

Outdoor Treatment Package Charges:			
10 Days Package	Rs. 1,000/-	One Month Basic Class	Rs. 300 / month
15 Days Package	Rs. 1,300/-	One Month Special Yogic Techniques (For particular ailment)	Rs. 500 / month

Timings:			
Yoga Practice	6.00 am - 7.00 am	5.30 pm - 6.30 pm	
Consultation	9.00 pm - 1.00 pm	3.00 pm - 5.00 pm	

### Indoor Charges :

**Registration :** Rs.100/-. Patients are admitted for indoor patient care after clinical examination by the Physician and will be reviewed after 7 days for extension of stay if any.

Indoor Packages (twin sharing cottage)	One week	Two weeks	Per day
Charges per Person for Food, Accommodation & Treatment	Rs.7,000/-	Rs. 13,000/-	Rs. 1,000/-

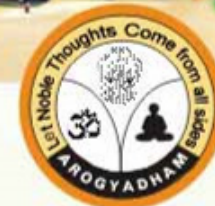
Package includes twin sharing accommodation, food, Yoga, Pranayam, Meditation, total body fat monitoring, free follow-up. (additional charges for Acupuncture, Acupressure & Panchakarma treatment)

Basic Biochemical and Pathology investigation charges extra if advised.

Charges for NRIs & Internationals may be obtained from the office.

### Dincharya (Daily Routine):

Time	Activities
5.00 AM	Wake Up
	Morning walk / Warm Up
6.00 - 7.00 AM	Yogic Practice (Asanas, Pranayam & Meditation)
7.00 - 7.15 AM	Yogic Kriyas
7.30 AM	Herbal Juice
7.30 - 8.00 AM	Accu Pebble walk
8.00 - 8.30 AM	Breakfast (Juice/fruit)
9.00 - 11.30 AM	Naturopathy treatment
12.00 - 12.45 PM	Lunch
1.00 - 2.00 PM	Rest
2.30 - 2.45 PM	Juice
3.00 - 5.00 PM	Naturopathy treatment Herbal tea
	Gardening / walking
5.30 - 6.30 PM	Yogic Practice
7.00 - 7.30 PM	Dinner
8.00 - 8.30 PM	What enlightened says (Audio-Visual)
9.00 PM	Rest



### Places of Interest around Sevagram:

**Gandhi Ashram:** Sevagram was Gandhiji's headquarters from April 1936 during struggle for independence. From Sevagram he guided the Nation for attaining freedom of India.

**Paunar Ashram:** Paramdham Ashram just 4.5 Km. from Sevagram was established by Acharya Vinoba Bhave in 1938 on the bank of river Dham. While excavation, 1500 yrs old sculptures were unearthed and are displayed at the Ashram.

**Magan Sangrahalaya:** Magan Sangrahalaya is a museum situated at Wardha city, where everything about Khadi and Village industries related equipments are displayed. After leaving Sabarmati Ashram, Gandhiji came to Wardha and stayed at Magan Sangrahalaya in 1934.



Babu Kutli



Paunar Ashram



Vishwa Shanti Stupa

For further information, please contact:

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Dr. B. C. Roy Awardee (MCI, 1992)  
Director, JBTD Research Centre &  
Coordinator, Arogyadham & BIC

# AROGYADHAM

## Kasturba Yoga & Naturopathy Kendra

*Unique Wellness Centre in Central India for  
Rejuvenation & Promotion of Positive Health*

### Introduction:

Arogyadham is an Integrative Health Care and Research project of Kasturba Health Society for promotion of positive health in addition to preventive and curative aspects of health care in Life Style Disorders with Naturopathy and Yoga with Nature Park to live in harmony with Nature. Arogyadham has Naturopathy and Yoga outpatient clinic, herbal (amla) garden (220 acres), Yoga Practises & Pyramid Meditation hall, Acupressure, reflexology walking track, Maitri Bhavan with vegetarian kitchen, Spiritual library with more than 2000 books & health magazines and nature friendly cottages, separate treatment sections for male and female, dining hall with nutritious vegetarian foods and recreation facilities for the benefit of residents.

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## Brief History:

Sevagram was the “defacto capital of India” during freedom struggle and is hallowed by the “Father of Nation”, Mahatma Gandhi. As one of the objectives of the Kasturba Health Society for exploring Naturopathy, Yoga and Meditation in Health care, KHS under the dynamic leadership of Shri. Dhuru S. Mehta, President, has allocated 24 cottages, constructed with the financial support of Smt. Aparna Ben Trivedi, for Kasturba Nisargopchar Kendra along with the adjoining 220 acres of Herbal Garden. Sevagram in Wardha District (Maharashtra), is well connected to all corners of India by Rail and Air.

## Programmes and Activities

Running In-patients and Out-patient clinic.

