

“ Vedic Ayurveda treatment & wellness Program ”

Brief description :

As per ayurveda principle , every human body have 3 prominent elements i.e Vaat / kaff & pitt . The balance of these 3 elements will decide your immunity , energy level , physic, emotion , diseases and all health related issues. In this program “ Sukhayu “ ,we will balance your these 3 elements , in order to keep you healthy & wise.

As per Hindu mythology “ Bhishm – pitah mah “ followed ayurveda and yoga to keep him health to control and stop ageing process, and he lives more than 160 years healthy and strong.

Unfortunately, we are living in polluted environment In today world, It's unavoidable for everyone, and unknowingly we are consuming harmful chemicals & pesticides in foods, breathing polluted air, and drinking polluted water and other drink. All these developed toxins in our body, which causes diseases, mental stress, physical problems and also emotional problem too. We need to remove these accumulated toxins from our body periodically to keep healthy and good life . it is like a servicing of your body to rejuvenate mental, physical and soul full of life. Some basic detoxification seasonal process are as :

March - April : “ **Vaman** “ - To clean diseases due to” kapha” (mucus formation) accumulation in body to effect our lungs, heart, ear and neck.

July – August : “ **Basti Karma** “ - to clean up diseases formed due to “ Vata “ accumulation in the body and effect our Skin , Bladder , legs and lower back .

November – December : “ **Virechana Karma** “ - To clean up diseases formation due to “ Pitta” accumulation in our body and effect our Stomach , liver and eyes.

Ayurveda is not only a medical practice , it is phenomena to fit your body, keep you always healthy, energetic ,stress free & long life connection with nature , feel the divine nature, adjust with the 5 basic elements with whom every living thing are made of and feel of blessings of supreme God / nature. Therefore ayurveda accommodate with Vedic Havan / yagya , Spritual mantras , sound therapy , vedic Energy analysis , Meditation , touch animal therapy , and living & enjoy with nature.

Offers :

Sandhanshi Neuro panchkarma offers three types of packages based on Vedic Ayurvedic treatment & therapies with wellness program to all patients which are covered under Health Medical Insurance policy (subject to policy type) and CGHS card policy. Patient can avail this facility without any charges.

- “ **Sukhayu** ” (**Platinum Package**)
- “ **Sawsth Aayu** ” (**Gold Package**)
- “ **Nirog Aayu** ” (**Silver Package**)

Program

To keep you healthy & wise “ **Shandhya Ayurvedic Panchkarma Center** “ designed a health program to keep you healthy , physically , mentally , emotionally, stress relive with a happiness divine soul.

1. Body cleansing (detoxification) program :

We provide 3 cleansing process (detoxification) process during the year three times as “ **VAMAN** “ , “ **BASTI KARMA**” & “ **VIRECHANA KARMA** ” .

3 times in a year (10 days Process)

2. Panch Karma Therapy :

Panch karma is a stress reliver ayurvedic therapy , very popular among the foreigners to rejeuivinete energy level, stress relief and helping in anxiety and focus your mind & soul. People working in deep stress level and target based work and other tension work , require this therapy to keep them focus , stress free and calm . It includes

SHIRODHARA - Mind Stress Reliver

Abhangan - Body Stress Reliver

Period : Monthly



3. Vedic Hawan :

Our surrounding envoinrment play a very important role in our day to day life , it will not only effect our body, mind and soul but also effect the people whom we are living with. Vedic Hawan is a process of creating positive environment , developing positive energy in surrounding which will help you, family and people surrounding you. It will remove the negative sins and develop confidence with the blessing of almiety.

Our acharya **Dr. Chandraketu (veda Anuragi)** developed a program in such a way with 72 vedic shaloka to commemorate physical, mental, spiritual, economical and children well being. Vidic Hawan performed with vedic aushadhi hawan samagri .

Period : Quarterly



Enjoy with nature

We provide a short stay with family of 4 person at our resorts to feel and enjoy the nature with natural treatment under this program.

