

## **FREQUENTLY ASK QUESTIONS FOR AROGYADHAM**

### **1. WHAT IS AROGYADHAM?**

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 Life Style Disorders with Naturopathy and Yoga with Nature Park to live in harmony with Nature. Arogyadham has Naturopathy and Yoga clinic, herbal (amla) garden (220 acres), Yoga and Meditation hall, separate treatment sections for male and female, dining hall with nutritious vegetarian foods, walkways and library and recreation facilities for the benefit of residents.

### **2. WHERE WILL THE AROGYADHAM-SEVAGRAM BE LOCATED?**

Sevagram, the place hallowed by the "Father of Nation" Mahatma Gandhiji, is in Wardha district in the state of Maharashtra, and is located right at the Center of India. The district headquarter, Wardha is 10 Km from Sevagram.

#### **Reaching Sevagram**

##### **By Air**

Sevagram / Wardha is 80 Km from Nagpur (1.30 Hrs Journey), which is the nearest airport.

##### **By Rail**

Sevagram / Wardha are well connected by trains, as it is at the intersection of Delhi-Chennai, as well as Mumbai-Howrah railway route.

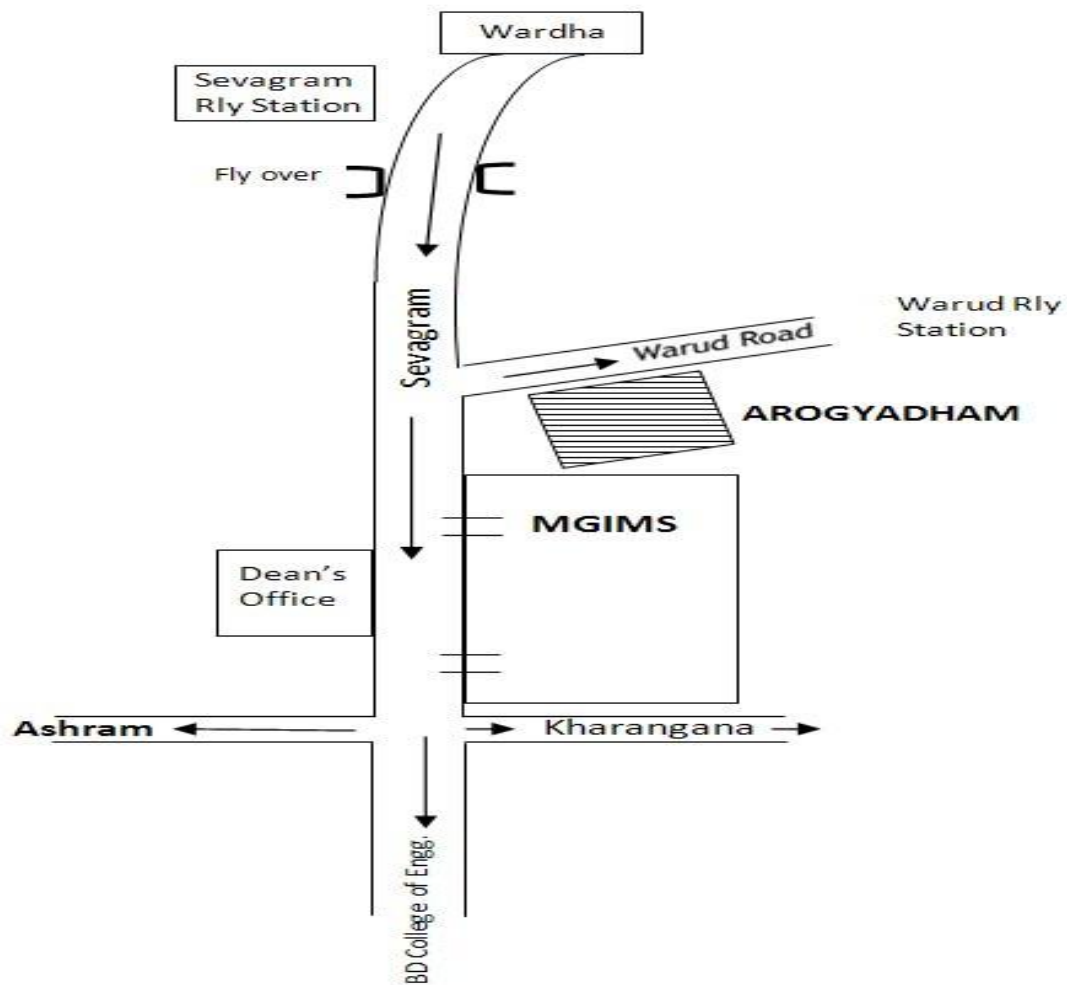
Sevagram station, about 6 Km from Arogyadham is located on the Delhi-Chennai trunk route. It has daily train connections with Delhi, Itarsi, Hyderabad, and Chennai. Trains from Lucknow and Patna also halt here.

