Frequently Asked Questions (FAQs)

Q.1 What is Arogyadhama?

- 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.

Q. 2 What treatments are given in 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, Svadhyaya, 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.

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 Deluxe Under Water massage, Jaccuzi, Colon Hydro therapy, Swedish massage, Aroma therapy, Steam bath, Sauna bath, Mud therapy & Acupuncture/Pressure– administered by qualified professionals.

Q. 3 What are the ailments that can be treated?

- Section A
  **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
Section B
*Pulmonology*: Bronchial Asthma, Nasal Allergy, Chronic Bronchitis, COPD
*Cardiology*: High BP, Low BP, Heart Disease (CAD)

Section C
*Psychiatry*: Anxiety, Depression, Psychosis, OCD, mental retardation

Section D
*Rheumatology*: Arthritis, Knee Pain

Section E
*Spinal disorders*: Acute and Chronic Back Pain, Lumbar Spondylosis, Disc Bulge, Disc Prolapse, Scoliosis, Neck Pain

Section F
*Metabolic disorders*: Diabetes, Hypothyroidism

Section G
*Gastroenterology*: Gastritis, Peptic Ulcer, Irritable Bowel Syndrome (IBS), Ulcerative Colitis

Section H
*Endocrinology*: Obesity, Thyrotoxicosis

Promotion of Positive Health

Eye Problems: Short Sight, Long Sight, Astigmatism, Squint, Early Cataract, Glaucoma

In case of specific information, you may send the medical reports to arogyadhama@gmail.com

**Q. 4 How to join for the treatment?**

Advance booking with online payment is available for Arogyadhama treatment batches in Hospital Management Information System (HMIS).
Visit the link – [www.svyasa.edu.in/arogyadhama](http://www.svyasa.edu.in/arogyadhama) for online booking

You may refer to Help file in booking system if needed or call on +918904255294 for HMIS assistance.
These batches are from every Friday to Thursday

Registration (Date of Arrival): Friday - 9.00 am to 1.00 pm

Discharge (Date of Discharge): Thursday 2.00 pm to 4.00 pm

Please read the terms and conditions before making payment.
Q. 5 What are the treatment charges?
Treatments are different for people earning in SAARC and NON SAARC nations.

Packages include Yoga, ayurveda, Naturopathy and Physiotherapy as advised by doctors.

Please refer to the tables attached separately.

Q. 5 How to pay?
Online payment can be made in partial or in full through netbanking, Debit/credit card. Advance booking or on the spot registration can be done at Campus office by paying in cash.

Q. 6 What to bring for treatment?
Recent medical records, Regular medicines, Daily needs (Towel, Toiletries, Bed spreads, torch, umbrella, Water bottle) according to climatic necessities, One dress could be kept separate to use during the treatments.

Q. 7 Where to come for treatment?

Consultation
Suhruda Clinic, # 50, 4th Main Road, Chamarajpet, Bengaluru – 560 018, INDIA
Ph: +91-80-2650 7585

Address for Correspondence
Arogyadhama, ‘Eknath Bhavan’, No.19, Gavipuram Circle, Kempegowda Nagar, Bengaluru – 560 019, INDIA
ph: +91-80-2661 2669 telefax: +91-80-2660 8645
arogyadhama@gmail.com, www.svyasa.edu.in

Campus Address
Arogyadhama, Prashanti Kutiram, Vivekananda Road, Kalluballu Post, Jigani, Anekal, Bengaluru – 560 105, INDIA
ph: +91-80-2263 9963, +91-9972871777
arogyadhama@gmail.com, www.svyasa.edu.in
Q. 8 How to reach the campus?
Campus is located near Jigani on Anekal Road, next to Bannerghatta National Park.

Campus is reachable from Bangalore Bus/Railway station and Airport through Bus or Taxi.

35 kms from the Majestic Bus Stand, Bangalore Central 81 kms from International Airport and 20 kms from Indian Institute of Management, Bangalore. From Majestic Bus No. 365 J or 365 P to Jigini APC circle Auto services from APC stop to The University (S-VYASA)- 5 kms From Airport Distance is 81 Km – Bus service, Private Taxi.

Campus Route Guidelines – From Banneghatta National Park Circle or Electronic City -> Anekal Road -> Jigani -> APC circle -> OTIS circle -> Kalu Balu Cross- > Vivekananda Road -> Prashanti Kutiram -> Arogyadhama Reception.

Q. 9 How do we know what treatment to take?
Doctors will decide on the treatment plan once they consult you.

Q. 10 How long do I need to stay?
It depends upon patient’s condition and type of disease. Usually Two weeks are recommended to begin with. For positive health One week may be taken.