

Prospectus

In-Patient Department

Arogyadham



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Arogyadham
**Rejuvenative
&
wellness**





Welcome

To

Arogyadham



Today's changed food and lifestyle are increasing the amount of toxin in our body causing various insane diseases. Like a bike needs a regular servicing of its equipments, our body needs a regular body servicing. For a healthy body, everyone should have a regular body servicing. Its benefits are endless. It helps us maintain our health for a long time.

Arogyadham is providing Body Servicing in India. It offers various body services like body cleansing, Panchkarma, Shirodhara, Abhyagana, and other body rejuvenative therapies. We have specially included in our body servicing-basti, several therapies, yoga therapy, acupuncture, meditation, focus, mantra, etc. Benefits of Panchkarma and therapies are endless and can be seen after few days of treatment. It is helpful in curing diabetes, heart diseases, skin diseases, obesity, indigestion, gas problems, blood pressure, migraine, knee pain, etc.



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AROGYADHAM- INTRODUCTION

An award winning luxury rejuvenating centre in the oldest city of world, Arogyadham is located in Varanasi. Surrounded by graceful river Ganga, in the heart of the Spiritual town of Varanasi, Arogyadham integrates traditional Ayurveda, yoga with wellness experiences, fitness, and healthy organic foods to restore balance, peace, and harmony. Dr BK Chaurasia Ji's aim to establish the centre was to enlighten the world with the ancient and time-tested goodness of Ayurveda.

Arogyadham provide you with an opportunity to breathe in the fresh air, and let nature, stillness, and beauty work their magic to create a memorable experience. This place is heaven for the union of physical, mental, and spiritual balance and harmony. Indulge in the luxury of ancient Ayurveda and physiotherapy and naturopathy practices. Arogyadham offers a complete package of therapies to everyone to treat the whole body with a holistic touch of Ayurveda. Kaya Mantra is the first branch of 'Astanga Ayurveda', or the eight branched Ayurveda which is a best approach to deal with general medicine and complete wellbeing of the human body.

Arogyadham explains Kaya Mantra not only as a method to proceed with the 'whole body treatment' but also 'a complete rejuvenating treatment of our body, mind and soul'. Various procedures are embroiled in Kayupchar therapies for cleansing, purification and detoxification for our complete inner self.





Wellness program

These inclusive programs are special leave personalized for individual health goals. Arogyadham program follow a Holistic approach towards achieving the best results in a nourishing and save atmosphere guided by our team of expert Ayurvedic skilled therapist, nutritionists, yogis, chefs, doctors trained in preparing healthy feast.

Years of research by our Ayurvedic experts have enabled the unique integrated focus on the core physical and mental aspects which have the maximum impact on an individual's overall well-being. The result of which we have created these Wellness programs which work to create a sustainable journey towards healthy and more Ayurveda enriched lifestyle.

Ayurvedic Rejuvenation

Arogyadham's Ayurvedic Rejuvenation program is design to suit every individual personal need of gaining mental, physical, and spiritual balance. The program aims at improving vitality of one's body through various physiotherapies such as Panchkarma treatments along with implementing Ayurvedic treatments, and therapies, controlled and properly balanced diet, exercise, pranayam and yoga. This program results in improved immunity, energy, and better metabolism, healthy and glowing refreshed skin.





Weight management

The Weight Management program at Arogyadham is a safe and effective way to lose weight through Ayurveda which will not impact any side effects to your body. Arogyadham is a perfect place to gain control over your body through Ayurvedic yet modernized treatments, detox therapies, yoga, diet, exercise, and meditation. This program aims to improve the metabolism of your body and leaves you with a toned and healthy body.

Detox

Arogyadham Detox program improves the digestive system through controlled eating of whole herbal and organic foods, improves the circulation of the body and lymphatic system, filters toxins from the body and finally nourishes it with essential nutrients. This program includes various customized experiences of hydrotherapy, panchkarma treatments, naturopathy, physiotherapy, meditation, yoga, and a dosha body type personalized diet.





All Ayurvedic

The two main aims of Ayurveda are to maintain equilibrium and repair in case of derangement. This seems so simple yet so unattainable in today's life. And to so we need ayurveda to maintain not only our body i.e. physical well-being but also to give peace to our mind and soul. Ayurveda gives a lifestyle that is healthy and keeps us away from diseases.

It is important to adopt an Ayurveda lifestyle to attain the peace, harmony and to balance the body, mind, and spirit. This can be achieved just by changing little habits and implement ayurveda in our daily life.

