OP





