

Swami Kuvayana
B. 1883 - D. 1966

The Institute of Kaivalyadhama, Mumbai has been devoted to the practice of Yoga since 1932. **Swami Kuvayanandaji**, the founder of Kaivalyadhama, had a clear vision about the great role played by Yoga in health and healing. He said: **"I am far more anxious to prevent diseases than to cure them"**. He was thoroughly convinced about the scientific base of Yoga. Yogic Physical culture is capable of building such vitality in every individual who seriously practices it, that he rarely succumbs to any illness. Daily and systematic practice of Yoga develops immunity against all diseases. This has remained the main thrust of the activity at Kaivalyadhama, Mumbai for the last eighty years.

Urbanization has led us to adopt drastic changes in our life style which has ultimately resulted in various lifestyle disorders. The main constraints are lack of leisure, aggression due to loss of family life and lack of privacy in daily life. The external causes are pollution, stress, pressure and strains of one's profession and those created by heavy traffic. Just as the carburetor of your car gets choked, so do many parts of the body which get plugged due to excessive and vitiated DOSHAS. Washing, cleaning and greasing is the regular procedure to make our body function smoothly. Ayurveda, an age old Science and its co-partner, Yoga, have recommended a daily health regimen for you to enjoy a happy and healthy life.

KAIVALYADHAMA, MUMBAI offers the following Ayurvedic Therapies under the guidance of Ayurveda experts.

DR JAGDISH BHUTADA
Senior Ayurveda Consultant,
Kaivalyadhama Lonavala.

Dr. Jagdish Bhutada is awarded as Vaidya Balshastri Lavgankar Panchkarma Puskar by Khadiwale Vaidyak Research Institute, Pune, Maharashtra.

DR. NUTAN PAKHARE
Ayurveda & Yoga Consultant,
Kaivalyadhama, Mumbai.



KAIVALYADHAMA, MUMBAI offers the following Ayurvedic Therapies

Abhyanga or Whole Body Massage



This is a whole body massage with warm medicated oil using a special traditional technique followed by herbal steam bath. This Ayurvedic massage is based on the knowledge of "marma" points which are the site of the reflexes.

This massage stimulates the main vital points and circulatory channels and revitalizes them. It is useful as an anti-ageing agent because it removes fatigue and renews one's strength and vitality. It is beneficial in relaxation and removal of aches and pains and relieving stiffness. It helps to improve one's personality.

Everyone can benefit from this massage and it is especially useful for Paralysis, Multiple Sclerosis, Hemiplegia and Parkinson's disease and for heart patients.

POTTALI (Pinda-Svedan)



NAVARAKIZHI : A warm massage with bolus of medicated rice and Medicated milk.

ELAKIZHI : Warm massage with bolus of herbal pastes and medicated oil.

Both these types of massage are effective in removing stiffness and pain from the muscles. They help to improve muscle tone, strengthen the tendons and muscle ligaments and cure various problems arising from the condition known as vaata. The nerves get strengthened and the effects of paralysis are reduced. Those suffering from Hemiplegia, Multiple Sclerosis and Parkinson's disease also stand to benefit.

UDWARTAN



A warm oil massage with dry herbal powder followed by steam.

It removes blackish discoloration of skin & improves blood circulation all over body. It reduces fat & hence helps to treat Obesity & non infectious skin disorders.

HERBAL STEAM



It is very useful to detoxification of Body & Mind. It helps to reduce fats & stiffness of body & hence increases flexibility.

Recommended for Obesity, Bodyache & Joint pain.

Athletes, wrestlers & swimmers experience the advantage of above treatments especially after prolonged exercise.

SHIRODHARA / TAKRADHARA



It is the process of pouring warm medicated oil or milk or buttermilk on the site of the center of the eyebrow & on the forehead which awakens the third eye - the seat of cognitive vision.

This is effective in inducing quiet and calm sleep by reducing fatigue, psychological problems, stress, tension and hair complaints. It invigorates the body and mind and stimulates cognitive memory.

NASYA



It consists of special facial massage followed by the introduction of a drop of medicated ghee or oil in the nose followed by steam inhalation.

It is a wonderful treatment to remove the doshas or congestion in the Ear, Nose & Throat. It cures problems of the respiratory track like chronic allergic asthma, cold cough etc.

It relieves mental fatigue, nervous disorders like depression insomnia, epilepsy and insanity. It is also useful in problems of excessive hair fall and premature graying. It helps to induce calm and quiet sleep. It sharpens the intellect by enhancing nervous system.

