Holistic approach to healing in the midst of nature

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Email: ayurvedahospital@ssrvm.org
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Facebook: Fb.com/SriSriAyurvedaHospital
Our Speciality Clinics in Ayurveda:

- Kayachikitsa
  GENERAL MEDICINE

- Panchakarma
  DETOXIFICATION AND REJUVENATION

- Shalya Tantra
  GENERAL SURGERY

- Shalakya Tantra
  EYE, ENT, DENTAL & HEAD

- Kaumarabhritya
  NEONATOLOGY & PEDIATRICS

- Streeroga & Prasuti Tantra
  GYNECOLOGY & OBSTETRICS

- Swasthavritta & Yoga
  PREVENTION OF DISEASE, BEAUTY & SKIN

- Manasa Roga
  NEURO-PSYCHIATRY

- Cancer Care
OUR FACILITIES

- Free consultation at Nine Specialty ayurveda clinics
- More than 100 Ayurveda treatments at very economical prices
- Panchakarma treatment rooms with traditional equipments & modern facilities
- Full fledged Major Operation Theatre with monitoring devices
- Labor room with well equipped Neonatal care unit
- Eye unit with auto refractometer, slit lamp & different treatments (Kriyakalpas)
- Fully fledged Ano–rectal clinic with Kshara therapy facility
- Naturopathy Centre with comprehensive equipments
  - Nadi Pariksha
  - Craniosacral therapy
  - Physiotherapy
  - Hyperbaric Oxygen Therapy
- 244-bedded inpatient facility
- Different categories of accommodation for all budgets
- Customised Ayurveda / Naturopathy Diets available for inpatients
- Yoga consultation, advice on preventive measures, meditation & satsang
- X-ray, ECG, Ultrasonography with radiologist consultation
- Diagnostic laboratory equipped with Auto analyzer
- 24-hour Pharmacy
- Ambulance
kayachikitsa

Special care for acute and chronic ailments
KAYACHIKITSA DEPARTMENT ACTIVITIES

special care for acute and chronic ailments

- Management of Chronic disorders
  Rheumatoid Arthritis, Bronchial Asthma, Allergic respiratory disease, chronic kidney disease

- Management of Geriatric disorders
  Alzheimer’s disease, Parkinson’s, demencia, degenerative problems

- Management of Life style disorders
  Diabetes Mellitus, Hypertension, Obesity, Cardiac diseases, Hyperlipidemia etc.

- Management of Neurological disorders
  Facial Paralysis, Hemiplegia, Carpel tunnel syndrome, Sciatica, Motor neuron disease, Multiple Sclerosis.

- Management of Joint disorders
  Osteo arthritis, Cervical & Lumbar Spondylosis, Cervical Spondylitis, Frozen shoulder, Gout etc.

- Management of Gastro & Genito-Urinary disorders – Liver disease
  Jaundice, Hepatitis, Gastritis, Irritable Bowel Disease, Renal calculi, Infertility etc.

- Management of Stress related disorders
  Insomnia, Irritable bowel syndrome, Depression, stress related cardiac problems, anxiety, etc.

- Management of Skin Diseases
  Psoriasis, Eczema, Scabies, Acne, Allergic skin diseases, Lichen planus, Leucoderma.

Ayurveda believes that diseases are caused due to imbalance of the digestive fire (agni).

Hence, Kayachikitsa deals with the correction of agni which in turn helps in restoration of health.

Kayachikitsa aims to treat diseases of both body and mind.

The common concepts of treatment for all these diseases include dietetic correction, medical management and purification.
panchakarma
Special Care through Detoxification and Rejuvenation

SRI SRI COLLEGE OF Ayurvedic SCIENCE & RESEARCH HOSPITAL
An ISO 9001-2008 certified hospital
Special care by detoxification & rejuvenation

Panchakarma is a unique, natural, holistic, health-giving series of therapeutic treatments that cleanse the body’s deep tissues of toxins, open the subtle channels, bring life-enhancing energy, thereby increasing vitality, inner peace, confidence and well being.

**PANCHAKARMA**

includes five detoxifying procedures:

- **VAMANA** (induced emesis)
- **VIRECHANA** (induced purgation)
- **NIRUHA VASTI** (medicated decoctional enema) **ANUVASANA**
- **VASTI** (medicated oil/ghee enema)
- **NASYA** (administration of medicines through nostrils)

All Panchakarma procedures and sub procedures are carried out under supervision of experienced Physicians and done by dedicated Panchakarma Therapists. All the procedures are done in a classical way, by taking complete care of the patient.

