

# AROGYADHAMA

*Holistic Research Health Home*

*To establish a Healthy  
&  
Happy society through Health research*



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## Background

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA): A premier yoga research institution in the world with over 160 research papers in leading peer reviewed national and international journals on health, education, management and other fields.

## Promotion of Positive Health

- Yoga is not only a process by which disorders and diseases are rectified but also a process to move from normal health to positive health and finally to perfect health.

## Holistic Therapy Home

- A yoga therapy health home has now become 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 stress 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.
- Daily medical supervision by doctors.
- Qualified expert senior physicians of Modern Medicine, Ayurveda and Naturopathy.

## *Ailments Treated*

There are different departments to treat stress-related disorders.

- **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 B P, Low B P, Ischemic Heart Disease (IHD).
- **Psychiatry:** Anxiety, Depression, Psychosis, OCD.
- **Rheumatology:** Arthritis
- **Spinal disorders:** Acute and Chronic Back Pain, Scoliosis, Neck Pain.
- **Metabolic disorders:** Diabetes.
- **Gastroenterology:** Gastritis, Peptic Ulcer, Irritable Bowel Syndrome (IBS), Ulcerative Colitis.
- **Endocrinology:** Obesity, Thyrotoxicosis.
- **Promotion of Positive Health**
- **Eye Problems:** Short Sight, Long Sight, Astigmatism, Squint, Early Cataract, Glaucoma.

*"Relax the body, Slow the breath and  
Calm the Mind"*

## Treatments at Arogyadhama

- **Yoga therapy:** Specific yoga techniques based on research data selected individually after detailed examination and thorough check up.
- Certified and well trained yoga therapists.
- Yogic counseling based on texts of yoga comprising of Jnana yoga, Bhakti yoga, Karma yoga and Raja yoga.
- An Integrated Approach of Yoga Therapy (IAYT) derived from yoga texts is used.

**Ayurveda:** Panchakarma treatments following the traditional system of management with technical support from “**Arya Vaidya Pharmacy**”, Coimbatore.

**Naturopathy:** Latest state of the art equipments for Sauna water therapies, Jacuzzi massage. Colon therapy, Mud therapy, Mud bath, Acupuncture/ pressure, Sujok, Aromatherapy 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)

### 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.



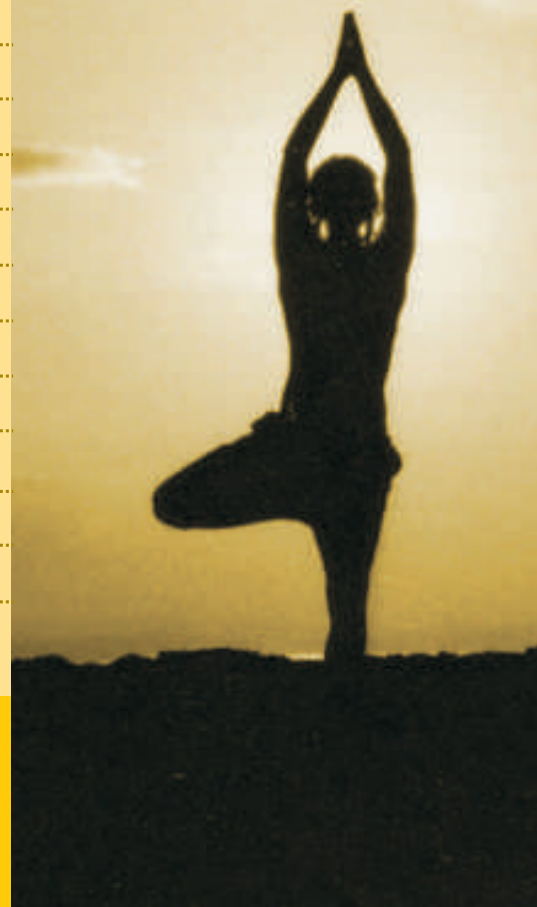
## Revised Time Table

Time	Session
5.00 to 5.30 am	Wake up and Ablution
5.30 to 6.00 am	Om Meditation
6.00 to 7.00 am	Special Technique
7.15 to 8.00 am	Maitrimilan
8.00 to 8.40 am	Breakfast
8.45 to 9.30 am	Karmayoga
9.00 to 10.45 am	Ayurveda, Naturopathy, Physiotherapy Treatments
10.45 to 1.00 pm	Parameters, Pranayama, Special Technique
1.00 to 2.00 pm	Lunch
2.30 to 3.30 pm	Lecture
4.00 to 5.00 pm	Cyclic Meditation
5.00 to 6.00 pm	Malt and Tuning to Nature
6.00 to 6.30 pm	Bhajan
6.30 to 7.30 pm	Pranayama and MSRT.
7.30 to 8.30 pm	Dinner
8.30 to 9.00 pm	Trataka
9.00 to 9.30 pm	Happy Assembly
10.00 pm	Lights Off.

