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, Delusional disorder, Schizophrenia etc.

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.

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-curing abilities. It’s a treatment of symptoms by applying pressure with the fingers to specific pressure points on the body.

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.

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

Phone: (01334) 261367 Ext- 5541, 5542
Fax: (01334) 260723
E-mail: chinmay.pandya@dsvv.org
kamakhya.kumar@gmail.com
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. Yoga 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 Ayogya Panchkarma 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 therapy to general masses suffering from acute or chronic diseases like asthma, arthritis, backache, constipation, diabetes, hyper-tension, 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. 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, Haridwar (India).

Panchkarma

Therapy with five different procedures

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

Ayurveda:

This form of medicine, which originated in India more than 5,000 years 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.

Available Therapies

- Ayurveda
- Panchkarma
- Naturopathy
- Psychotherapy
- Yoga Therapy

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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

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.
- 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.

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