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The diseases which are cured by the medicines may come back; whereas the diseases which are cured by Panchakarma will never come back.

Panchakarma procedures also are to be done in a healthy person in specific season to eliminate the physiologically accumulated doshas in the body which are due to the effect of specific seasons.

VAMANA 15th Feb to 15th Apr

- Vamana helps eliminate the physiologically accumulated Kapha dosha from the body so that disease can be prevented and health is maintained.
- Vamana (Emesis therapy) means expelling doshas/toxins through oral route. Before inducing vamana the toxins/vitiated doshas are brought to stomach.
- Vamana procedure is also very effective in bronchial asthma, chronic cough, sinusitis, allergic rhinitis, urticaria, digestion related diseases, etc.

VASTI 15th June to 15th Aug

- Vasti helps eliminate the physiologically aggravated Vata dosha from the body so that disease can be prevented and health is maintained.
- Vasti karma expells body toxins and vitiated doshas by introducing medicated liquids or oils/ghee through anus.
- Vasti procedure is very effective in different types of joint disorders (like rheumatoid arthritis, osteo arthritis, gouty arthritis etc.) lumbar spondylisis, sciatica, obesity, irritable bowel syn-drome, longstanding constipation, loss of strength, etc.

VIRECHANA 15th Oct to 15th Dec

- Virechana helps eliminate the physiologically accumulated Pitta dosha from the body so that disease can be prevented and health is maintained.
- Virechana expells the vitiated doshas and toxins through purgation. This therapy can be conducted as an individual detoxification therapy or as a follow up therapy after vamana to ensure complete detoxification.
- Virechana procedure is very effective in bronchial asthma, cough, skin disorders (psoriasis, eczema, urticaria) lumbar spondylisis, obesity, gastritis, digestion related diseases, etc.
Special Care for Surgical Ailments
SHALYA TANTRA DEPARTMENT ACTIVITIES

SHASTRA KARMA
GENERAL SURGERY
Facilities for major surgeries like appendectomy, hernia repair, gall bladder removal, etc. with general or spinal anaesthesia.

JALOUKAVACHARNA
LEECH THERAPY
To manage inflammatory conditions of skin and soft tissues, herpes, abscess, blood related diseases, etc.

GUDAROGA CHIKITSA
ANO RECTAL CLINIC
Kshara therapy for all anorectal diseases.

RAKTHA MOKSHANA
BLOOD LETTING
To manage disorders due to vitiated blood, skin diseases.

VRUNA CHIKITSA
WOUND CLINIC
Medical management by Ayurvedic drugs in chronic ulcers like venous ulcers, diabetic ulcers, etc.

AGNIKARMA
THERAPEUTIC CAUTERIZATION
In excision of warts, skin eruptions, excision of growths & in pain manage
Uskrutha, a surgeon who lived in India in 500 BC, is considered as the ‘Father of Surgery’. Sushrutha Samhitha, his text on surgery, deals with etiopathogenesis, signs, symptoms and management of surgical diseases. Proctology is also dealt with, in great detail along with its management. It is practiced even today as it is minimally invasive, causes less injury, less pain and has the least recurrence rate.

Kshara chikitsa, a specialized treatment mentioned in Sushrutha Samhita is a great contribution by Sushrutha in the management of ano-rectal diseases.

Mooladhara offers a complete treatment in ano-rectal diseases.

Bhagandara Chikistsa

**ANAL FISTULA**

An alkaline thread is passed through anal fistulous tract and changed every week, so that it helps in curettage and healing of tract without leaving an ulcer. This tract may have to be excised some times by putting four kinds of incisions.

Nadi Vrana Chikitsa

**PILONAL SINUS**

After passing a probe into the tract, direction or course of the tract is assessed. Kshara sutra (alkaline thread) is then passed into the tract, which is changed at specific intervals. This cures the disease without recurrence and no excision is required.

Arsha Chikitsa

**HAEMORRHOIDS**

Alkaline paste is to be applied on pile mass for a specific time. It will turn to black color within few seconds. The mass will slough out completely without leaving residual stump.