### Emergencies and 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.

*Very simple yoga practices, Asanas, Pranayama, Kriyas, Meditation, Science of Emotions' Culture, Svadhyaya are used and aimed at prevention, treatment and rehabilitation. Special yoga techniques for specific ailments are taught. The threefold maxim of yoga is used.*



## Revised Rates of Arogyadhama

	One week	Two weeks	Three weeks	One month
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### For Indian Nationals only

#### Dormitory

Yoga Therapy	4,000	6,500	8,000	9,500
Yoga + Naturopathy	8,000	11,500	15,000	19,000
Yoga + Ayurveda	10,000	17,500	22,500	28,000

#### Double Room (Ashwini/ Pushpa)

Yoga Therapy	6,000	8,000	11,000	14,000
Yoga + Naturopathy	10,500	17,500	22,000	28,000
Yoga + Ayurveda	14,000	23,000	28,000	34,000

#### Single Room

Yoga Therapy	6,500	11,000	15,000	18,000
Yoga + Naturopathy	11,000	18,500	23,000	28,000
Yoga + Ayurveda	15,000	26,000	32,000	38,000

#### Deluxe Room

Yoga Therapy	9,000	14,500	19,000	24,000
Yoga + Naturopathy	14,000	20,500	27,000	36,500
Yoga + Ayurveda	16,500	29,000	36,000	42,000

#### Super Deluxe Room (Non-AC)

Yoga Therapy	11,000	19,000	25,000	31,000
Yoga + Naturopathy	19,000	36,000	46,000	61,000
Yoga + Ayurveda	20,000	36,000	47,000	63,000

#### Super Deluxe Room (AC)

Yoga Therapy	14,000	22,000	28,000	34,000
Yoga + Naturopathy	22,000	38,000	49,000	64,000
Yoga + Ayurveda	23,000	39,000	50,000	66,000

#### Care Taker Charges

(should be provided by patient)

For Dormitory and Single Room	2,500	3,500	5,000	6,500
For Deluxe, Huts and others	3,500	6,500	9,500	12,000

#### NOTE

- Rates in Rupees Per Person (subjected to change)
- No Room service
- Laundry charges extra
- Physiotherapy charges will be extra after consulting the Physiotherapist
- Above package excludes special treatments

### Facilities

- Accommodation
- Transport
- Pharmacy
- ATM
- Internet
- PCO/ STD/ ISD
- Utilities
- Library
- Book Stall
- Pay using Credit/ Debit cards



## Services

- In-Patient Department
- Out-Patient Department
- Rehabilitation - Long & Short-term
- Integrated Approach of Yoga Therapy
- Promotion of Positive Health
- Ayurveda Consultation & Treatment
- Panchakarma Therapy Centre
- Naturopathy
- Allopathy Support
- Physiotherapy
- Counseling
- Day care centers



## Our Team

1. **Dr. R. Nagaratna**, MBBS., MD(Gen. Med.), FRCP (UK).  
Chief Yoga Medical Officer,  
Dean, Division of Yoga and Life Sciences, S-VYASA
2. **Dr. T. Godwin**, BAMS.  
Senior Medical Officer / Arogyadhama Administrative Officer
3. **Dr. Padmini Tekur**, MBBS., PhD (yoga)  
Consultant Yoga Therapy for Chronic Pain,  
Asst. Professor, S-VYASA
4. **Dr. P. Nagaraja Rao**, MBBS., FACA., D.PMR (USA).  
Consultant Physiotherapy
5. **Dr. C.S. Bansode**, MBBS, MS.  
Consultant Yoga Therapy
6. **Dr. Rabin Lal Shrestha**, BNYS.  
Senior Physician, Naturopathy
6. **Dr. Kamala**, MBBS.  
Medical officer
7. **Dr. Neeraj Tripathi**, BAMS, CGO, YTOT  
Ayurveda Physician
8. **Dr. Maheswari Banu**, BNYS.  
Physician, Naturopathy

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