



AROGYADHAMA

Holistic Research Health Home



To promote Health by using
the best of all Health Care
Systems Modern Medicine,
Yoga Therapy, Naturopathy,
Physiotherapy, Ayurveda and
Acupuncture treatments.

Admissions on every Friday

Correspondence Address

'Eknath Bhavan', No.19
Gavipuram Circle
Kempgowda Nagar
Bengaluru - 560 019, INDIA
ph: +91-80-2661 2669
telefax: +91-80-2660 8645

Campus Address

Prashanti Kutiram
Giddenahalli
Jigani Hobli
Anekal Taluk
Bengaluru - 560 105, INDIA
ph: +91-80-2263 9963 / 99
(for Room Booking also)

Suhruda Clinic, Bengaluru

ph: +91-80-2650 7585

PROMOTION OF POSITIVE HEALTH

Yoga and detoxification by Ayurveda and Naturopathy are offered to normal persons to move towards higher abilities at physical (beauty, fitness, immune stamina, eye sight), mental (better concentration, IQ, memory, emotional stability), social (healthy interpersonal relationship), emotional (mastery over anger, fear, anxiety and depression) and spiritual levels (inner joy with right knowledge and confidence).

HOLISTIC THERAPY HOME

- ▶ A holistic research based health home in tune with traditional Indian holistic health care by Yoga Therapy, Ayurveda, Naturopathy and Modern Medicine for the treatment of life style related ailments.
- ▶ 250-bed inpatient facility.
- ▶ Prevention and treatment of diseases.
- ▶ Long-term rehabilitation.
- ▶ Promotion of Positive Health.

FEATURES OF AROGYADHAMA

- ▶ Serene, tranquil and homely atmosphere
- ▶ Trained post graduate yoga therapists teach special



Background: Arogyadhama uses self healing special techniques. Samsthana (S-VYASA): A premier yoga research university in the world and international journals on health, education, management and other

techniques for specific diseases.

- ▶ Daily medical supervision by doctors.
- ▶ Qualified expert senior physicians of Modern Medicine, Ayurveda and Naturopathy.

AILMENTS TREATED

- Neurology:** Epilepsy, Migraine, Parkinson's, Muscular dystrophy, Cerebral Palsy, Multiple sclerosis, Mental retardation.
Oncology: Breast cancer stage 1, 2, 3, 4; Colon, Prostate, Blood, Myelomas.
- Pulmonology:** Bronchial Asthma, Nasal Allergy, Chronic Bronchitis.
Cardiology: High BP, Low BP, Heart Disease (CAD).
- Psychiatry:** Anxiety, Depression, Psychosis, OCD, mental retardation
- Rheumatology:** Arthritis
- Spinal disorders:** Acute and Chronic Back Pain, Lumbar Spondylosis, Disc Prolapse, Scoliosis, Neck Pain.



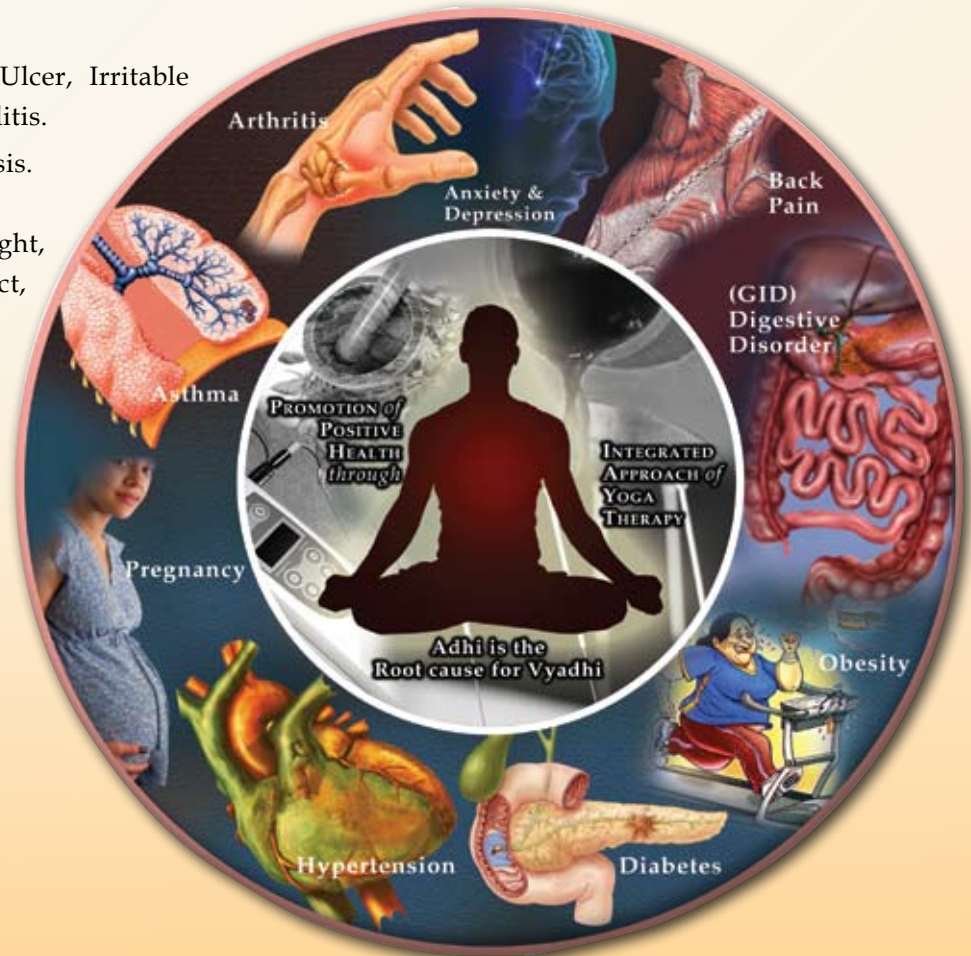
es based on research by Swami Vivekananda Yoga Anusandhana
 world with over 200 research papers in leading peer reviewed national
 er fields.