Sanniruddha Guda Chikitsa

**ANAL STRicture, HYpERTONIC ANAL SPHINCTER**

Sushrutha says that in such conditions, anal canal should be dilated using appropriate sized tubular or rod like instruments, with adequate lubrication at specific intervals. If it does not respond, an incision has to be put on anal ring laterally avoiding midline.

Charma Keela Chikitsa

**WARTS, PAPILLA, SKIN TAGS, POLYPS**

It should be cauterized by agnikarma or it may be excised.

This center is dedicated to treat high level of anal fistula, complicated recurrent fistular and recurrence after surgical excision, anal fissure complicated pilonidal sinus, internal piles, external piles, rectal prolapsed, bleeding piles and papilla, hypertrophied papilla etc kshara sutra, agnikarma and Sushrutha’s kshara karma by “Peroaje technique”.

**mooladhara**

An Ayurveda super specialty ano-rectal care center
Shalakya

Special Care for Sense Organs (Eye, ENT & Dental)

SRI SRI COLLEGE OF AYURVEDIC SCIENCE & RESEARCH HOSPITAL
An ISO 9001-2008 certified hospital
SRIKARNA (EAR)

In today’s era when ear is exposed to varied sound pollution, deafness is seen even in young. For prevention & management of various ear diseases like deafness, tinnitus, otitis, wax etc.

Srikarna offers:
- KARNAPURANA
- KARNADHOOPANA
- KARNAPRAKSHAALANA

SRINAASA (NOSE)

Pollution playing a very pivotal role in the manifestation of various allergic disorders of nose like allergic rhinitis, for prevention & management of various nasal disorders like DNS, rhinitis, sinusitis, polyps etc.

Sriraasa offers:
- NASYA
- DHOOMAPANA

SHIROJYOTHI (HEAD)

Offers excellent & effective treatment for various types of headaches like migraine, sinusitis, trigeminal neuralgia, refractive headaches etc. through Shodhana especially Nasya & other treatments like Shirod-hara, Shiropichu, Shirobasti etc. along with internal medicines.
Among all the sense organs eyes are the most important as it is proved that about 80% of the knowledge we gain is through the eye. In short, protection of the eye is not only a necessity but also a responsibility of every individual.

Srinetra aims at Prevention & Treatment of various ocular disorders through...

- Eye exercises
- Kriyakalpas
- Special treatments
- Internal medicines-preventive, curative & rejuvenative
- Advice on preventive measures - Simple Medications, Habitual factors, Dietary Factors, Protection & First Aids

TREATMENTS OFFERED FOR

- Prevention • Eye Strain • Non Specific Eye Complaints • Myopia • Hypermetrophia • Astigmatism • Conjunctivitis
- Cataract • Computer Vision Syndrome • Stye • Chalazion • Presbyopia • Macular Degeneration • Optic Atrophy
- Diabetic & Hypertensive Retinopathy • Retinitis • Pigmentosa • Amblyopia • Glaucoma • Night Blindness & various other ocular disorders

EYE EXERCISE

- An unique set of exercises specially designed for the eyes to enhance its functioning.

Sunning Eye wash Palming Swinging Candle Exercise Ball Exercise Vapour Cold pad

KRIYAKALPAS

- These are specially modified procedures of application of medicine to the eye to suit the anatomical and physiological peculiarities of eye.

Aschotana Seka Tarpana Putapaka Anjana Pindi Bidalaka
kaumrähritya

An Ayurvedic super specialty in Neonatology and Pediatrics
NAVJAATA SHISHU PARICHARYA VIBHAGA
NEWBORN BABY CARE UNIT

Our Ayurvedic approach to newborn care includes nourishment, maintenance and protection of the baby through traditional procedures like massage and vedic hymns. Our well equipped NICU has Radiant Warmer, Phototherapy unit & Baby Incubator for management of asphyxiated, pre-term & low birth weight babies.

BALA PANCHAKARMA
PEDIATRIC PANCHAKARMA

Panchakarma therapies have been modified, and made suitable for children. Through these, neurological and developmental disorders like cerebral palsy, autism, ADHD, epilepsy, mental retardation, behavioral disorders and learning disabilities; diseases of skin and respiratory system are treated effectively.

VYADHIKSHMATVA VIBHAGA
PEDIATRIC IMMUNOLOGY

Provides solution for common diseases occurring in children by stabilizing their immune system. Has potential immune boosters including suvannaprashana for prevention and management of allergic, infectious and auto-immune disorders.

