



# Vedamarogya

AYURVEDA HEALTH CENTRE



**CONSULTANT PHYSICIAN :**

**Dr. SACHIN NADKA MD (AYU)**  
**Dr. ANUSHA G. MD (AYU)**

All the best things from  
**Ayurveda** under one roof



## About Us :

Vedamarogya Ayurveda attempts to furnish the authentic Ayurveda and Wellness experience to the mankind, has been exceptionally designed to recapture the traditional heritage of ancient Ayurveda.

VEDAMAROGYA – is a visionary institution created out of knowledge, commitment and foresight of a team, to provide a quality healthcare service to all sections of the society. The physicians at VEDAMAROGYA, by virtue of their deep understanding of the concepts of Ayurveda, have been constantly innovating and adapting the Ayurveda treatments to suit the changing healthcare needs of the population.

With their firm faith in the ancient Ayurveda treaties and the legacy of India, Vedamarogya strives to a complete establishment of a comprehensive approach to the health and is committed towards enhancing the positivity and wellbeing in the individuals and to maintain the authenticity of our ancient science.

It is a tribute to a natural living and aims to provide the guidance regarding food and lifestyle, blending the traditional wisdom with modern conveniences, so that healthy people can stay healthy and those with health challenges can improve their health.

Using the time tested principles of Ayurveda and Yoga, our Health centre will provide you with much relief from your hectic, mundane lifestyle and restore your inner balance.

### SHIRO ABHYANGA ( HEAD MASSAGE)

Ayurvedic head massage, induces a state of calm, peace & tranquillity by destressing the whole body.

### PADA ABHYANGA ( FOOT MASSAGE)

Ayurvedic foot massage, which is soothing, revitalizing, calming & balancing your autonomic nervous system, basically a daily ritual especially before retiring at night.

### KATI (BACK) ABHYANGA

Extremely effective and deeply enriching oil massage of the back, heals and relieves wide variety of the back problems.

### SARVANGA (FULL BODY) ABHYANGA

Ayurvedic oil massage to your whole body, is so luxuriously relaxing, so blissfully comforting as a full-body warm oil massage rev up your body & mind by gearing them up.

A daily full- body warm oil massage therefore acts as a powerful recharger & rejuvenator of mind and body.

### SHIRO-DHARA : ( TAILA-DHARA/TAKRA-DHARA)

It is an unique and classic Ayurvedic therapy which includes, pouring of warm medicated oil/decoction on the forehead in a continuous stream. Shirodhara has a profound impact on your nervous system which directly & immediately calms, relaxes & has a cleansing effect on your mind and nerves.

### NASYA

“The nose is the doorway to the brain, mind & consciousness”

Here Nasya is an Ayurvedic therapy involving the nasal drop instillation of medicated oil/decoction which provides the subtle moisture to the air we breathe and affects the higher cerebral faculties & sensory organs.

### UDWARTHANA

Udwarthana is a special deep tissue powder massage of the body that pacifies Kapha dosha, liquefies accumulated fat, stabilizes body parts and is best to improve the blood circulation.

### SARVANGA DHARA :

It is an amazing Ayurveda technique of pouring the lukewarm medicated milk/kashayam in a regular stream all over the body with a specific pattern, helps to sooth the frayed nerve ends, promotes circulation, relaxes your muscles & relieves from stress & strain.

### PIZHICHIL (TAILA DHARA)

Pizhichil, considered as the king of therapies with an exemplary benefits is a combination of snehana (oleation) & swedana (sudation) in which herbal oil is poured/squeezed over the body in a monitored streams with simultaneous soft massage.

### AYURVEDA SWEDANA : ( STEAM)

Ayurveda explains various types of swedana and its significance on the body which are given before , after or as a standalone therapy.

#### NADI SWEDA :

A unique steam given with a special instrument called 'Nadi sweda yantra'.

#### BASHPA SWEDA :

Vapour steam given through the closed steam cabin.

#### NAVARA KIZHI :

A form of rice steam with medicated herbs tied in a cloth .