4. **Vedic Stay Village** : **Sandhya Jazi Devi Health Resort** - Mathiana Road , Jodhpur-Rajasthan , A city of vedic culture heritage and the best place in india for developing a spiritual link of happiness with supreme power” God “.

Glimpse : * Traditional Rajasthan’s Food . * Ayurveda and panchkarma .

* Organic food cultivation . * pray / pooja at ancient Shiva temple .

* Swimming Pool . and A special Cow Sneh therapy (45 Minutes) per day during your stay for Mental relaxation and spiritual love.

Stay period : one time a year. (2 days and 3 nights with family of 4 person)

5. Natural Hot spring Hill’s stay :

A divine tapo bhumi of “ **Rishi Jamadgini** “ in tatta Pani – Himachal Pradesh , where **Sandhya hot springs Health care** provide you a stay with ayurveda & panchkarma , spiritual divine feeling and rejuvenation program .

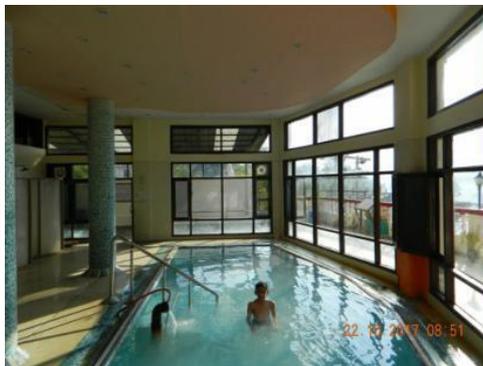
Glimpse :

* Natural Sulphur Hot Spring bath - Get rid off physical, mental & social sin.

* Water Activities * Ayurveda and Panchkarma

* Meditation in nature * Explore Himanchal Dham * Temple of Tula Dham.

Stay period : 2 days / 3 nights once in a year (for a family of 4 person only)



(Yoga & meditation program)

6. **Shuddhi Ayurveda Hospital :** It's a place where nature hold his breath.
It's a place where time doesn't move.

Glimpse :

- * Make yourself lighter and loose your heaviness on body, mind & soul through meditation.
- * Traditional Punjabi food.
- * Shuddhi herbal diet.
- * Ayurveda & panchkarma
- * Stone Walk / climbing.
- * a new life experience.



7. Yoga online Program :

Yoga is a human skill ancient program to keep you always fit and ready , provide immunity to your physical body and support your mental and spiritual power . yoga is very popular all over the world and recognized as best human practice to cure.

We have developed an online platform, where you can interact with Yoga acharya (Yoga Guru) and get advice to resolve all your issues related to body , mind and soul.

8. Mantra Chikitsa :

It is a healing process of our ancient science , which was lost due to western modernization process and has now rediscovered with its scientific usefulness in human life . Chanting of mantra's creates a vibrations in the atmosphere which will help in healing our aura and balance our mental , spiritual and energy chakras . All religion of the world follow these mantra chikitsa from the ancient times as per their belief & religion but it has been scientifically approved that these mantras sound / vibration will repair our aura , energize our chakras and protect our body & soul .

Our acharya will teach you to use these mantras, helpful for you and your family useful in various wishes.



9. Prakrati Chart :

Ayurveda and vedic energy believe that , everything in this world is consists of 5 basic elements with different compositions and depends on flow of energy in the atmosphere. All human being are physically same but differ in their physical , mental , energy & spiritual characters. Prakrati chart will help you to understand the prominent element of your body and provide information about your nature , expected disease / problems , karmas and indication about your future life . A deep analysis system is developed by our acharya as per vedic procedure and born time, will help you to analyze your body energy level and prominent source element.

10. Monthly diet chart as per Dosha :

Our dietician will provide you information about your best dieting plan according to your prakrati analysis chart and your physical structure and health issues to help and maintain a good healthy life.

11. Online consultation :

Under this health program , you can avail online consultation with our doctors during the time from 9 a.m. to 9 P.M. and discuss your problems.

12. **Blood Test :** To estimate upcoming issues in your body only a fare generalized investigation report as :

1. CBC
2. LPT
3. KF
4. Lipid profile
5. Thyroid prostate etc.

