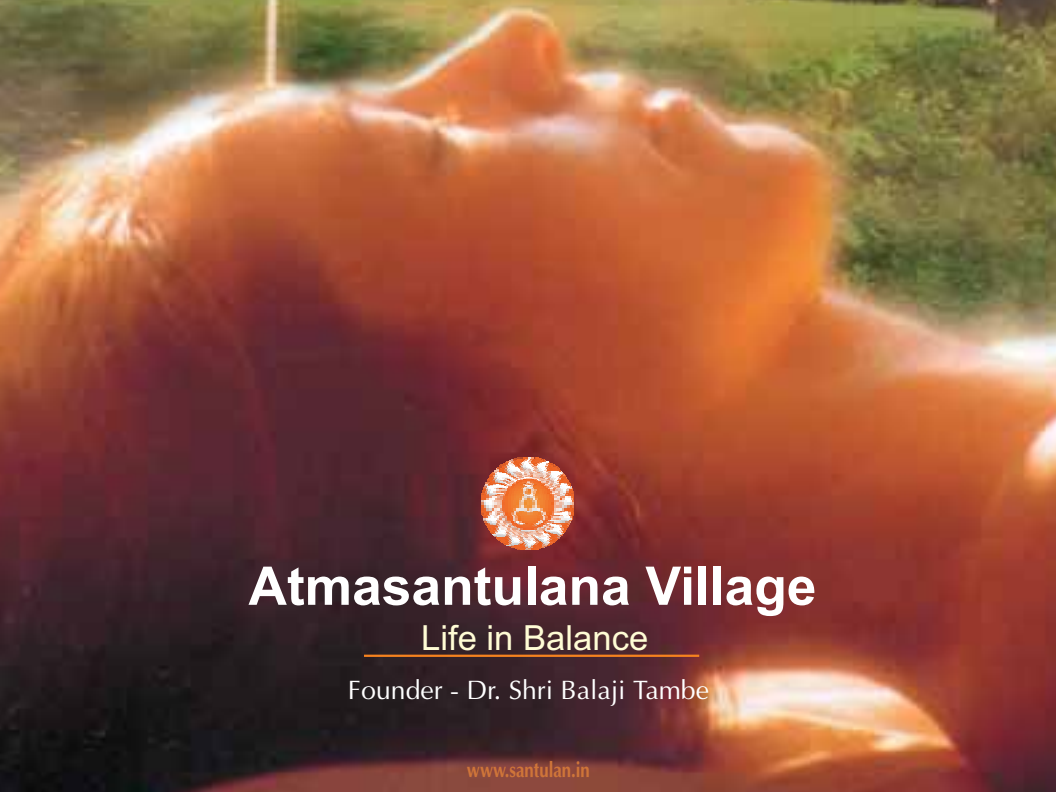


Ayurvedic Panchakarma & Wellness in



Atmasantulana Village

Life in Balance

Founder - Dr. Shri Balaji Tambe

The Ancient Science of Ayurveda



Ayurveda literally means the science of life. It is part of the ancient Vedas and one of the oldest medical sciences in the world, dating back to 2000 BC. The wisdom of its ageless classical texts is valid even in the modern times.

Ayurveda offers a holistic solution for everything; from a healthy lifestyle, food habits and the art of positive living to treatment, management and the cure of chronic ailments without any harmful side effects. The combination of Vedic philosophy and health practices form the basis of the activities offered at our centre, Atmasantulana Village.

Atmasantulana Village was established in 1982. It is one of the first and largest Ayurveda centers in India. Our centre is situated between the two metro cities Mumbai and Pune, 650m above sea level, close to the Indrayani River, in a quiet rural area. Atmasantulana Village is surrounded by beautiful mountains and lush greenery. Our village has been designed based on the science of "Vaastu Shastra" (Indian Feng Shui) since it's foundation. Different courses of treatment are offered to healthy people for 'Wellness' as well as patients with serious diseases such as heart ailments, arthritis, diabetes, asthma, paralysis, kidney disorders, obesity, spinal disorders, brain and nervous disorders, cancer, HIV AIDS and so on.