Wardha Jn. which is about 10 Km from MGIMS, on the Mumbai-Howrah line. Trains from Mumbai, Ahemadabad, Howrah, and Raipur stop here.

##### **By Road**

Direct bus services for Wardha are available from Nagpur, Pune, Amravati, Akola, Latur, Nanded, Aurangabad, Chandrapur, and Gadchiroli. Taxis are available at Nagpur Airport as well as both railway stations. Auto-rickshaws run from Sevagram and Wardha stations to Arogyadham.

## Location map of Arogyadham



### 3. HOW DOES IT WORK?

In some ways the body works much like a computer. It is programmed to respond in certain ways. Arogyadham treatments reprogram helps the nervous system to boost the immune system stop attacking food, irritants, chemicals, or anything else a person is allergic to. Once the body accepts reprogramming, it heals itself.

### 4. WHAT AGE CAN BE TREATED?

Arogyadham is a Holistic Treatment which is safe and effective for everyone, even infants and the elderly.

### 5. WHAT DO YOU DO DURING TREATMENT? WILL IT HURT?

Based on principles of Yoga, Naturopathy and Ayurveda. It is safe, painless and cost effective. It can be done on ill person, Healthy person, and even or very frail patients.

### 6. HOW MANY TREATMENT I WILL NEED?

After your first consultation and exam, the doctor will let you know about how many visits you would benefit from. The severity of your health problems and length of time you've been experiencing them will influence your course of care.

**7. WHEN WILL I BEGIN TO SEE RESULT?**

Most patients will experience significant improvement after six to eight treatments. A few even notice a change for the better while receiving a treatment or during the 24-hour clearing period.

**8. What Wellness Packages are available?**

We have three Wellness Packages like Outdoor treatment package, Indoor treatment package and Rejuvenation & Detoxification packages (check Wellness Package page). Though they are packages they are customized for each person.

**9. ARE THERE NON-RESIDENTIAL PACKAGES?**

Yes we have the following type of non-residential follow-up treatments packages

- **Outdoor Treatment Package Charges are following:**

|                |          |                                     |                    |
|----------------|----------|-------------------------------------|--------------------|
| <b>10 Days</b> | Rs. 1000 | <b>One month basic Yoga class</b>   | Rs. 300/month yoga |
| <b>15 Days</b> | Rs. 1300 | <b>One month special Yoga class</b> | Rs. 500/month yoga |