Personalized Diet

A Diet has a major role when you are suffering from any disease and a proper diet may reduce the risk of increasing your condition. It also includes yoga which is vital for healthier heart because it lowers the blood pressure; increases lung capacity, lower bad cholesterol levels, improves the heart rate, boost the blood circulation, and effective in dealing with stress and pressure.



PHYSIOTHERPAHY

Physiotherapy can be referred as a treatment method that focuses on the signs of movement and help people in gaining maintaining and maximizing their physical strength, motion, function, and overall well been by addressing the underlying physical issues. It helps through physical rehabilitation, injury prevention, health and fitness. This procedure get you involved in your own recovery. This helps in reducing pain, restores flexibility and mobility, increase range of motion of joints, strengthen the muscles, and maintained the correct posture of the body.

SERVICES IN PHYSIOTHERAPY-

- Panchkarma
- Shirodhara
- Abhyagana
- Swedan
- Shatkarma
- Udvartana



PANCHKARMA

Panchkarma is actually a purification therapy used in Ayurveda. It is beneficial in various insane diseases like stress, tension, allergy, cancer, osteoporosis, etc. It aims at plucking away the rooted imbalance in the body. It can be said as the ultimate body and mind healing treatment for detoxifying the body, strengthening the immune system, and restoring the balance and well-being of the body. The main five procedures of purification of Panchkarma are:-

- Vamana (vomiting)
- Virechana (purgation)
- Vasti (enema)
- Nasya (installation of medicine through nostril)
- Anuvasana Vasti (elimination of impure blood)

BENEFITS OF PANCHKARMA-

- It helps in restoring the metabolic fire that is Agni, also known as the digestive tract of the human body.
- Panchkarma eliminates Ama (i.e. toxins) and strengthens functions.
- It assists in balance of all three doshas.
- Helps in implementing a healthy diet and lifestyle.
- Reduces stress, tolerance power, improves relaxation, and slows the aging process.
- It also boosts the body immunity levels.



PARTS OF PANCHKARMA



- **Nasya** – Ayurveda believes that the nose is the entry door to our consciousness and the pathway to the body's inner pharmacy. It is also a part of Panchkarma treatment beneficial for body cleansing. Some major benefits for Nasya include relief from mucus or congestion, lubrication of the nasal passage and preventing it from allergies, preventing headaches or earaches, and providing mental clarity of the patient by calming down the nervous system.

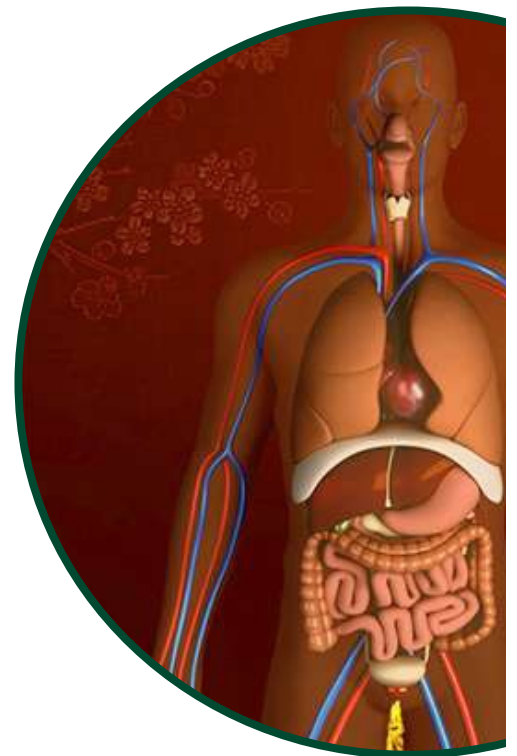
- **Virechana** – Virechana is a kind of therapeutic purgation done as a part of Kayopchar in BK Arogyam used to cleanse the small intestine. This procedure of cleansing helps in removing toxins and waste products from the blood. All types of pitta related disorders and digestion related problems are cured with the help of Virechana such as hyperacidity, urinary problems, hemorrhoids, constipation etc. All the therapies are carried out by highly experienced Ayurvedic experts in BK Arogyam.