#### ELA KIZHI :

Is one of the best form of steam with the herbal leaves tied in a cloth.

#### PODI KIZHI :

Steam Given with the Herbal Powders tied in a Cloth.

### AYURVEDA SOUNDARYA (BEAUTY THERAPY)

MUKHA ABHYANGA (FACE MASSAGE)

MUKHA LEPA ( FACE PACK)

AYURVEDA HERBAL FACIALS



**“Yoga is the perfect opportunity to be curious about who you are”- Jason Crandell.**

**Y  
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A**

Yoga teaches us to what need not be endured and endure what cannot be cured.

Yoga & Ayurveda are sister branches of the same great tree of Vedic knowledge that encompasses all of human life and the entire universe.

It is an ancient Physical & spiritual discipline and branch of philosophy provide both the instant gratification and lasting transformation.

Yoga encourages overall health & wellness. It is not just about working out, its about a healthy lifestyle. Yoga's deep breathing & meditation practices help foster an inner shift. Peace & tranquillity achieved through focussed training appeals to everyone.



### **FACILITIES**

- All varieties of Classical Ayurveda Therapies
- Patient Consultation
- Ayurveda Medicines and other Health care Products
- Ayurveda wellness and preventing modalities
- Swarnaprashana in Pushya Nakshatra days
- Food & Nutritional Counselling
- Psychological Counselling
- Yoga & Pranayama classes

### **SPECIALIZED PANCHAKARMA THERAPIES FOR**

- Back Ache and Spinal Cord Disorders
- Degenerative Diseases
- Obesity
- Skin Disorders
- Headache, Migraine, Sinus Problems
- Sleep Disorders
- Diabetes, Hypertension
- Psychological Disorders
- Gynecological Disorders

### **ಸೌಲಭ್ಯಗಳು**

- ತಜ್ಞ ವೈದ್ಯರಿಂದ ತಪಾಸಣೆ ಮತ್ತು ಸಲಹೆ
- ಎಲ್ಲಾ ರೀತಿಯ ಶಾಸ್ತ್ರೀಯ ಪಂಚಕರ್ಮ ಚಿಕಿತ್ಸೆ
- ಸುಸಜ್ಜಿತವಾದ ಔಷಧಿ ಕೇಂದ್ರ
- ಪುಷ್ಯ ನಕ್ಷತ್ರದಂದು ಆಯುರ್ವೇದ ಸ್ವರ್ಣಪ್ರಾಶನ
- ಸುಖದಾಯಕ ಮತ್ತು ಆರಾಮದಾಯಕ ಆಯುರ್ವೇದ ಮಸಾಜ್ ಮತ್ತು ಫೇಶಿಯಲ್.
- ಪ್ರತಿನಿತ್ಯ ಯೋಗ ಮತ್ತು ಪ್ರಾಣಾಯಾಮ ತರಬೇತಿ
- ಆಹಾರ ಮತ್ತು ಜೀವಸತ್ವದ ಬಗ್ಗೆ ತಜ್ಞ ವೈದ್ಯರಿಂದ ತಪಾಸಣೆ ಮತ್ತು ಸಲಹೆ

### **ವಿಶೇಷ ಪಂಚಕರ್ಮ ಚಿಕಿತ್ಸೆಗಳು**

- ಪಕ್ಷಪಾತ
- ಕುತ್ತಿಗೆ, ಸೊಂಟ ನೋವು
- ಸಂಧಿವಾತ ಮತ್ತು ಅಮವಾತ
- ಸ್ಥೂಲತೆ • ತಲೆನೋವು
- ಮಾನಸಿಕ ರೋಗ • ಚರ್ಮವ್ಯಾಧಿ



**Ph : +91 9632008444, +91 9632007444**

**Website : [www.vedamarogya.com](http://www.vedamarogya.com) | Email : [vedamarogya@gmail.com](mailto:vedamarogya@gmail.com)**

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"Akshaya", Dr. No. 3w-3-103/3, Near Ventura Apartments,  
Mundana, Kadri Kambala Road, Kadri Mangalore - 575004  
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