



Public Relations and Media Centre

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IUST's AYUSH Centre organises free Natool and Hammam Wellness Camp for Stress and Anxiety Management

Awantipora, Oct 15: The Centre for AYUSH Science, Islamic University of Science and Technology (IUST), Kahsmir, organised a free *Natool (Irrigation) and Hammam Wellness Camp* on 5 October 2026 at the AYUSH Health and Wellness Centre, IUST, with the objective of promoting traditional wellness practices and supporting stress management, relaxation and mental well-being.

A total of 20 patients were enrolled in the camp, which focused on the traditional Unani practice of *Natool* (therapeutic irrigation), offered as a supportive wellness intervention for individuals experiencing stress and anxiety-related concerns. The camp also featured *Hammam* (full-body steaming), a traditional wellness practice intended to promote relaxation and general well-being.

The initiative reflects the Centre's commitment to promoting AYUSH systems of medicine and making traditional healthcare and wellness services accessible to the university community and the wider public. By organising such camps, the Centre seeks to encourage awareness of traditional therapeutic practices and explore their role as supportive approaches to holistic health and well-being.

The camp was conducted at the AYUSH Health and Wellness Centre, IUST, under the broader vision of integrating traditional healthcare knowledge with contemporary health awareness and evidence-based practice. The programme also provided an opportunity to engage with patients and promote awareness of non-pharmacological approaches to relaxation and stress management.

The Centre for AYUSH Science continues to work towards advancing AYUSH-based healthcare, community outreach and research, with an emphasis on the scientific evaluation of traditional practices and their appropriate integration into contemporary healthcare settings.

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