- **Vamana** – Vamana is one of the Kaya Mantra therapies included in Panchkarma treatment of Ayurveda which involves therapeutic vomiting. This therapy helps in dislodging the toxins from your respiratory and gastrointestinal tract. Vamana is highly beneficial for cleaning the sinuses, treating asthma or other respiratory ailments, weight loss, reduction in cholesterol and triglycerides, promoting good appetite and much more. People who smoke cigarettes or eat junk foods are suggested to take this therapy for cleansing the toxins from their respiratory and gastrointestinal tract.

- **Anuvasana Vasti** -This therapy is mostly given to the patients who are suffering from diabetes, anaemia, obesity, or any other kind of organ deficiency disease. All vata aggravated diseases such as paralysis, constipation, arthritis, urinary disorders, reproductive disorders, and joint disorders can get benefits from the practice of this oil enema.





SHIRODHARA

Shirodhara is an Ayurvedic treatment that includes pouring of warm herbal oil on the forehead or third eye i.e. it is an area where nerves are highly concentrated in the continuous stream. Pressure of oil onto the forehead creates the vibration. The oil saturates the forehead and scalp and penetrates into the nervous system. It is an external treatment in Ayurveda. It is an amazing technique of provoking internal energy of the human body.

Shirodhara is very purifying and rejuvenating therapy that is designed to eliminate the dangerous toxins and the mental exhaustion as well as give relief from stress and any ill effects. It is recommended for people suffering from stroke to at least have this therapy once in a year. It is beneficial for people with vata or pitta imbalance. Besides, it also promotes sleep, improves concentration, and strengthens the body.

BENEFITS OF SHIRO DHARA

- It activates the third eye i.e. also known as chakra point just above and between the eyebrows and is said to be the seat of human consciousness.
- Serotonin, dopamine and melatonin are removed by Shirodhara treatment which gives relief from tension and helps promote sound sleep.
- It helps in removing the symptoms of anxiety, stress, fatigue and hypertension.
- It relieves tension, worry, fear and headaches as well as depression.
- It is ultimate mental and emotional relaxation.



ABHYANGA

Abhyanga is a warm oil massage that has several health benefits. This is luxuriously warm oil refreshing and comforting full- body massage. In this treatment, both body and mind gain a peak performance. All those accumulated toxins and stress in the body and mind gets dissolved during this massage session. This full body warm oil massage acts like a powerful recharger and a rejuvenator of mind and body. The ayurvedic specialists recommend at least once a month session of Abhyanga in order to have a good healing system of overall health and well-being.

Basically, the oil is applied on the entire body from the scalp to the soles of your feet. This is the most important and popular massage in Ayurveda as Ayurveda focuses on maintaining health through natural practices such as lifestyle changes, massage, therapies, diet, etc. Also the oil is the central component of this practice because when combined with massage strokes, it's thought to promote overall health of body and mind. This is performed by our massage therapist specialist and experts but it is also possible to do this Abhyanga self massage at your home in your comfort zone.

- This treatment reduces stress and promotes cardiovascular health.
- This is one of the most refreshing and rejuvenating sessions that is done through Ayurvedic herbal oil.
- The treatment is associated with reducing the subjective stress levels and decreases the heart rate.
- The slowest the blood pressure as the massage affects the circulatory system directly and expands the blood vessels which further reduces the resistance in the arteries and helps in improving blood pressure.
- It improves skin health as it improves the overall appearance of the skin by reducing the appearance of wrinkles, scars, pimples, and improves skin blood flow.

SHATKARMA

Shatkarma is six purification techniques in Ayurveda designed to make the body strong and healthy. As the name suggests Shat means 'six' and Karma means here 'method' or 'technique'. In ancient times, great scholars and saints used to give six methods of purification to their pupils for detoxifying and attaining Raj yoga i.e. life of highly defined disciplines. Dhauti(intestinal wash), Vasti(enema), Neti(nasal cleansing), Trataka(candle gazing), Nauli(intestinal wash), Kapalabhati(breath for skull shining) are 6 purification technique in Shatkarma.

By these six methods of detoxification, humans can be free of diseases, can increase their concentration, and make you strong and healthy. In BK Arogyam, Shatkarma is performed under the guidance of highly qualified, experienced tutors.

BENEFITS OF SHATKARMA-

- It cleanses the nostrils to allow good breathing.
- Helps in maintaining good health and reduces anger and depression.
- Removes the excess mucus.
- Removes the old stool and gas expelled and helps in cooling down the abdominal heat.
- Helps in concentration, makes the eyes clear and bright.
- Improves the memory and helps to develop strong will power.