KARNPURAN



It consists of pouring warm medicated oil in the ears with special massage around the ear and on the face and lower neck. It uses the "marma" technique and is followed by facial steam. It is effective for ear problems, jaw problems, fatigue, facial expressions and the effects of ageing.

NETRATARPANA, NETRADHARA & NETRABASTI:



It consists of a warm oil bath to the eyes. It is especially effective for those handling computers and digital screens.

It is most useful for different sorts of eye problems like dryness of eyes, weak eyesight, reddening and pain in the eyes. It has a very positive effect from a nutritive point of view. It relaxes and nourishes the optic nerve and the nervous system.

All persons in positions of higher authority stand to benefit from all above treatments.

SANDHIBANDHA



Parts involved - Any Joints
It is a special treatment for joint pains using warm medicated oil & binding material. It relieves knee pain, shoulder pain and arthritis & anybody can avail of it.

LEPA



It is an application of herbal paste or medicinal plaster on a specific part of the body or affected area. The treatment can be used on all the body parts.

It restores the equilibrium of the doshas. It is especially suitable for athletes to avoid injuries, muscle & ligament tear etc.

PADABHYANG



Massage on the soles of the feet with kasa vaati and shatadhoughtghurt (Ghee that is washed 100 times).

It Induces calm sleep & help to treat Insomnia. It reduces pain & dryness of the sole & leg.

It is instant reliever of fatigue, stress. It is simplest & most revitalizing treatment of body, mind & soul.

SHIRO-ABHYANG



Shiro-abhyanga is a head massage i.e. application of medicated oils to the head followed by a gentle massage.

It rejuvenates the entire body and strengthens the nervous system. This treatment advised for prevention of many psychosomatic disorders.

FACIAL- SEASONAL (Winter/Summer/Monsoon)



It is treatment of the face & its disorders like Acne Vulgaris, Spots etc.

Oleation of facial parts with suitable herbal preparations as per seasonal & individual skin. It is followed by the use of herbal facial steam. It gives a lustrous appearance to the face by improving facial tone & glow.

All above therapy are preventive treatment for two wheeler users, athletes, wrestlers, swimmers.

BASTI - Enema Treatment in Ayurveda

Basti in Ayurveda is said to be the king of all Panchkarma & mainly related to treat Vata Doshas disorders. If vata dosha is balanced, the other two doshas i.e. Pitta & Kapha would be balanced automatically. Because it is considered that Vata Dosha is root cause of many disorders. Hence Basti therapy balances all the three doshas viz. Vata, Pitta and Kapha respectively. This is the beauty of these particular Panchakarma treatments. Prescription : As advice by Concern Doctor



LOCAL BASTI

A ring of gram flour dough with warm oil within the ring is placed on various parts of body like Neck, center of chest, knee joint, back etc.

MANYABASTI

Parts involved - Cervical Region
This relaxes & rejuvenates the neck and eases the pain of cervical spondylosis. It is a specialized treatment used to strengthen the neck muscles and improve the functioning of the cervical vertebrae.



KATIBASTI

Parts involved - Vertebral column & Spine.
It strengthens the vertebral column and spinal cord. It helps to overcome problems of sciatica, spondylosis, slip-disc and stiffness in the pelvic region. Katibasti develops stamina and reduces back pain; it reduces problems related to osteoporosis.



HRUDBASTI

Parts involved - Chest & Heart Region
This rejuvenates the heart muscles, strengthens Cardiac activity, calms down the heart spiritually & improves respiratory disorders. It is excellent for all Cardiac Disorder patients.



JANUBASTI

Parts involved - Knee Joints
It revitalizes and strengthens the knee and relieves the troubles of the knees including severe pain in the knees.



AYURVEDA CONSULTATION FEES - Rs. 300/-

NOTE - Medical consultation is advised before availing Ayurveda Therapy - Abhyang, Pottali, Udvartan, Steam Bath, Karnapuran Etc. Shiroabhyang / Padabhyang / Shirodhara can be availed without consultation.

