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

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arogyadham@gmail.com | www.svyasa.edu.in
**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 lifestyle 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 techniques for specific diseases.
- Daily medical supervision by doctors.
- Qualified expert senior physicians of Modern Medicine, Ayurveda and Naturopathy.

**Ailments Treated**

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.

B. **Pulmonology**: Bronchial Asthma, Nasal Allergy, Chronic Bronchitis.

**Cardiology**: High BP, Low BP, Heart Disease (CAD).

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

D. **Rheumatology**: Arthritis

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

**Background:** Arogyadhama uses self healing special techniques based on research by Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA): A premier yoga research university in the world with over 200 research papers in leading peer reviewed national and international journals on health, education, management and other 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, 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.

F. Metabolic disorders: Diabetes.

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

H. Endocrinology: Obesity, Thyrotoxicosis.

Promotion of Positive Health


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 ‘Sushruta Ayurveda Medical College’.

**Naturopathy:**
De-stressing & Detoxifying treatments with latest modern equipments like Delux Under Water massage, Jaccuzi, 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.

**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.

**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

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**Treatment Charges**

<table>
<thead>
<tr>
<th>Type of Accommodation</th>
<th>Charges ₹</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dormitory</td>
<td>6,000</td>
</tr>
<tr>
<td>Single Room</td>
<td>9,000</td>
</tr>
<tr>
<td>Normal Double (Pushpa, Ashwini)</td>
<td>7,000</td>
</tr>
<tr>
<td>Executive Double/Triple (Amruth)</td>
<td>8,500</td>
</tr>
<tr>
<td>Deluxe Double Non AC</td>
<td>10,000</td>
</tr>
<tr>
<td>Deluxe Double AC</td>
<td>14,000</td>
</tr>
</tbody>
</table>

Along with Yoga Therapy, the Participants of Ayurveda, Naturopathy and Physio Therapy will get respective Treatment Charges as per Doctor’s Advice (Treatment List with Charges attached).