SWEDAN

Swedan is a unique form of physiotherapy where sweating is induced by passing steam over the body part by using special instruments. The steam is passed through a rubber tube fitted to the instrument and it is an easy method for applying heat to a localized part of a body. In this process firstly we need to apply oil to the body part that is going to be subjected to sweating treatment then followed by passing the steam to the same path with the help of any tube.

In this form of therapy, full body steam of herbal medicines is given to the person. This is one of the most important therapies among sadopakramas that is six-fold therapy and is supposed to be melting the waste products that are dosas and mala.

BENEFITS OF SWEDAN-

- This treatment gives relief from pain and oedema. Bring softness to the body.
- Reduces the stiffness of the joints and keeps them mobile.
- Improve the process of blood circulation.
- This treatment helps in removing the Mala of the body and removes the muscular stiffness.
- Helps in reducing weight and cleanses and beautifies the skin.
- Effective in stress relief and provides relief from the joint pain.
- Improves blood circulation and reduces inflammation.
- It eases the sore muscles and gives relief from anxiety and depression.



UDVARTANA

Udvardana is a process of invigorating the whole body through a powder massage. The meaning of the word 'Udvardana' denotes rubbing of the body. It includes the scrubbing of the whole body using the ubtan (paste) made out of the mixture of the different herbs and grains which contain the property of scrapping the fat. Only the powder made from Ayurvedic herbs or gains is used for treatment of Udvardana.

Udvardana is a treatment in Ayurveda which is specifically prepared by herbal paste or herbal powder and massage over the whole body. This treatment supports weight loss and detoxifies the body in a healthy manner. It is a deep tissue massage using Ayurvedic herbal powders. In the procedure, the body is coated with herbal oils and herbal powders and then rubbed forcibly on the body and the upward direction to detoxify the toxins from the body.

BENEFITS OF UDVARTANA-

- Udvardana is effective in reducing cellulite and fat accumulated in the body. Overweight people can get benefit from this technique to control their body weight.
- It is beneficial in removing poisonous pigments from the body.
- It exfoliates dead skin cells and softens the skin. It creates a sense of lightness in the body.
- It helps in Detoxification and Purification of the body. It increases the blood circulation and opens up the body channel. It prevents unearthy time sleep.
- It prevents us from itching, ringworm, scabies.
- It helps in removing blockages from the blood vessels and helps in relieving stress and induce relaxation.
- It stimulates fat metabolism and reduces and balances vata and kapha.



OTHER WELLNESS PROGRAMS OF AROGYADHAM

These are some therapies that are performed for soul and spiritual healing at Arogyadham. These includes-

MEDITATION

Meditation – The practice of meditation at Arogyadham is done by the experts to improve your mental health as a part of our rejuvenative program. Meditation helps your mind settle into a state of deep silence and pure consciousness making your body feel relaxed. This process helps in enabling deep rooted stress and fatigue to be released and enhances the self-repair mechanism of the mind-body system. An expert at Arogyadham helps you in getting holistic benefits for your mental health with various meditation practices in order to de-stress and cleanse your mind.



MANTRA CHIKITSA

Mantra Chikitsa comes under wellness therapies for spiritual healing at BK Arogyam providing mental empowerment in harmony with the rhythm of the cosmos to facilitate the cosmic healing force. With Mantra Chikitsa, a person can imbibe a sense of confidence within the inner self and become positive and optimistic. This therapy can maintain the emotional and optimistic balance of body, mind and soul. Mantra Chikitsa is helpful in creating thought-energy waves further balancing and increasing the level of inner energy of a person promoting healing for the inner soul.





YAGYA CHIKISTA

Yagya Chikitsa or the Yagya therapy is a type of ethno-botanical inhalation therapy which includes the process of environmental purification. This therapy can act as a powerful curing method for various kinds of physical, psychiatric or psychosomatic disorders in the body by proper selection of 'Yagya woods' and 'Havan Samagri'. During the process of Yagya Chikitsa, the Yagya fumes and vapors which are inhaled through our respiratory system and skin pores have direct benefit on our mind and soul. Yagya Chikitsa in combination with Mantra Chikitsa has enormous benefits and harmonious effects for our body, mind and soul.

YOGA

The practice of Yoga under an Ayurvedic expert guidance at Arogyadham allows your mind to calm down, detoxify and rejuvenate. Yoga can improve your autonomic nervous system which enhances your focusing power and boosts your energy. Patients having problems of anxiety or depression are suggested to take Yoga therapy at Arogyadham for building self-trust and enhancing their mind with extreme will power. There is a never ending list of physiological and psychological benefits of Yoga therapy in Ayurveda.