Organizing Naturopathy, Yoga (Asanas, Pranayamas), specialized Meditation & Holistic Living camps.

Health retreats, workshops, symposia for promotion of positive health and research activities related to lifestyle related health problems. Establishing Holistic lifestyle guidance centre for management of lifestyle disorders namely obesity, hypertension, back-pain, diabetes, asthma, heart disease etc.

## Naturopathy and Yoga

- Health is the state of complete physical, mental, social, emotional, spiritual and moral well being and not merely absence of disease or infirmity.
- Naturopathy and Yoga are traditional Alternative medical systems, which deal with an individual on all aspects of well being. Naturopathy is a drugless system of medicine and man building in harmony with constructive principles of nature on physical, mental, moral, social and spiritual planes of living. It is based on the principle of morbid matter theory, which is mentioned in ancient books and considers that the improper lifestyle and environmental factors are causes to disturb the normal and harmonious functions of the body.

- The concept of Body, Mind and Soul is the very basis of yoga, which is derived from the root “yuj”, means to unite. It is the oldest and holistic system for mind – body fitness.
- Meditation is continuous flow of thoughts towards one object according to Patanjali. It is the journey towards Self, transcending body and mind. It is the art of living in the present moment with cessation of thoughts. It calms the restless mind and helps in stress management and stress related ailments associated with modern Hi-tech era.
- With the regular practice of Asanas, Pranayama and Meditation, one can enjoy good vital capacity, good body-mind coordination, cheerfulness and good balance between various functions such as neuromuscular coordination etc.
- It is high time to Return To Nature and follow Naturopathy and Yoga

*Nature never did betray the heart that loved her*

## Special Treatment

Special treatment procedures are employed and their benefits are as follows:

**Massage :** Massage helps in Mobilizing fat and improve the function of vital organs by stimulating, relaxing, rejuvenating effects. More Beneficial in Arthritis, Stress, obesity and general promotion of positive Health. Also lubricate the joints, tones the nervous system, improves circulation and nourish the physical body, relaxes muscles and increase flexibility.



**Steam Bath:** Helps in improving the function of skin and eliminates toxins from the body.



**Mud-Therapy:** Packs, Local application and full mud bath helps in eliminating toxins from the body and relaxes the whole body. It tones up the body and improves the vital function.



**Diet:** Extensive guidance of Naturopathic diet to attain high standard of health, keen intellect and serenity of mind, and for management of different ailments like Diabetes, Hypertension, Gastritis, obesity etc.



**Natural Herbal Packs:** Beneficial in skin ailments and to promote the function of the skin.

**Nature Park:** Nature Park with pebbles walk may stimulate the different reflex points. Nature Park of promenades with fountain and green



scenery of herbal garden may helps in Stress Buster and the attainment of inner peace.

**Baths and sprays:** Different baths and sprays help in toning and relaxing effects. Spinal spray directly acts on spinal nerves and helps in curing psychiatric disorders.



**Pyramid Meditation Hall:** Pyramid receives highest cosmic energy and enhances concentration power. No-thought state is attained three times faster inside the pyramid.

**Yoga:** The active devotional and scientific path through various practices such as Asanas, Pranayama, and Meditation help cleanse and nourish physical and mental health and vital energy is increased, improving overall personality. Special patterns of postures that stabilize the mind and body through static stretching and improve neuromuscular tone.



Regular practice of Pranayama bring control over respiratory impulses and gain control over Autonomous Nervous System. Regular practice of Meditation may result in internal awareness, increased concentration of memory power, increased physical energy, mental efficiency, creativity, psychic power etc.



**Ailments treated:** Allergic Bronchial Asthma, Nasal Allergy, Chronic Bronchitis, Sinusitis, Migraine, Osteo and Rheumatoid arthritis, Acute & Chronic Back Pain, Neck Pain, cervical, lumbar Spondylosis and Spondylitis, Psoriasis, Anemia, Diabetes, Obesity, Hypertension, Cardiac rehabilitation, Stress, Anxiety, Depression, Gastritis, Constipation, Promotion of Positive Health and general body rejuvenation etc.

**Things to bring:** Medications if any prescribed, past & recent medical records, Torch light, towel, umbrella (July - September), comfortable woolen clothing (November to February)

**Reaching Sevagram:** Sevagram, the place hallowed by the “Father of Nation” Mahatma Gandhiji, is in Wardha district in the state of Maharashtra, and is located right at the Center of India. It is 80 Km from Nagpur (1.30 Hrs Journey), which is the nearest airport. The district headquarter, Wardha town is 10 Km from Sevagram.

**By Rail:** Sevagram / Wardha is well connected by trains, as it is at the intersection of Delhi-Chennai, as well as Mumbai-Howrah, Ahmedabad - Howrah railway route