- **Distressing & Detoxification Package Charges.**

| 2 DAYS DETOXIFICATION PACKAGE |    |   |             | 5 DAYS DETOXIFICATION PACKAGE |                   |   |             |
|-------------------------------|----|---|-------------|-------------------------------|-------------------|---|-------------|
| Days                          | SN | Treatments                              | Tariff      | Days                          | SN                | Treatments                              | Tariff      |
| Day-1                         | 1  | Yogic Kriya:-<br>Jal Neti, Vaman Dhouti | 1000<br>Rs. | Day-1                         | 1                 | Yogic Kriya:-<br>Jal Neti, Vaman Dhouti | 2000<br>Rs. |
|                               | 2  | Shirodhara                              |             |                               | 2                 | Shirodhara                              |             |
|                               | 3  | Matra Basti                             |             |                               | 3                 | Matra Basti                             |             |
|                               | 4  | Full Body Massage<br>with Steem         |             |                               | 4                 | Full Body Massage with<br>Steam         |             |
|                               | 5  | Lemon Water                             |             |                               | 5                 | Lemon Water                             |             |
| Day-2                         | 1  | Jal Neti                                |             | Day-2                         | 1                 | Shirodhara                              |             |
|                               | 2  | Nasya                                   |             |                               | 2                 | Matra Basti                             |             |
|                               | 3  | Matra Basti                             |             |                               | 3                 | Partial Massage & Partial<br>Steam      |             |
|                               | 4  | Full Mud Bath                           |             |                               | 4                 | Lemon Water                             |             |
|                               | 5  | Lemon Water                             |             |                               |                   |   |             |
|                               |    |   | Day-3       | 1                             | Jal Neti,         |   |             |
|                               |    |   |             | 2                             | Shirodhara        |   |             |
|                               |    |   |             | 3                             | Full Mud Bath     |   |             |
|                               |    |   |             | 4                             | Lemon Water       |   |             |
|                               |    |   | Day-4       | 1                             | Vibratory Massage |   |             |
|                               |    |   |             | 2                             | Herbal Pack       |   |             |
|                               |    |   |             | 3                             | Compress          |   |             |

|  |  |  |       |   |                                      |  |
|--|--|--|-------|---|--------------------------------------|--|
|  |  |  |       | 4 | Lemon Water                          |  |
|  |  |  | Day-5 | 1 | Jal Neti                             |  |
|  |  |  |       | 2 | Katibasti/ Janubasti/<br>Manya Basti |  |
|  |  |  |       | 3 | Potli Savedan                        |  |
|  |  |  |       | 4 | Partial Massage With<br>Steam        |  |
|  |  |  |       | 5 | Lemon Water                          |  |

## 10. WHAT KIND OF TREATMENTS WILL I RECEIVE?

- If you are here just for a relaxing break you can choose whichever Wellness Package you like and the treatments mentioned will be given to you according to the treatment hours in a day. Treatments will be all customized even if it is a set Package.
- If however you want to address a medical issue when you have initially opted for a Wellness Package, this can be done after a Holistic Health Evaluation with the doctor. Changes in the treatment programme will then be made.
- If you are here on a Medical Programme then the treatment programme will be designed after the Holistic Health Evaluation with the doctor. The treatment programme will integrate different Systems of Medicine and Complementary Therapies based on the person's needs.

## 11. ACCOMMODATION AND SERVICES

### 1. What kind of accommodation do you have?

- Simple, comfortable cottages with porch and fine lawn in front.
- Twin sharing accommodation per cottage with cooler, chair, table along with attached toilet (western), bath with shower, hot water facility is provided.

### 1. How many residential rooms do you have and how many can stay?

We have a total of 24 rooms, so our maximum capacity is for 40 people. That comes to more than an acre of space per room.

### 2. Do you provide Internet services?

Yes, we have a BSNL Broadband connection, which is usually available when the reception is open

## 12. BOOKINGS & PAYMENT

### 1. What is the minimum period of stay?

- For an experience, 2–5 days.
- For a basic programme, 1 week minimum.
- For weight management, at least 2 weeks minimum.
- From our experience, most people like to stay longer than we recommend!

### 2. How early do we book?

Earlier the better in case of a longer stay. Preferably a minimum of one week in advance for a shorter stay

### **3. How can payment be made?**

On confirmation, accommodation amount is paid. The remainder should be paid within a day of check-in. We accept cash and only Cheque.

## **13. FOOD**

### **1. What kind of food do you serve?**

We serve vegetarian, pure and Natural food including Fruits, Multiple Grains, Butter Milk, Lemon Water, Herbal Tea, Sprouts, etc. It is low fat, low salt and low spice as per need.

## **14. WHAT DO I NEED TO BRING ALONG?**

- Important - If you not an Indian citizen, your passport with a VISA to visit India.
- If you are here for a medical programme, please bring all medical reports with you.
- Walking shoes and some comfortable clothing for Yoga.
- Warm clothing for the months of November to February. Most important - bring along a smile and a positive attitude – it hastens your healing process

Note: - Smoking and Alcohol is prohibited in Wardha district