Dr. Shri Balaji Tambe, is the founder and source of inspiration for all the activities carried out at Atmasantulana Village. He has achieved worldwide repute as an Ayurvedic doctor, particularly for the treatment of diseases such as heart ailments, diabetes, blood pressure and other chronic ailments. He has received many awards in recognition of his work and has served as a member of the Pharmacopoeia Committee with the Government of



India. Besides his work in Ayurveda, Dr. Shri Balaji Tambe is looked upon as a spiritual guide by many of the residents and visitors, for helping them to achieve spiritual well-being and upliftment.

We have a dedicated, multi-national team of qualified Ayurvedic doctors, well trained therapists and staff who make Atmasantulana Village one of the most well known and authentic Ayurveda centres in the world.

Our centre offers an authentic Ayurvedic Panchkarma programme, a space to relax and rejuvenate or just to enjoy the peace of a spiritual environment. As our centre attracts a regular stream of visitors and guests from Europe and many other countries, English is the main medium of communication, though many staff members are also fluent in German, French and local languages.

The Holistic Health Programmes

The Centre offers unique residential holistic programmes for 'Panchakarma' and 'Wellness'.

These are very effective for the purification and rejuvenation of the body and mind. Both the Panchakarma and Wellness Packages include participation in Yoga, Meditation, Lectures, a properly balanced Diet, Lifestyle correction and Healing Music.



What is Santulan Panchakarma and how it will benefit you ?

All diseases and health problems start with an imbalance in the body's metabolic system. Disturbances in the gastrointestinal tract and a build-up of impurities in the body create hardness in the cells, tissues and joints. This reduces the state of health and vitality and prepares a base for the development of disease.

The major causes of imbalance in the metabolism are:

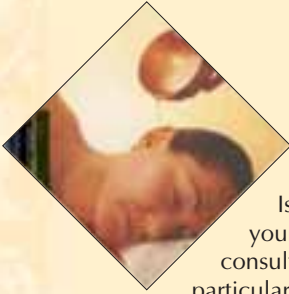
- An improper and irregular diet.
- The absence of relaxation techniques and meditation practices.
- Tension and stress.
- Lack of self observation.

The outstanding benefits of Panchakarma therapy were already described in the ancient scriptures. In the "Charaka Samhita" it is said that in a person who is purified by Panchakarma the digestive fire is stimulated; any imbalance is corrected; health is maintained; all the sensory organs achieve maximum efficiency; psychological and intellectual functions are improved; the skin gets a healthy glow; vitality, strength and immunity improves; potency, rejuvenation and anti-aging are the results.

It is also said that when a disease is treated only with medicine it can recur at the first opportunity, but if the imbalance is corrected by Panchakarma then the chances of recurrence of the disease are minimal.

Our centre offers unique residential programmes for 'Panchakarma' and 'Wellness'.





The Holistic Health Programmes

Santulan Panchakarma Package

Is the best way to detoxify, cleanse and rejuvenate yourself. We recommend that you plan your package in consultation with our doctors if you are suffering from a particular disease to achieve optimum results.

Santulan Panchakarma Package options :

7 days, 15 days, 22 days and 30 days.

The basic treatments include:

Abhyanga, Svedan, Antarsnehan, Virechan, Basti, Netra Basti, Nasya & Health Consultation.

After this initial treatment, additional therapies are carried out according to the specific disease of the patient and length of the package. These therapies may include:

Hrud Basti, Shiro Dhara, Sandhi Basti, Karnapuran, Kundalini Massage, Electrotherapy, Spine Basti, Janu (Knee) Basti, Padabhyanga and Uttar Dhoop.

Please note: In the case of some diseases, the therapies *Uttar Basti, Pinda svedan, Spine Potli and Shiro Basti* are advised which are charged separately.

Santulan Panchakarma Package

7 Days - 6 treatments.*

15 Days - 13 treatments.*

22 Days - 19 treatments.*

30 Days - 25 treatments.*

* Note: As some of the therapies are intensive and require rest between the therapies, the package includes occasional rest days. For guests visiting us from overseas and suffering from a chronic disease our doctors advice you to come two days before the Panchkarma therapy begins and stay one day afterwards.

Santulan Wellness Package

The demands of modern life impose increasing stress and tension on everybody. The challenge in maintaining good health under these circumstances increases the necessity for taking a complete break and refreshing & rejuvenating your body, mind and soul. Many a times people do not feel healthy though pathological investigations show an absence of disease.



