

Amruth

Ayurveda Nursing Home & Yoga Centre

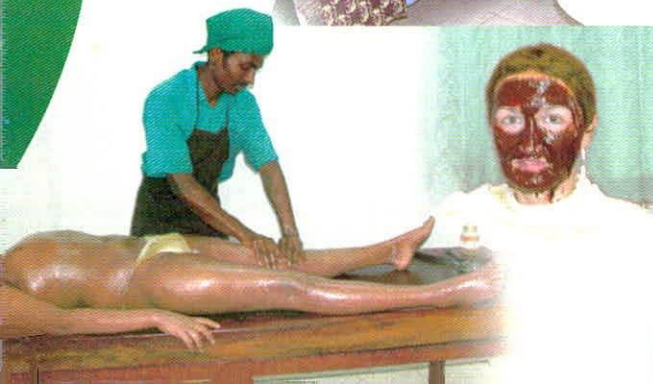
Accolades

- Centre of Excellence for Medicinal Plants and Traditional Knowledge. Ministry of Environment and Forests, Government of India.
- Scientific and Industrial Research Organisation (SIRO) of DSIR, Govt. of India.
- Recipient Normal Borlaug Award, 1998
- Equator Prize for Conservation of Bio-diversity, UNO 2002
- International Cultural Stewardship Award for complementary medicine, Columbia University, 2003



This scientific research center is situated in 5 acres of serene campus, 19 kilometers away from Mekri circle off Doddaballapur road after Yelahanka circle immediately on the left after CRPF campus. The campus has a unique landscaping consisting of 600 medicinal plants. It also has a medicinal plant nursery, where one can pick-up medicinal plants to grow at home or office. This 20-bed hospital has 8 spacious double rooms including 2 deluxe rooms with AC and other facilities.

FRLHT has a team of 15 Ayurvedic doctors and Siddha, Unani and Yoga Consultants. The clinical team consists of 5 doctors headed by a postgraduate in General Medicine with 15 years of clinical experience. In-house canteen provides excellent Indian vegetarian foods of balancing nature cooked as per the advise of the physicians. All the Panchakarma treatment prescribed in Ayurveda and also other special Kerala treatments of purification are conducted here.



Amruth Ayurveda Nursing Home & Yoga Centre

What do we offer ?

Amruth Ayurveda Nursing Home specialises in 12 clinical fields where Ayurveda is strong and can contribute.

Field	Focal Areas
Women & Child Health	Gynecology, Infertility, Antenatal and Maternity CarePostnatal care, High risk
Geriatrics	Dementia, Prostrate
Mental Health	Anxiety Neurosis, Mood disorders, sleeplessness, mental retardation, headaches.
NIDDM	Diabetes Neuropathy
Skin Diseases	Psoriasis, Eczema, Leucoderma
Cardiac Disorders	Prevention of CVD/CAD and recurrence, Cardio megalay,
Neurological Disorders	Paraplegia, Hemiplegia, Motor Neuron Disorders.
Musculo-Skeletal Disorders	Rheumatoid Arthritis, Gout, Osteo Arthritis, Acute Joint Inflammation, Pseudo Muscular Dystrophy.
Gastro-intestinal & Respiratory tract disorders	Bronchial Asthma, Emphysema, Allergies, IBS, Spastic Colon, Ulceritis Colitis.
Complimentary treatment for Cancer	Myloma, Lymphoma, CA of breast, Mouth, cervix and uterus
Ophthalmology	RP, DR, Glucoma, Myopia
Preventive & Promotive Health	All aspects of prevention and Wellness

Best of Ayurveda the Authentic way

The term for health in Ayurveda is 'Swasthya'. This word means, to be established (Sthya) in oneself (Swa) Ayurvedic texts elaborate on the meaning of Swasthya

**"Samadosha Samagnischa Samadhatumalakriyaha
Prasannatme indriya manah Svastha Ityabhidhiyate"**

This means:

One whose physiological functions (doshas), metabolism (agni), body tissues (dhatus) and excretory functions (malas) are in a state of equilibrium. Furthermore one who has cheerful mind, clarity of intellect and contented senses is said to be established in oneself (svastha). Health or swasthya is therefore defined by Ayurveda as a perfect state of equilibrium, of body & mind.

Amruth Ayurveda Nursing Home serves the preventive, promotive as well as curative health needs of the community and the clinical team consists of experienced Ayurvedic Doctors, Yoga Teachers and Trained Therapists.

• Appointment :

To fix prior appointment call 080-28568140 (clinic) or our office at 28460 549.

Patients will be attended by senior doctors.

Monday to Friday at 10 a.m. to 1 p.m. and from 3 p.m. to 4 p.m. • Saturday 10 a.m. to 1 p.m.

Sunday's only inpatient and patients with prior appointment will be seen.



www.frlht.org.in

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