PEDIATRIC PULMONOLOGY

A comprehensive approach to respiratory diseases like asthma, allergic rhinitis, sinusitis, adenoids, tonsillitis, allergic cough etc, of both acute and chronic phase. Effective ayurvedic immuno-modulators are made use of to prevent recurrent chest infections.

PEDIATRIC SKIN CARE UNIT

Offers an effective ayurvedic treatment for common skin problems like atopic dermatitis, ichthysis, psoriasis, diaper rash etc.

PEDIATRIC ENDOCRINOLOGY

Endocrinal disorders like hyper and hypothyroidism, hypogonadism are given palliative line of treatment along with dietetic advice.

Kaumarabhritya is the branch of Ayurveda dealing with neonatology and pediatrics. It provides complete child health care with focus on nutrition, immunity and all-round development of children from 0-16 yrs of age.
Suvarnaprashanam is one of the comprehensive immunizer mentioned in Ayurveda. It is a safe Ayurvedic combination which is beneficial for normal growth and development of children. It is prepared with pure gold in its bio-available form and other Ayurvedic Immuno-modulators and brain tonics. The medicine is given on the day of Pushya Nakshatra of every month to impart greater efficacy.

Administering Sri Sri Suvarnaprashana regularly from birth to 10 years of age bestows excellent benefits.

- Increases immunity
- Increases intelligence
- Prevents common recurrent infections, asthma and other allergic conditions
- Improves memory, span of attention, concentration and learning ability
- Reduces temper tantrums, attention deficits, bedwetting and other Neuro-psychosomatic problems
- Improves speech, hearing and visual acuity
- Improves digestion and tones up skin color

Sri Sri Suvarnaprashana package includes two formulations as prescribed by Acharya Kashyapa, the father of Ayurvedic pediatrics.

**Formulation 1**

Sri Sri Suvarnaprashana drops that are administered on the day of Pushya Nakshatra of every month.

**Formulation 2**

It comprises of different powder combinations along with Suvarna in its bioavailable form for different age groups of children. This is for daily administration along with ghee and honey to boost up the cell mediated immunity in the child.

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<tr>
<th>MEDHAJANAKA PRASHANA</th>
<th>SUVARNADI YOGA</th>
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<td>Age: 0-5 years</td>
<td>Age: 5-10 years</td>
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**Sri Sri Suvarnaprashana Calendar 2017**

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Give your child something special that lasts for ever
An ISO 9001-2008 certified hospital

streeroga & prasut tantra

Ayurvedic Superspecialty Clinic in Gynaecology and Obstetrics

SRI SRI COLLEGE OF AYURVEDIC SCIENCE & RESEARCH HOSPITAL
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Special Care for Women
**Pallava**

Management of Menarche in Ayurveda

Menarche is the time of first onset of menstruation. Pallava means a flowering bud. As a bud progresses from budding to flowering stage, it requires a special care to attain the ultimate blossom. Similarly a girl child has to be given a special care to attain those primary changes in the body smoothly and gracefully which is effectively done with help of Ayurveda. It helps to attain ultimate reproductive health and prepares the system for healthy progeny.

- Counseling.
- Dietary advice.
- Internal medication and certain formulations for perfect reproductive health.
- Medication to combat menstrual disorders.

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**Asha**

Asha – Infertility Cure Program for Both Men and Women in Ayurveda

Every human being is bestowed with the power to give birth to a new life. Due to some factors this natural process of reproduction hampers. It brings about the hope and fulfillment of the desire for a healthy progeny.

- Panchakarma and internal medications to ensure utmost reproductive health.
- Advice on preconceptional measures.
- Guidance on diet & lifestyle.
- Mantra chanting.
- Counseling.

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**Sampurna**

Management of Menopause in Ayurveda

Menarche and menopause are the two unique stages in the life of a woman where one embarks the transformation of a girl into a woman and the other signifies the success-ful completion of one’s reproductive period. Thus a menopausal woman should be enabled to successfully imbibe those changes occurring to her body and mind.

- Panchakarma and internal medications to attain smooth transition and great health in the years to come.
- Rasayana a rejuvenating therapy to increase the rasa dhatu.
- Advice on diet, lifestyle and counseling.
- Provision of a customized month wise kit depending on the individual requirement.

