



Arogyadham :

Nature never did betray the heart that loved her



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 chronic ailments with Naturopathy, Yoga and Meditation and to live in harmony with Nature. Beneficial effects of yoga are explored in chronic ailments such as hypertension, stress etc. in a research mode.

Arogyadham has Naturopathy and Yoga clinic, Herbal (aonla) garden (218 acres), Yoga and Meditation hall, separate treatment sections for male and female, canteen with vegetarian foods, walkways, library and recreation facilities for the benefit of residents.

Objectives of Arogyadham (Programs and Activities) :

1. Development of Traditional Health Care & Research Centre with thrust on naturopathy and yoga for management of chronic ailments.
2. Running Inpatient and Out patient Clinic
3. Organizing Naturopathy, Yoga and Meditation camps
4. Health Retreats, Workshops, Symposia for promotion of positive health.
5. Camps and counseling for students for all round development.
6. Research activities related to chronic ailments.
7. Establishing Holistic Life Style Guidance Centre for management of Life Style Disorders namely Obesity, Hypertension, Back pain, Diabetes, Asthma, Heart disease, etc.

Yoga & Nature Cure Facilities :

Nature cure facilities namely Hydrotherapy (steam bath, spinal bath & spray, hip bath, packs etc.), Therapeutic Massage, Mud therapy, Yoga therapy (daily classes, kriyas etc.), Acupuncture, Diet therapy etc. have been well established at the Arogyadham campus, situated near Medical campus in 24 cottages constructed with financial support from Smt. Aparna Ben Trivedi.

Many people have visiting Arogyadham with physical complaints like Arthritis, Bronchial asthma, Hypertension, Diabetes, Obesity, and got treatment and benefited. Further healthy people also utilized the facilities for massage, steam bath etc. for refreshing and energizing



themselves. Packages for 10, 15, 30 days treatment for out patient has been provided. Mini garden for Aerobics and acupressure therapy is in progress.

Health Awareness Camps:

As a scientific system of healing, with a 'holistic' approach, Naturopathy and Yoga have shown beneficial effects on the 'health and disease' of a person. To explain the efficacy and to make the people aware of the various benefits and the need of this system in the modern world, various camps have been conducted at Arogyadham by the Naturopathy consultants.

Friends of Arogyadham Activity:

Regular meetings of Friends of Arogyadham are held on 2nd and 4th Saturdays in each month between 6:00 to 7:30 P.M. with ACD / DVD / VCD show / lecture / talk on Yoga, Pranayam and meditation, Life style health problem , Stress Management and Art of Living etc. (Video show starts at 6:15 P.M.)

Herbal Garden Project :

'Work is Life' culture of Jain Irrigation Systems Ltd. (JISL) has shown significant progress in development of Herbal Garden within 4.6 years. Work of the wasteland development of about 218 acres behind Medical Institute was started on October 2nd 2002 and developed for Herbal Garden by Jain Charities through JISL. Water is brought by a 5-6 Km. pipeline from Pawnsar river. Presently Aonla (22000), Ritha (50), Karanj (103), Neem (292), Ashoka (155), Custard apple (105), Banana (13000) have been planted under drip irrigation. 95% grafting of Aonla plants has been completed. Aonla plants are in good health. Both organic and chemical fertilizers are given. Aonla plants started bearing fruit. This year again we have Soybean (15 acres), Dhaincha & Sunhemp (100 acres) as green manuring crops and banana (10 acres).

Some medicinal plants like Ashwagandha, Adulsa, Shatawari are planted on trial basis. About 1000 Jatropha (Bio-diesel) plants are planted on the hill side, where regular crops can not be taken. To avoid water problem in future, deepening of oxidation pond is planned to increase its volume and other measures for water harvesting.

A small unit of vermicompost is started this year, to convert Agriculture waste into fine manure.

Herbal Garden is developing as an ideal area for nearby formers and agricultural officers to get latest information about new techniques in the field of agriculture and irrigation.