



SOMAIYA AYURVIHAR

K J Somaiya Ayurveda and Panchakarma Centre

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a one-stop destination for authentic Ayurvedic treatment for physical, mental and emotional well-being.

Our Vision & Mission

- To establish Ayurvedic medicines and Panchakarma as the first choice for people suffering from various chronic as well as acute diseases.
- To create a professional Ayurvedic & Panchakarma experience by providing authentic treatment under the supervision of credible and experienced doctors.
- To create a healthy lifestyle and a pro-wellness mindset using ayurvedic medicines and Panchakarma therapies and prevent ailments rather than just cure them.

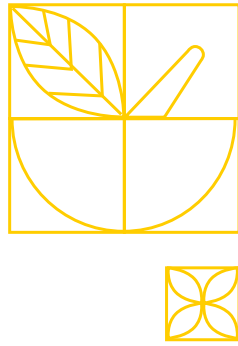




Our Head of Department Dr Swapna Sawant-Kadam

Dr Swapna has been working in the field of Ayurveda for 14 plus years, helping people become disease free. With her rich experience in Ayurvedic medicine she has healed many patients from across the world with various chronic as well as acute ailments..

She has travelled to many countries across Europe & middle east for Ayurvedic consultation & Panchakarma. Dr Swapna is a compassionate professional dedicated to integrity & has excellent clinical judgement. Being a strong believer & promoter of Ayurvedic healthcare & holistic healing she says, **“a happy mind & healthy body can create a better life for self & others & that’s what Ayurveda has been offering since ages.”**



Our team of Qualified, trained & experienced therapists, make sure you get the Authentic Ayurvedic treatments

Dr. Madhuri Chandanshive

Dr. Madhuri has been practicing Ayurvedic medicine for the past 5 years. She is known for her calm demeanor & a good rapport with patients.

Receptionist

Mrs. Rucha Hedalkar has been working in the Ayurveda centre for the past 4 years, managing the centre require-ments, pharmacy & appointment scheduling. She is known for a friendly nature,& efficient work style.

Therapists

Mr. Babu , Mrs, Harshada & Mrs Aparna.

All the Ayurvedic therapists are working in the centre for 15 plus years. They are well-trained & are well worse with the do’s & Don'ts of all Ayurvedic therapies & Panchakarma. They take the utmost care, to maintain safety, hygiene & patient comfort in the centre.



AYURVEDA

Ayurveda is 6000 yrs old Indian science of health, longevity & vitality. It is widely acknowledged to be the world's most ancient, scientific, holistic & natural system of healthcare.

Ayurveda is unique in its comprehensive approach towards health be it physical, mental, emotional, social or spiritual, thereby touching all aspects of life.

Ayurveda focuses on treating the root cause of a disease & not merely its symptoms, It helps you to listen inwardly & be more aware of how your environment interacts with your body. Hence the major part of an ayurvedic treatment involves eliminating wrong lifestyle & food habits.

The fundamental theorem of Ayurveda is based on Tridosha or three dosh principle.

These three dosha are Vata, Pitta & Kapha



- Vata being the kinetic energy resembling air & ether element.



- Pitta being the thermal energy resembling fire element.



- Kapha being a potential energy resembling earth & water element.

The perfect balance of these three energies is known as a state of health & imbalance as illness or a disease.

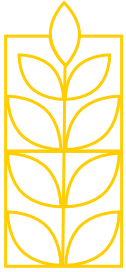
AYURVEDIC PANCHAKARMA

Panchakarma is the ultimate mind-body healing experience for detoxifying the body, strengthening the immune system, and restoring balance and well-being. It is one of the most effective healing modalities in Ayurvedic Medicine.

Ayurveda recommends Panchakarma on a seasonal basis, as well as when an individual feels out of balance or is experiencing any illness.

Panchakarma will remove the excess doshas and correct imbalances in them as well as eliminate the harmful Ama (toxins) out of your system through the body's own organs channels of elimination (colon, sweat glands, lungs, urinary tract, intestines, etc)

“Pancha karma” is a Sanskrit word that means “five procedures” i.e



Vaman	– Therapeutic vomiting .
Virechan	– Therapeutic loose motions.
Basti	– Therapeutic enema given through anus.
Nasya	– Nasal cleansing process
Raktamokshan	– Therapeutic blood removal in small quantities.

These procedures are highly individualized based on the needs of the individual depending on many other factors all or only parts of the five procedures are utilized in Panchakarma

Health Benefits of Panchakarma :

- Helps in removing the root cause of the disease.
- Improves Immunity.
- Improves metabolism.
- Helps in weight reduction.
- Balances Nervous, blood circulatory & digestive system
- Increases mental & physical efficiency.
- Helps delaying the aging process.





AYURVEDIC DIET & LIFESTYLE



Ayurveda places great emphasis on prevention of disease & maintenance of health through close attention to balance in one's Diet, lifestyle & right thinking. Ayurveda has given equal importance to the diet & lifestyle in the management of any disease.

It is advised to eat according to

- Your body constitution / body type (Vata, Pitta or Kapha)
- Your geographical area
- Season or weather.