---

Effective Treatments available for chronic Gynaecological Issues like:

Irregular Cycles, Abdominal Cramping, Poly Cystic Ovarian Syndrome, Uterine Fibroids, Hormonal Imbalances, Uterine Polyps, Thyroid, Endometriosis, Adenomyosis, etc.
Becoming a mother is the most important phenomenon in a woman’s life and childbirth is the most precious event. Thus a pregnant woman has to be given special care throughout the pregnancy to ensure the perfect health of her baby and herself which is rightly done with SUPRAJA – a complete protocol for maternal care.

SUPRAJA ensures ultimate maternal care with proper and peaceful delivery

What SUPRAJA offers you?

- Advice on preconceptional regimen through “ANKURA”
  Every couple expect their child to be healthy, strong and wealthy. For this they provide them with good education, food and other developmental entities. But all these are mere external factors and real mystery lies at the time of conception which decides your progeny.

  Ankura offers:
  - Specific regimen to be followed by the couple before conception.
  - Rituals for the desired child.

- Counseling and advice on month wise regimen to be followed after conception, for the pregnant lady including month wise pregnancy kit, diet regimen and required medication.

- Certain special Ayurvedic procedures to be done on 8th month onwards which help in proper and peaceful delivery.

- Post natal care including post natal kit and newborn kit.

- Counseling.

Full fledged Labour Room

SUPRAJA Ayurvedic Super Speciality Maternal Care Centre
Soundarya
An Ayurveda super speciality skin & beauty care center
An unit of Department of Swaasthya Rakshana
Skin care is part of a healthy lifestyle. Skin covers outer body, thus making it most vulnerable to dust, pollution, seasonal changes etc. Mental stress & physical stress directly affects the skin and results in early aging. The skin reflects the internal STATUS OF HEALTH of the body.

Different types of skin treatments are available as per the skin type (Oily Skin, Dry Skin & Combination Skin). Daily skin care routine like simple cleansing, toning and moisturizing can result in a healthy looking skin.

The Swaasthya Rakshana Department has taken up the preventive and curative aspect of skin health. The strategy for complete skin care, from preventing ageing and maintaining a healthy skin to curing skin problems, is as follows:

The treatment therapies are categorized into two sections

1. **SHODHANA** (Detoxification)

   To remove out the accumulated toxins in the body

2. **SHAMANA**

   This includes certain internal medications for Blood Purification. Golden rules of basic skin care like cleansing, toning and moisturizing must be followed daily.

**CLEANSER**

To cleanse and to remove the slough to bring out the fresh healthy skin.

**FACE PACK**

To maintain the healthy P.H. and to avoid the damages due to pollution and U.V. rays of sun.

**SHASHTIKA FACIAL** (panchatatwa facial)

An unique contribution of Ayurveda to ensure healthy young looking skin.

**EXFOLIATION / LIPOLYSATION**

(udvarthana / utsadana) for whole body.

**TONER**

To tone up, to maintain the collagen fiber and to avoid the changes of aging

**MOISTURIZER- TO MOISTURIZE.**

**SPECIAL SKIN CARE**

Oil massage (abhyanga).
THALA PODICHIL
SHIRO LEPA
An unique way to reduce tension, an essential prerequisite for healthy hair.

SHIRODHARA
TAILA / TAKRA DHARA
To enhance mental ability, assure good sleep & improve hair growth.

SUN TAN REMOVAL
To remove the tan acquired by exposure to sun.

DHARA
To reduce physical strain and mental stress.

SHASHTIKA ANNA LEPA
To nourish & tone the skin.

PEDICURE
Special care for foot related problems in an ayurvedic way.

UNDER EYE CIRCLE REMOVAL
Special treatment modality to combat the sad eye syndrome.

PADA ABHYANGA
An unique way to relieve mental stress by massaging the foot with medicated oil.

PICHU
Keeping 7 layers of cotton cloth dipped in oil to reduce the tiredness of special senses.

MANAGEMENT OF KESHA SHATHANA
Controlling hair fall through adequate nutrition and special hair care.

DANDRUFF TREATMENT
Management of dandruff with internal medication, external treatment with selected oils.

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“Health is…
Disease free body,
Quiver free breath,
Stress free mind,
Inhibition free intellect,
Obsession free memory,
Ego that includes all, and
Soul, which is free from sorrow”

Gurudev Sri Sri Ravi Shankar Ji
Founder