The Holistic Health Programmes

Ayurveda does not describe health as the absence of disease, but as 'a state of mind and body, where the body elements & the body's digestive fire are balanced, the whole body, senses, mind and soul are nourished, giving the feeling of contentment and happiness'.



Our wellness package is designed to relax and rejuvenate your body, relieve your mind of stress and revitalise your energy, so that you can enjoy life to the utmost.

Prevention is better than cure, so for those already blessed with good health, the Wellness Package provides the ideal rejuvenation treat for keeping toned at all levels and attaining a healthy glow.

Wellness Package

- 7 Days - 7 treatments.*
- 15 Days - 14 treatments.*
- 22 Days - 20 treatments.*
- 30 Days - 25 treatments.*

The treatments may include:

Abhyanga, Svedan, Netra Basti, Nasya,

Shiro Dhara, Karnapuran, Kundalini Massage,

Padabhyanga, Facial, Foot Reflexology and Health Consultation.

The Wellness of each visitor is important to us. Keeping this in mind our centre has been designed based on the science of " Vaastu Shastra " (Indian Feng Shui) since its foundation.

* Note: Exact number of treatments may vary according to the length of the package and the individual's state of health.

Some of the above mentioned therapies are also offered more than once. The package includes occasional rest days as required between the therapies.

For guests visiting us from abroad, choosing the Wellness Package, it is advisable to keep a day for acclimatisation before commencing.



Which therapies do we offer in the Santulan Treatment Programme?

In our Santulan Treatment Programme we are offering a great variety of highly efficient and time proven Ayurvedic therapies. All the oils, ghees and medicines used are produced authentically in our village pharmacy, as per traditional Ayurvedic guidelines.

Abhyanga a stimulating, strong but gentle massage. Detoxifying, deeply relaxing, enabling a harmonious flow of *pran* (vitalising energy) throughout the body.

Svedan the application of oil on the body, followed by a steam bath. Allows toxins to be released from the cells, promoting relaxation of the muscles and the entire body.

Antarsnehan intake of a medicated ghee (clarified butter) that is absorbed throughout the body. Removes toxins, creating softness and elasticity throughout the body.

Virechan (purgative) medication for the complete cleansing of the gastrointestinal tract and bowels.

Basti medicated oil with a decoction of herbs is given as an enema to clean the colon and restore the muscle tone.

Hrud Basti especially rejuvenating for the heart. Strengthening the heart muscle and increasing the strength and vitality of the organ. Helps in removing blockages in the arteries and improving circulation.

Shiro Basti special medicated oil is poured into a 'well' (formed of dough) on the head. An effective therapy in the cases of severe migraine, insomnia, memory improvement etc.

Shiro Dhara a steady stream of warm oil is gently poured on the forehead, balancing the space element in the body. Induces deep relaxation and the sense of expansion.

Pinda Svedan the synchronised application of a poultice on the body, consisting of rice cooked in a herbal decoction. An effective therapy for treating arthritis, paralysis and muscular disorders.

Sandhi Basti a special treatment for strengthening the bones and joints. Used to treat all types of arthritis.

Netra Basti a treatment to improve the eyesight. Used in the cases of conjunctivitis, glaucoma and helps to correct long/short-sightedness.

Which therapies do we offer in the Santulan Treatment Programme?

Nasya through massage to the head, shoulders and neck, followed by the administration of a medicine through the nose. An effective therapy for sinus inflammations, disturbed memory, irritating sounds in the ear (e.g. tinnitus) and brain problems.



Facial a gentle but deeply cleansing and exfoliating massage, with vital ingredients that help to soften, cool and nourish the skin. Stimulates new cell growth, giving the skin a healthy glow.



Kundalini Massage 'You are as young as your spine', so the first step towards good health is having a healthy spine. This unique yogic massage technique was devised by Dr. Shri Balaji Tambe, following

many years of expertise in treating chronic back problems. Revitalises the spine and stimulates the circulation throughout the body.

Electrotherapy is used to give relief in the cases of acute or chronic pain.

Karnapuram a gentle massage of the ears and surrounding area, followed by the administration of a warm medicated oil in the ears. Beneficial in treating ear problems.





Which therapies do we offer in the Santulan Treatment Programme?