HRIDAYA BASTI

Hridaya Basti is an Ayurvedic therapy within the Kaya Mantra treatment, which enhances and has therapeutic effects on your heart. The process helps in regenerating the heart and making it more efficient for proper working, strengthening the heart muscles and reducing the chances of any heart diseases such as heart attack, heart pain, angina or stroke. It can cure as well as prevent diseases which are related to the human heart. Hridaya Basti is useful in muscular pains of the thoracic region. Patients having complaints of high blood pressure or low blood pressure can be benefitted by this therapy.

NATUROPATHY-

Naturopathy is a form of alternative medicine that employs a series of practices that are natural and promote self healing. This uses the principles of Ayurveda and it is based on the fundamental ideology of Ayurveda. The methodology of Naturopathy is based on vitalism and does not have any side effects. This form of treatment blends modern scientific knowledge with traditional Ayurvedic natural forms of medicine. It is based on the healing power of nature and it supports and stimulates the body's ability to heal itself.





SUNLIGHT THERAPY

Nothing is more important to us on Earth than the Sun. Without the Sun's heat and light, the Earth would be a lifeless ball of ice-coated balls. The sun warms our seas, checks our atmosphere, generates our weather pattern and gives energy to the growing green plants that provide the food and oxygen for life on Earth. Sunlight therapy is the most vital technique of Naturopathy. From the ancient age it has been considered as the best therapy.

If there is decreased Sun exposure of the body then it can be lowering the serotonin levels present in the body which will lead to depression and anxiety. Sunlight cures special areas in the retina which helps in triggering the release of serotonin in the body which is known for reducing depression. Sunlight therapy also helps in curing premenstrual dysphoric disorder; depression related with pregnant people, anxiety related disorder, and panic attacks.

BENEFITS OF SUNLIGHT THERAPY-

- Sunlight therapy helps in reducing anxiety disorder and panic attacks.
- It also provides vitamin D to the body which helps in making our bones and teeth strong.
- It prevents the risk of osteoporosis, rickets, and other bone-wasting diseases.
- Sun light therapy helps in cancer prevention as moderate amount of Sunlight is required to have prevented benefits when it comes to cancer.
- According to surveys and light therapy helps in curing colon cancer, lymphoma, pancreatic, prostate, and ovarian cancer.
- It also helps in healing many skin conditions such as jaundice, acne, eczema, psoriasis.



HYDROTHERAPY

Hydrotherapy or water treatment is an essential part of Naturotherapy which is used to give relief from pain or different insane diseases with the medium of water. Just like this Earth and human body are built up of 1/3 part of water the same way water holds its importance in Naturotherapy.

This therapy is beneficial for curing many diseases such as arthritis, rheumatic complaints. Conditions that get benefit from hydrotherapy are neurological disorder, including strokes and Parkinson's disease, fatigue/weakness, prolonged inactivity/immobility, brain or spinal cord injuries, lymphedema, amputations, back pain and shoulder pain, arthritis, osteoporosis, and repetitive motion injury.

BENEFITS OF HYDROTHERAPY-

Hydrotherapy is applied in various insane diseases and is very useful in these diseases. Following are the benefits:

- Water treatment removes the clasp of the body and it is helpful in various problems of knees.
- This treatment gives energy to our muscles and nervous system. It not only gives relief from stress but also gives you a peaceful sleep along with no headache.
- The treatment gives relief from various stomach problems like irritable bowel syndrome, digestion related problems, acidity, indigestion, etc.
- It provides energy, protein and oxygen in an adequate amount to our body cells and tissues which results in better supply and flow of blood in our body.
- This is beneficial in stimulating the functioning of the immune system in a better way.



MUD THERAPY

It is called Gilli mitti treatment. Mud therapy is that treatment of Naturotherapy in which to make the human body toxin free, a person has to take a bath of mud. It is very useful for fast recovery of disease. It is helpful in increasing the flow of blood in the body. In BK Arogyam, only herbal and organic mud mixture is used for Mud bath or Mud Therapy.

Mud Mixture-

Mud used for baths should be very much pure and clean. It should be taken from 3-4 feet depth of the ground. There shouldn't be any stone pieces or chemical manures in the mud. In BK Arogyam, before applying any mud pack or mud bath, mud is dried and powdered so that it contains no stones, grass particles, chemical manures or other impurities. Mud is one of the five constituent elements of this Universe (like air, water, fire, spirit). It has an immense impact on the human body and mind.

