



AROGYADHAM

(www.arogyadham-seva.com)



Arogyadham is a Traditional 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 chronic ailments with Naturopathy, Yoga and Meditation and to live in harmony with Nature. Beneficial effects of yoga are explored in chronic ailments such as hypertension, stress etc. in a research mode.

Kasturba Yoga Nature Cure Centre: Arogyadham has Kasturba Yoga & Nature cure centre and 220 acres of (Aonla) Herbal Garden with walkways. Further, Yoga hut, Meditation hall,

separate treatment sections for male and female, canteen with Nutritious vegetarian diet, Pebbles Acupressure walk, Spiritual library with Audio Visual facility, Huts for relaxation in serene environment, games and recreation facilities for the benefit of residents, have been well established at Arogyadham campus, situated Near Medical Campus in 24 Cottages constructed with financial support from Smt. Aparna Ben Trivedi.

Objectives of Arogyadham (Programs and Activities):

1. Development of Traditional Health Care & Research Centre with thrust on naturopathy and yoga for management of chronic ailments.
2. Running Inpatient and Out patient Clinics.
3. Organizing Naturopathy, Yoga and Meditation camps, Health Retreats, Workshops, Symposia for promotion of positive health.
4. Camps and counseling for students for all round personality development.
5. Research activities related to management of chronic ailments.
6. Establishing Holistic Life Style Guidance Centre for management of Life Style Disorders namely Obesity, Hypertension, Back pain, Diabetes, Asthma, Heart disease, etc.

Nature Cure Facilities:

Nature Cure facilities namely Hydrotherapy (steam bath, spinal bath & spray, hip bath, Immersion bath, packs etc.) Therapeutic Massage, Mud Therapy, Colour Therapy, Acupressure, Diet Therapy, Yoga Therapy, daily classes, kriyas etc. are available.

Many people have visited Arogyadham with physical complaints like Arthritis, Bronchial asthma, Hypertension, Diabetes, Obesity and got treatment and benefited. Further healthy people also getting massage and steam bath for refreshing and energizing themselves.

HERBAL GARDEN PROJECT:

"Work is Life" culture of Jain Irrigation Systems Ltd. (JISL) has done commendable work in converting wasteland into Herbal Garden within 5 years. Work of the wasteland development of about 218 acres behind Medical Institute was started on October 2nd, 2002 and developed into Herbal Garden by Jain Charities through JISL. Water is brought by a 5-6 Km. pipeline from Pavnar river. Presently Aonla (22000), Ritha (50), Karanj (103), Neem (292), Ashoka (155), Custard apple (105), Banana (13000) have been planted under drip irrigation. 80% of Aonla plants were grafted on the site and 20% grafted plants were procured. Aonla plants started bearing fruit.

Some medicinal plants like Ashwagandha, Adulsa, Shatawari are planted on trial basis. Water harvesting is also done on the agricultural land. Herbal Garden is developing as an ideal area for nearby farmers and agricultural officers to get latest information about new techniques in the field of agriculture.