



**Athreya Arogya Dhama** is equipped with many expert Ayurvedic & Yoga consultants, well trained masseurs & experienced therapists.



### CONSULTANTS

**Dr. B. R. Ramakrishna** BSAM, BAMS, MD (Ayu), MSc (Yoga), (Phd - Yoga),  
Prof Sushrutha Ayurvedic Medical College & Hospital Bangalore  
Dean of Life Sciences, S-VYASA University,  
Consulting Chief Ayurvedic Physician Arogyadhama Prashanthi Kuteeram, Bangalore.

**Dr. S. P. Geetha**  
BSAM, BAMS, MD (Ayu), YIC (Yoga),  
Ex - Medical Officer Govt. of Karnataka, Bangalore

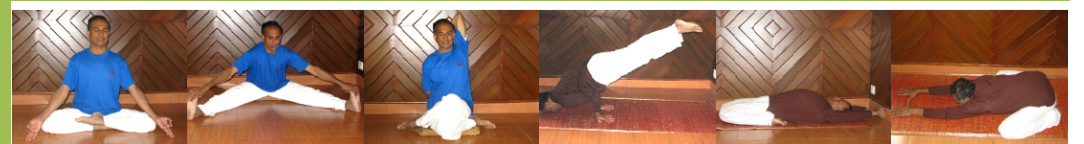
**Dr. Vasudeva Vaidya**  
BAMS, MSc (Yoga), MBA (Hospital Administration)  
Deputy Medical Superintendent, Prashanthi Kuteeram, Bangalore

**Dr. Vasudha**  
BAMS, MS (Ayu),  
Professor, Sushrutha Ayurvedic Medical College & Hospital Bangalore

**Dr. Manjunath Joshi**  
BAMS, MS (Ayu)  
Reader, Sushrutha Ayurvedic Medical College & Hospital Bangalore



**Athreya Arogya Dhama** is a hi-tech Yoga and Ayurvedic therapy center located in a serene locality of Bangalore (South). It is managed by well qualified and experienced teachers and professionals. It is well equipped with all the aesthetic traditional Ayurvedic and Yoga treatment facilities and modern amenities of international standards.



## Athreya Arogya Dhama

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पुष्पाक्षरम वामन्याहम

We Take Care Of Your Well Being

Athreya Arogya Dhama integrates classical Ayurveda & Yoga to provide total solutions to your health problems.



The aim of our treatments & therapies is to create a state of Total, Quality, Positive & Perfect health through a balanced state of Physical, Physiological, Psychological Intellectual & Spiritual dimensions of life.



The Ayurvedic treatments & Yoga therapies are specially designed to manage most of the modern day to day health problems, varying from physical ailments to mental and selected surgical problems.

### Traditional Ayurvedic & Kerala Special Therapies like

- ✓ Abhyanga
- ✓ Shirodhara
- ✓ Greevabasti
- ✓ Kasherukabasti
- ✓ Udvartana
- ✓ Pathrapindasweda
- ✓ Kayaseka
- ✓ Netratarpana
- ✓ Navarakizhi
- ✓ Katibasti
- ✓ Janubasti
- ✓ Mukalepa & many more...



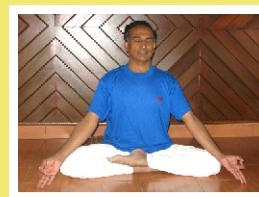
### Facilities Available & Therapies Offered

- ✓ Ayurvedic consultations by experts
- ✓ Yoga therapy consultation by experts
- ✓ Classical Ayurvedic treatments
- ✓ Panchakarma treatments for chronic diseases
- ✓ Ayurvedic classical treatments for rejuvenation & immunity
- ✓ Special Yoga techniques
- ✓ Special wellness packages
- ✓ Ayurvedic skin care & beauty enhancing packages
- ✓ Ayurvedic surgical procedures - ksharasutra, Agnikarma, Rakthamokshana etc.,
- ✓ Ayurvedic way of ante natal & post natal care



### The Yoga Treatments include

Asanas, Suryanamaskara, Sukshmayayama, Pranayama, Meditaion, SMET, MSRT, PET, Yoganidra, etc.,



### Some of the ailments treated

Arthritis, Spondylitis, Low Back Pain, Asthma, Allergies, Bronchitis, Skin problems, White patches, Psoriasis, Cosmetic treatments, Diabetes, Hypertension, IBS, Migraine, Insomnia, Dry eyes, Hemorrhoids, Sexual problems, Hair fall, Dandruff, PCOD, Menstrual disorders & Infertility.