



## Psychotherapy

The Psychological Disorders Clinic caters to the needs of those individuals who wish to seek medical and psychological consultation for addressing the psychological issues pertaining to the Depression, Phobias, Insomnia, Post - Traumatic Stress disorder, Generalized Anxiety disorder, Obsessive-compulsive disorder, Adjustment disorders, Drugs Addiction, Alcohol addiction, Delusion disorder, Schizophrenia etc.

## Acupressure

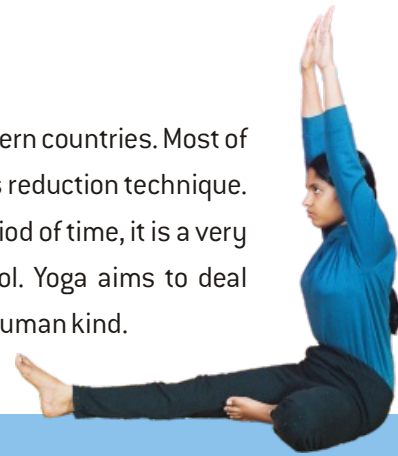
**(Marma Chikitsa)**

An ancient healing art that uses the fingers to press key meridian points on the surface of the skin to stimulate the body's natural self-curative abilities. It's a treatment of symptoms by applying pressure with the fingers to specific pressure points on the body.



## Yoga Therapy

Yoga is enjoying growing popularity in Western countries. Most of us are aware of its use as a powerful stress reduction technique. If practiced regularly, over an extended period of time, it is a very powerful healing and transformational tool. Yoga aims to deal with the entire problem being faced by the human kind.



## Pranic Healing:

Pranic Healing is a simple yet powerful & effective system of **no-touch** energy healing. It is based on the fundamental principles that the body is a self-repairing living entity that possesses the ability to heal itself and that the healing process is accelerated by increasing this life force that is readily available from the sun, air and ground to address physical & emotional imbalances.

## Physiotherapy:

Physiotherapy has created a niche for itself as a leading health care system that improves health without the use of drugs or surgery. It helps in restoring normal body function and preventing disability arising from disease, trauma or injury. Physiotherapy is based on a detailed understanding of how the body works—posture, balance and movement, knowledge of diseases, injury and the healing process.



## Yagyopathi

Yagya is a process of herbal sacrifices in holy fire aimed at the finest utilization of the subtle properties of sacrificed matter with the help of the thermal energy of fire and the sound energy of the mantras. In a Yagya, medicines and herbs are vaporized by offering them into the sacrificial fire, and they enter the human body in a gaseous form through the nose, lungs and the pores of the skin. This might be proved to be easiest, least taxing, least risky and most effective method of administering a medicine so as to reach every single cell of the body.



# Yoga Arogya Polyclinic

A Unique and Holistic Approach

### Contacts for Yoga Arogya Polyclinic

Chief Coordinator, Yoga Arogya Polyclinic  
Dev Sanskriti Vishwavidyalaya  
Gayatrikunj - Shantikunj,  
Haridwar - 249411 (India)



[www.awgp.org](http://www.awgp.org)

Phone: (01334) 261367 Ext- 5541, 5542  
Fax: (01334) 260723  
e-mail : chinmay.pandya@dsvv.org  
kamakhya.kumar@gmail.com

website: [www.dsvv.org](http://www.dsvv.org)

### School of Yoga and Health

Dev Sanskriti Vishwavidyalaya,  
Shantikunj, Haridwar 249411 U.K (India)

The term alternative medicine, as used in the modern western world, encompasses any healing practice that does not fall within the realm of the conventional medicine. Commonly cited examples include Ayurveda, Yoga, Naturopathy, Homeopathy, Yunani, Siddha and diet-based therapies, in addition to a range of other practices. It is frequently grouped together with the complementary medicine, which generally refers to the same interventions when used in conjunction with the mainstream techniques, under the umbrella term complementary and alternative medicine or *CAM*.