Ayurveda Treatment Programme

Sr.	Treatment	Dur. in Min.	Fees
1	Abhyangam With Steam	45	1400
2	Abhyangam Without Steam	45	1100
3	Shiroabhyanga	30	600
4	Abhyang With Head Massage	75	1800
5	Local Abhyang Massage	30	700
6	Pottali (Patra/ Rice)	45	1500
7	Local Pottali Massage	30	700
8	Takradhara	45	1400
9	Shirodhara	45	1400
10	Netradhara	30	400
11	Facial	45	600
12	Nasya	30	700
13	Karnapuran	30	600
14	Basti	45	1500
15	Uttarbasti	45	1500
16	Netrabasti	30	800
17	Manyabasti	30	800
18	Katibasti	30	800
19	Hrudbasti	30	900
20	Janubasti	30	800
21	Sandhibandha	30	700
22	Padhabhyanga	30	600
23	Lepa	30	500
24	Udwartan	45	1500
25	Herbal Steam Bath	30	600

SPECIAL PACKAGE OFFER

- 10% discount on Treatment Package Rs. 5000/-
- 15% discount on Treatment Package Rs. 10000/-
- 20% discount on Treatment Package Rs. 10000/- (for Life members)

**Specific Workshop Registered members - 25% discount
(Valid for 2 month from the 1st day of workshop)**



Residential Yoga and Ayurveda Panchakarma Programme at LONAVLA

For 1 week / 2 weeks / 3 weeks / 4 weeks

This programme is run at Kaivalyadhama at Lonavla. It is a residential Yoga and Ayurveda Treatment in the evergreen lap of nature away from crowded city life.

Highlights :

- Treatments are done in clean and cheerful atmosphere.
- Special diet / food will be served during treatment.
- Trained staff executes treatments.
- Doctors will check periodically as per need.
- Materials used during treatment is made from pure herbs & special care is taken while preparing them and it is free from toxins.

Note : The Programme includes Yoga Session, Dietic Food, Stay, Therapy, Lubrication, Detoxification, Rejuvenation

For More Details & Booking contact :

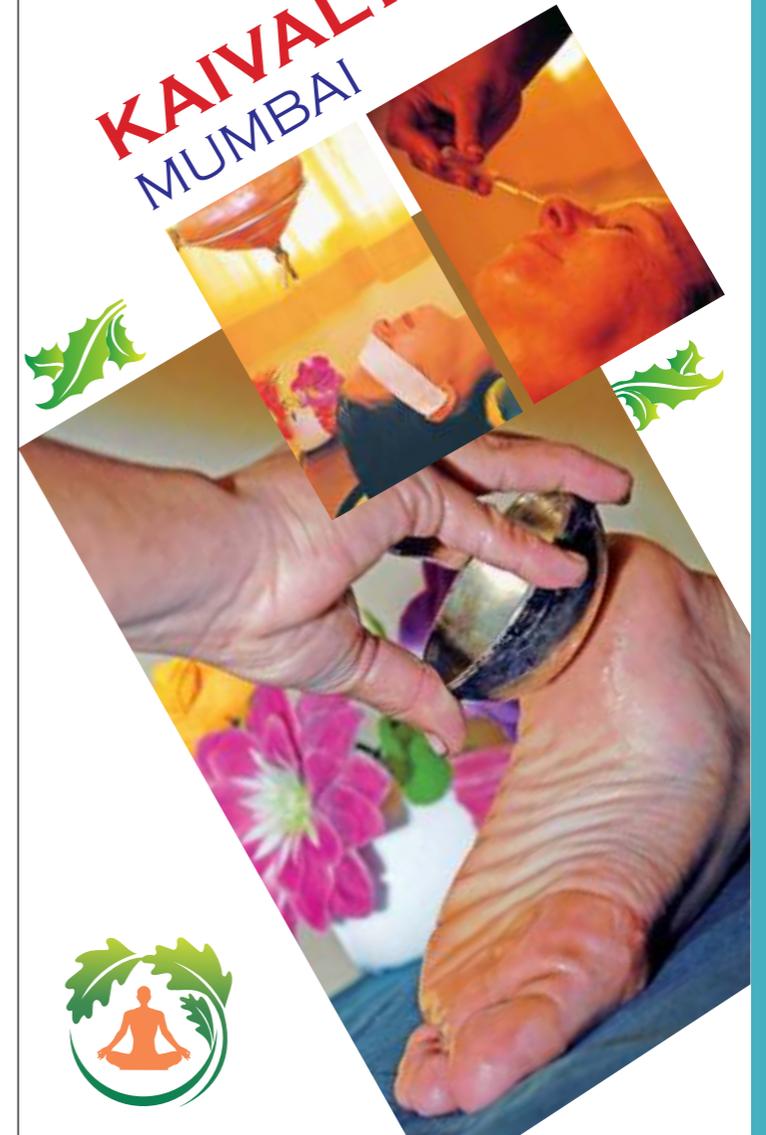
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& **YOGA**
at
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MUMBAI



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