

## Facilities at Alva's Anandamaya Arogyadhama



Cottage Accommodation



Deluxe rooms and wards



Treatment Section



Diet Hall and juice center



Yoga Hall, Prayer & Meditation



Walking Path & Recreation area

## Shobhavana Herbal Garden

'Shobhavana' is a garden with priceless medicinal plants dedicated in the memory of Late Shobha Alva. The Herbal plantation is spread across 100 acres of land having 58 separate vanas or sub sections, and has about 2,500 varieties of medicinal plants. Shobhavana is a Certified Organic plantation and is the first of its kind medicinal garden in entire South India. Anandamaya Arogyadhama is located inside this campus and the inmates are at liberty to walk inside this garden which is also inhabited by about 70 of species birds and varieties of butterflies. There are large scale cultivation of certified organic medicinal plants which are used to produce quality herbal products by GMP certified Alva's Pharmacy which is in the same campus. There are a number of proprietary products and classical products which are manufactured traditionally and also by using modern technology.



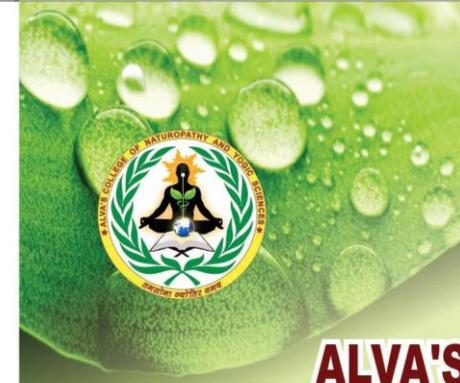
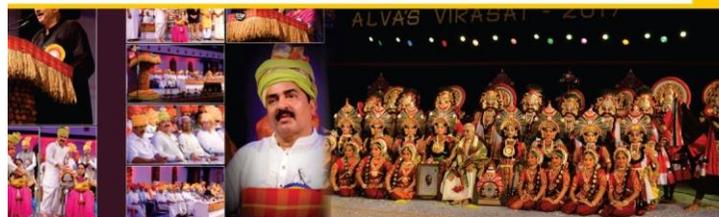
## ALVA'S PHARMACY

Alva's Pharmacy was established by Dr Mohan Alva in 1981 for providing genuine, classically manufactured Ayurvedic Medicine and patented products. Alva's Pharmacy has a blend of traditional and modern manufacturing techniques without compromising on the quality of its products. Modern equipments have been added to the manufacturing techniques to systematize manufacturing work with quality testing equipped laboratory and qualified expert techniques, subject experts and research staff and has acquired GMP certification hence produces quality product. Raw materials are collected from Herbal Garden of SKAL International approved quality.



## OTHER ACTIVITIES OF ALVA'S EDUCATION FOUNDATION

The Foundation conducts "Alva's Nudisiri" a state level literary fest to showcase the richness of Kannada Literature  
A International level cultural fest "Alva's Virasat" performed by National & International Acclaimed artist is also organised yearly in the month of December/ January



**ALVA'S**

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Anandamaya Arogyadhama run by Alva's education Foundation © is uniquely designed Integrated health centre which has Naturopathy, Yoga & Physiotherapy modalities of treatment established for the purpose of providing health to all its clients. Located in midst of greenery this centre has experienced staffs and well equipped treatment rooms to deliver the best possible results from the therapies. To complement the therapies accommodation's at Anandamaya Arogyadhama are traditionally designed and tastefully decorated with antique furniture's and artefacts. The campus has a two acer herbal garden with over 2500 medicinal plants including rare and exotic species. This vegetation is also home to a variety of birds. There are about 100 acers of organically cultivated medicinal plants and is surrounded by lush green forest which adds pleasure to the stay here.

Anandamaya Arogyadhama is located at Mijar, 7 kms from Moodbidri a Jain pilgrim centre and 26 kms from Mangalore on the national highway no.169. This place is well connected by all modes of transport. The nearest railway station is Mangalore 27 Kms & the nearest airport is Mangalore International Airport located 22 Kms from arogyadhama. Anandamaya Arogyadhama provides a pollution free quite atmosphere highly conducive to peaceful and healthy leaving that can quicken the process of rejuvenation and healing.

### About Naturopathy

Naturopathy is a science-based tradition holistic system which believes that good health is not the same as the absence of disease and promotes a general state of wellbeing by employing non-toxic natural therapies to restore physiological, psychological, and structural balance. it supports the body's innate ability to heal itself through nutrition, dietary principles, lifestyle, exercise and other simple treatment techniques which can effectively manage our physiological systems. Naturopathy may be beneficial for a wide range of acute or chronic conditions as well as a general practice for living well.



## Therapies at Alva's Anandamaya Arogyadhama

### Hydrotherapy

Hydrotherapy is the use of water in the treatment of disease. A Variety of Specialized baths at different temperature produces the desired effects.



### Mud therapy

Black mud rich in minerals is taken from an unpolluted area cleaned and then used for therapy. The Mechanical & thermal effect of mud produces the desired therapeutic effect.

### Diet & Fasting Therapy

Regulated use of spices and stimulants, along with a properly combined balanced diet helps in accelerating healing and restore health. Fasting therapy which is a popular detoxifying and healing component of diet therapy is also prescribed & practiced here under the supervision of experienced dietitians.

### Massage Therapy

A wide variety of massage like Swedish Massage, Medicated powder massage, Massage with herbs, rice and milk use to pamper the senses at Anandamaya helps to relax the mind and rejuvenates the body.



### Yoga Asana, Pranayama & Yoga Therapy



Regular yoga classes every morning with pranayama are a part of routine practices at Anandamaya. Yoga as a therapy is prescribed for specific health problems and are practiced under the supervision of experts. Counseling is done as a part of yogic therapy.

### Meditation & Relaxation

To effectively combat stress, body's natural relaxation response needs to be activated. This can be done by practicing relaxation techniques & meditation. Fitting these activities into everyday life can help reduce stress & boost your energy and mood.



### Acupuncture & Reflexology

This is a Chinese method of treating ailments with fine needles inserted at specific points. At Anandamaya fine disposable needles along with all aseptic measures to ensure safe treatment. Reflexology is an application of appropriate pressure to specific points and areas on the

feet, hands, or ears which correspond to different body organs and systems, and pressing them has a beneficial effect on the person's health.

### Physiotherapy

Basic physiotherapy facility is available to manage pain along with stretching and exercises are administered by experienced physiotherapist.



### Patient related Information

The centre admits only those patients who are able to carry on their daily activities without assistance. Wheel chair bound patients are admitted along attendants after proper screening by the medical team.

### Some of the health issues that can be effectively treated are

1. Acute and chronic pain management
2. Non Infective respiratory disorders
3. Lifestyle disorders
4. Neurological disorders
5. Non Infective GI Disorders
6. Non Communicable skin diseases

Cardiac Conditions and other problems which require continuous monitoring, Medical emergencies & communicable disease will not be treated.

### What to Bring with You

- ./ Personal identification Document
- ./ Your recent as well as past medical reports relevant to your health problem.
- ./ Present Medications
- ./ Your physician's advice or other recommendations.
- ./ Comfortable Dress for Yoga.
- ./ Casual wear

**Accommodations :** Independent Cottages, Deluxe Rooms, Special Rooms and General Wards are the type of accommodations available at Anandamaya Arogyadhama. The tariffs and availability will be made available on request.

**Admission Procedure :** Admission process will be initiated only after Consultation.

Two weeks advance booking is to be done for admission.