TREATMENTS AT AROGYADHAMA

Yoga therapy:

- » Integrated Approach of Yoga Therapy (IAYT) derived from Yoga texts is using *Simple, safe, doable, practices that include Asanas, Pranayama, Kriyas, Meditation, Science of Emotion Culture, Soadhyaya, sleep special technique.*
- » Specific Yoga techniques based on research data selected individually administered Yoga Therapy by therapists with Post Graduation qualification after detailed examination and thorough check up.
- » Yogic counseling based on texts of Yoga comprising of Jnana Yoga, Bhakti Yoga, Karma Yoga and Raja Yoga.

- F. **Metabolic disorders:** Diabetes.
 - G. **Gastroenterology:** Gastritis, Peptic Ulcer, Irritable Bowel Syndrome (IBS), Ulcerative Colitis.
 - H. **Endocrinology:** Obesity, Thyrotoxicosis.
- Promotion of Positive Health**
Eye Problems: Short Sight, Long Sight, Astigmatism, Squint, Early Cataract, Glaucoma.



**The threefold
 maxim of yoga
 is used**

*Relax the body
 Slow the breath
 Calm the mind*



Ayurveda:

Panchakarma treatments following the traditional system of management with technical support from 'Arya Vaidya Pharmacy', Coimbatore.

Naturopathy:

De-stressing & Detoxifying treatments with latest modern equipments like Delux Under Water massage, Jacuzzi, Colon Hydro therapy, Swedish massage, Aroma therapy, Steam bath, Sauna bath, Mud therapy & Acupuncture/ Pressure - administered by qualified professionals.

Diet:

Simple, wholesome vegetarian individualized diet prescription based on concepts from Modern Medicine, Ayurveda, Yoga & Naturopathy

Residential facilities:

Dormitory, Single rooms, Double rooms, Deluxe rooms (cottages), Super deluxe (A/C & Non-A/C), Suit

Other features:

- » Good library facilities with more than 15,000 books on Yoga, Philosophy, Ayurveda, Naturopathy and Modern Medicine.
- » Audio-Visual presentations.
- » Advanced techniques of Meditation.
- » Research.





OUR MEDICAL TEAM

CHIEF MEDICAL OFFICER:

Dr R Nagarathna

MBBS, MD (Gen Med), FRCP (UK), DSc (hon)

RESIDENT MEDICAL OFFICERS:

Dr Amit Kumar Singh

BAMS, MD (Y&R)

Dr Padmini Tekur

MBBS, PhD (Yoga)

*Yoga Therapy Consultant
for chronic pain,*

Asst. Professor, S-VYASA

Dr Kamala, MBBS

Medical officer

Dr Vinod, BAMS, *Medical officer*

Dr Amit Rathi, BAMS, MS (Couns. & Psy.)

Medical officer

CONSULTANTS:

Dr Prabhavathi Rao

MBBS, MD, DPN (USA), Psychiatrist

Consultant Psychiatrist

G R Manjula Devi

MA (Sociology), MSCP

Counsellor & Psychotherapist

AYURVEDA:

Dr B R Ramakrishna

BSAM, BAMS, MD (Ayu), MSc (Yoga)

(Phd(Yoga)), Professor; Principal &

Consulting Physician And His Team of

Consultants from Susruta Ayurveda

Medical College & Hospital

Dr Neeraj Tripathi

BAMS, CGO, YTOT, MSc (Yoga)

PHYSIOTHERAPY:

Dr P Nagaraja Rao

MBBS, FACA, D.PMR (USA)

Consultant Physiotherapy

Ms Amaravathi, MPT, (PhD(-Yoga))

NATUROPATHY:

Dr Dinesh Kumar A, BNYS, MBA (HM)

Dr Lakshmi R, BNYS

RESEARCH:

Dr Manjunath, BNYS, PhD

Dr Naveen, BNYS, PhD

Dr Hemanth, MBBS, MD (Y&R)

Dr Ashwin, BAMS, MD (Y&R)

THINGS TO BE BROUGHT:

Medical reports if any * Medicines sufficient for your stay here, if you are already using

Medical prescriptions * Dress comfortable to practice Yoga * Please bring own towel, soap etc.

EMERGENCIES & FIRST AID

Facilities for immediate management of emergencies or acute episodes are available (Life-saving drugs, cardiac monitors and oxygen), 24 hours ambulance services to the city are ensured.

FACILITIES: Accommodation, Transport, Pharmacy , ATM, Internet, PCO/STD/ISD, Utilities, Library, Book Stall, Pay using credit/debit cards

SERVICES

- » In-Patient Department
- » Rehabilitation Long & Short-term
- » Integrated Approach of Yoga Therapy
- » Promotion of Positive Health
- » Ayurveda Consultation & Treatment (*Pancha Karma*)
- » Naturopathy Consultation & Treatment
- » Allopathy Support
- » Physiotherapy
- » Counseling

*To establish
a Healthy & Happy
Society through
Health Research*

ROUTE TO AROGYADHAMA PRASHANTI KUTIRAM JIGANI