## How Complimentary Medicine Can Be Helpful?

- **Prevention is the key to good health.** Taking steps to better your health before you get sick is the best way to keep you healthy.
- **Your body has the ability to heal itself.** Alternative medicine practitioners see themselves as facilitators. To them, your body does the healing work, and treatment encourages your natural healing processes.
- **Learning and healing go hand in hand.** Alternative medicine practitioners see themselves as teachers and mentors, who offer guidance. To the practitioner, you're the one who does the healing.
- **Holistic care.** The focus is on treating you as a whole person and by recognizing that physical health, mental well-being, relationships and spiritual needs are interconnected, your overall health is being looked after rather than one single aspect of your health.



## About us

Why do we appreciate the techniques of Yoga? The teachings of Yoga inspire us to rise and go beyond the body-consciousness. This inspiration, sometimes, leads us towards a critical search. Yogic practices and other allied natural ways of therapy provide us enormous ranges of research through their wonderful results. Dev Sanskriti University, Haridwar got inspired with the past such experiences conducted in last few decades and decided to give a new start to these complementary therapy systems in coordination with the modern scientific tools and testing methods. The prime objective of Yoga Arogya Polyclinic is to revive the Golden Era of Indian Medical systems, or to say, Vedic Medical Sciences covering physical, mental and spiritual problems as compared to the treatment of only physical body under the modern medical science. Polyclinic provides all the services of effective complementary therapies to general masses suffering from acute or chronic diseases like asthma, arthritis, backache, constipation, diabetes, hypertension, headache, gastrointestinal disorders, obesity, women's problems etc. Besides this, we also provide training to the students as part of their academic course to enhance their practical knowledge and competency. We have a vision and plan to establish a Research & Development Center which covers Therapy, Training and Research in the field of Yoga, Ayurveda, Yagyopathy, Naturopathy, Panchkarma, Pranic Healing, Acupressure, Psychotherapy, Spiritual Healing and modern medical techniques. It has been established under the guidance

and patronage of Honorable Chancellor, Dr. Pranav Pandya, and is situated in the natural and spiritual ambience at the ground floor of Chaitanya Bhavan of Dev Sanskriti University, Gayatrikunj- Shantikunj, Haridwar (India).

Polyclinic offers various complementary therapies (except Jan, May, June & Dec) for Arthritis, Spondylitis, Backache, and other Joint Disorders between 1st – 9th of every month, for Diabetes, Gastro-intestinal Disorders, Obesity, Women's Problems etc between 11th – 19th of every month and for Asthma, Hypertension and other common Cardio-vascular Problems between 21st– 29th of every month. We also offer special spiritual and complimentary therapy camps of 10 – 20 days.

## Special Features

- Natural and Divine environment
- Properly ventilated and adequately clean buildings
- Pathology laboratory equipped with most modern diagnostic tests
- Expert trainers and therapists
- Residential facilities

## Available Therapies

- Ayurveda
- Panchkarma
- Naturopathy
- Psychotherapy
- Yoga Therapy
- Yagyopathy
- Acupressure
- Pranic healing
- Physiotherapy



## Ayurveda:

This form of medicine, which originated in India more than 5,000 year ago, emphasizes a unique cure per individual circumstances. It incorporates treatments including yoga, meditation, massage, diet and herbs. Panchkarma is one of the effective and popular step of Ayurveda.

## Panchakarma

**[Therapy with five different procedures]**

Panchakarma is a purifying therapy to enhance the metabolic process through food and herbal medicines. It is used in deep rooted chronic disease as well as seasonal imbalance of tri-Doshas. As the wastes are eliminated from the body the person becomes healthy. These types of therapeutics are based on elimination therapy like **Nasya** (nasal therapy), **Vamana** (emesis or vomiting), **Virechana** (purging) and two kinds of **Vasti** (therapeutic enema), **Nirooha Vasti** and **Sneha Vasti**.



## Naturopathy

**[Therapy with five basic elements]**

- **Naturopathy**, this type of treatment focuses on noninvasive treatments to help your body do its won healing; which includes Earth, Water, Fire Air and Ether.
- **Mud therapy**, Steam bath fasting and color therapy comes under this treatment.