Ayurvedic lifestyle involves modifications in daily routine & instilling good habits. The tradition of dinacharya (daily routine) & Ritucharya (seasonal routine) is one of the most powerful Ayurvedic tools for improving overall health and well-being. A personalised food & lifestyle plan can be created after a thorough consultation with our Ayurved physician

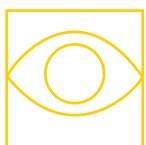
AYURVEDIC THERAPIES

Ayurveda offers many cleansing and rejuvenation therapies for overall health and longevity, and as a support system for specific health issues. It includes many body care therapies ranging from different kinds of therapeutic massages to various local disease specific short treatments like Shirodhara, heart dhara, Nasya, Kati basti, etc. All these ancient, traditional herbal therapies are 100% safe & very effective



Nasya

According to Ayurveda , the delicate skin of the nasal passages and the Eustachian tubes of the ears require lubrication to stay healthy, balanced and protected in the colder months. Nasya is the practice of lubricating these passages with a special oil referred to as Nasya oil.



Netra Tarpan

Netra means eyes, Netra Tarpan is a nourishing & soothing eye bath therapy used for a wide variety of eye ailments.

Ayurvedic Therapies



Abhyangam

“Abhyangam” in Sanskrit means application of the oil to the entire body using different strokes. It is NOT just a conventional massage, but it is an ancient holistic Ayurvedic oil Massage therapy for healing and detoxifying Body, Mind

Udvardana

The word Udvardana refers to elevated & upwards strokes during massage with a medicated paste & is largely used as a body treatment in Ayurveda to lose weight



Pottali massage

A pottali or bolus is made with a cloth filled with herbs powder (Churna pottali) or medicinal leaves (Patra pottali), & a gentle tapping massage is done with these warm pottalis to reduce pain & water retention & for various skin conditions.

Shirodhara

Shirodhara is pouring of medicated liquid in a steady flow like a thread, on the centre point of the forehead. This simple ancient therapy is very effective in many psychological & psychosomatic ailments.



Ruddhara

Rud means heart. Rud Dhara is the pouring of medicated liquid in a continuous circular flow over the heart region within a round well made out of dough. This therapy improves circulation & strength of heart muscles

Kati dhara

Kati dhara in Ayurveda is a part of external oleation therapy given in a localized area of the lower back. The continuous flow of the oil is poured in a dough well, made around the lumbar spine area.





Our Services

Consultation with an expert Ayurvedic doctor provided with customized herbs, diet & therapy plan.

Authentic Ayurvedic Panchakarma

Effective Ayurvedic therapies done by well trained therapists.

Ayurvedic Pharmacy provides best quality herbs.

Areas of Expertise

Metabolic disorders

- Diabetes
- High cholesterol
- Hypertension
- Hypothyroidism
- Obesity
- PCOD

Pain management

- Osteoarthritis, Osteoporosis
- Rheumatoid arthritis
- Lumbar /cervical spondylosis
- Gout
- Frozen shoulder

Digestive system ailments

- Gases & constipation
- Hyperacidity
- IBS
- Fatty liver, Hepatitis

Respiratory ailments

- Allergic rhinitis (recurring cold with sneezing)
- Sinusitis
- Asthma
- Allergic cough, recurring throat infection.

Skin & hair issues

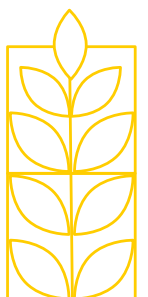
- Acne & acne marks
- Recurring fungal infection
- Eczema
- Psoriasis
- Hair fall, hair thinning, dandruff

Hormonal imbalance

- Abnormal uterine bleeding
- Leukorrhea (white discharge)
- PMS (perimenopausal syndrome)
- Obesity

Other

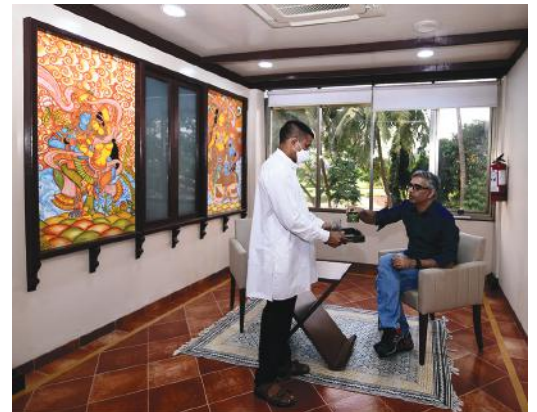
- Migraine / headaches
- Stress, anxiety.
- Sleep disorders.
- Recurring Urinary tract infection, renal stones
- Chronic fatigue
- Mouth ulcers





Why should you consult us?

- Team of Expert, experienced doctors.
- Well trained , vigilant therapists
- Therapies designed, guided & supervised by doctors.
- Best quality herbs & therapy materials.
- A complete holistic Approach.
- Best Hygiene standards maintained.
- All necessary covid protocols are followed



Precautionary measures followed by all the staff

- The entire team is fully vaccinated.
- Washing Hands, feets and face immediately after entering the centre.
- Make sure your desk / chair is cleaned & sanitised thoroughly.
- Carry your own napkins/ pen/ teacup/ plate/ water bottle.
- Entire team wears a mask all the time & the therapist uses a double mask during the therapy.
- All the therapy rooms are cleaned & sanitised before & after each therapy.
- Maintenance of Social distancing from others all the time.
- Therapists take necessary medications daily.
- Tab Amla 1 tab once a day
- Tab Ashwagandha 1 tab once a day
- Vit C 500 mg 1 tab once a day
- Tab Zincovit 1 tab once a day

Contact us

K J Somaiya Ayurveda and Panchakarma Centre
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OPD Timings

Monday–Friday:

9:00am to 5:00pm

Saturday:

9:00am to 1:00pm