BENEFITS OF USING MUD THERAPY-

- It is very much relaxing for both body and mind.
- The dark color of mud helps in absorbing different colors and conveying them to the body.
- Its shape and consistency may be modified with ease, just by changing water content which makes it easy to use.
- Effect of mud is refreshing and vitalizing.
- It is very cost-efficient and easily available matter.
- When a mud pack is applied on the abdomen, it gives relief from all kinds of ingestion.
- It gives coolness to the body.





YOGA THERAPY

Yoga comprises a wide range of mind/body practices, from postural and breathing exercises to deep relaxation and meditation. It can also be defined as application of yogic principles to a particular person with the objective of achieving a particular spiritual or physiological goal. In other words, it can be said as the process of empowering individuals to progress toward improved health and well-being through the application of teachings and yoga.

It is a technique of Naturopathy which focuses on physical, mental and spiritual development of the body. In BK Arogyam, there are various yoga methods like asana, pranayam, and meditation, etc.

BENEFITS OF YOGA THERAPY-

It has various benefits, some of them are mentioned below-

- Yoga increases the efficiency of lungs which profits the person suffering from any lung deficiency.
- Yoga increases the strength of the immune system.
- Both body and mind become refreshed and energetic.
- Yoga improves the blood flow and lowers the sugar level in the human body.
- Yoga helps in creating better posture and helps in increasing concentration.
- Yoga helps in reducing anxiety and makes the body mind and spirit more purposeful.
- It also so smoothes the skin as it reduces the stress level and helps in maintaining the nutrition deficiency in the body.





LIVER CLEANSE

Liver is the most vital organ of the human body and it performs many important functions. The primary functions of liver are- bile production and excretion; excretion of cholesterol, drugs, hormones; metabolism of fats, carbohydrates, proteins; enzyme activation; storage of glycogen, vitamins and minerals; synthesis of plasma protein, such as albumin, and clotting factor.

Now we have known much about functions of the liver and its importance for a human body, so anything which has so much importance it deserves to be protected and taken care of. Liver cleansing is a method of cleansing the liver by the means of Ayurveda. It helps the body to eliminate exogenous and endogenous toxins.

WHY ONE SHOULD HAVE LIVER CLEANSING?

- To avoid liver stones
- To reduce weight
- To Detoxify your body
- Feel and look 5 years younger

BENEFITS OF LIVER CLEANSE-

- Liver cleanse helps in detoxifying and flushing the toxins of the body outside the body and helps in losing weight and improving the overall health of the body.
- If you have any kind of Kidney Disease then it is important for you to include liver cleansing at least once in a year.
- This cleansing treatment is also helpful to diabetic patients.
- This Detox program because it helps in curing headache, weakness, fainting conditions.
- It also helps in removing waste nutrients and medicines out of the body.
- This process will help you in boosting your energy and getting rid of waste from the body.



COLON THERAPY

Stomach is the most vital organ of the body. If the stomach is fine then there are possibly no chances of any disease occurring in the body. To keep the stomach healthy, one needs to get their stomach cleaned regularly but how is it possible for a person to know that their stomach is clean or not. They should always go for any treatment that keeps their stomach clean and leading body free of diseases.

One suffering from allergy, arthritis, asthma, obesity, gas, indigestion, acidity, swelling in stomach, belch, fatigue, weakness, skin related problems, ache, stomach issues, etc should definitely go for Colon hydrotherapy. This will help in keeping your stomach clean and resisting the body from diseases.

In this colon hydrotherapy procedure, warm water is injected through the process of enema in the lower intestine through rectum by applying little pressure and then taking out waste from the body by the medium of that water by the means of a machine.

BENEFITS OF COLON THERAPY -

- Improved bowel regularity- this means resolve constipation. It can be difficult for the body to discharge the waste from the body if the body is suffering from constipation (and if it's chronic) then there is no better method of relief then colon therapy.
- Increases the effectiveness of the digestive system- when colon is cleansed, it eliminates the waste from the human body system and then gives a way of healthy nutrition absorption.
- Increases energy level- when toxins are removed from the body, body energy boosts up; person gets more restful sleep and a better blood circulation.
- Concentration gets improved- cleansing of the colon and detox diet can help in increasing the ability to focus, power of concentration, and overall thinking capacity.