Padabhyanga an ancient therapy which helps to remove the excessive heat and toxins in the body. In this process, the feet are first cleaned with warm water, followed by the application of a medicated ghee and foot massage using a special bowl (kansya - a bronze alloy). Gives many other remarkable results such as, opening the meridians in the body, pacifying vata dosha, enhancing memory, helping to improve the eyesight, helping to remove the burning sensation in the feet and eyes etc.

Foot Reflexology as all the body organs have corresponding pressure points on the foot sole, the application of focused pressure on specific *marma* (reflex) points on the sole, stimulates the functioning of the body organs.

Spine Potli a warmed poultice consisting of a blend of special herbs is applied on the spinal region. This is a very effective therapy in the cases of degenerative spinal problems, as it nourishes the spinal cord and nerves.

Kati (Spine) Basti a localised basti given on the spine, for its strengthening and rejuvenation.

Janu (Knee) Basti a warmed poultice consisting of a blend of special herbs is applied on the knees. This is a very effective therapy in the cases of joint degeneration, arthritis, rheumatism as well as increasing the flexibility of the joints.

Uttar Basti this therapy is valuable for gynaecological health. It purifies the uterus, regulates menstruation, maintains the balance of the hormones and is especially effective in the cases of bladder and uterine infections.

Uttar Dhoop smoke therapy for the female genital area. Beneficial for uterine health and treatment of mild and chronic infections.

Health Consultation from an individual pulse diagnosis reading, the Ayurvedic doctors determine the constitution and any dosha imbalances, and suggest remedial dietary tips.

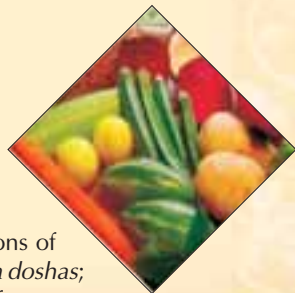
Constitution Consultation an extensive *prakruti parikshan* (constitution analysis) and advice programme is also offered.



Ayurvedic Diet, Yoga, Meditation & Music

You Are What You Eat.

The Santulan concept of diet and food is known as *Annayoga*.



The meals are planned according to the different seasons of the year, considering the balance of *vata*, *pitta* and *kapha doshas*; the maintenance of *agni* (the digestive fire), the six different *rasas* (tastes) and ultimately, the seven *dhatus* (body tissues - from blood to vitality).

The meals are purely vegetarian and consist of a balanced Indian menu of rice, pulses, vegetables, soups, salads, etc. The guests are offered different planned menus for each day.

Organic Farming

Some of the fresh food includes our home grown organic vegetables, grains and fruits grown without the use of added chemicals, pesticides and artificial fertilisers.

As natural, fresh milk is essential to good health cows are reared which provide the majority of the daily milk requirements for the village.

Yoga, Meditation & Healing Music

The ultimate aim in life is to attain peace and harmony for the body, mind and soul. To help in this process Santulan Kriya Yoga (SKY) and Meditation are an integral part of our daily programme. SKY sessions are offered every morning and are a well balanced routine of Kriyas, Pranayam, Stretching and Relaxation. The daily meditations take place in our "Aumkar Temple". They include Healing Music which is a unique research oriented treatment of which also live concerts are performed in India and abroad since many years.



Ayurvedic Pharmacy & Shop



Pharmacy

We have an in house modern Ayurvedic Pharmacy where result oriented Ayurvedic preparations are made according to the ancient methods. The high quality of our age proven medicines is imperative to giving curative results. A great deal of the success of our Treatment Programmes can be attributed to these authentic products which include medicines, cosmetics, herbal products and tonics. These products are made following strict manufacturing and quality control guidelines. Many of these are also exported to Europe.



Santulan Shop

To promote and maintain good health our Santulan Shop offers a wide selection of health products for daily use. These products include : herbal rasayanas (tonics), churnas, health food, incense sticks, dhoops (herbal smokes), attars (essential oils), beauty products such as hair packs, face packs, special kajals, a variety of massage and medicated oils, books, music CDs and a whole range of items of daily use.



Accommodation & Educational Courses

Accommodation

Different types of accommodation are available in the centre to suit various requirements ranging from comfortable to deluxe style. All the rooms are spacious with the advantage of fresh air within the natural setting. The picturesque shared garden and recreation room provide an ideal meeting place to enhance your enjoyable and relaxing stay.



Educational Courses

To promote the traditional practice of Ayurveda throughout the world, our centre offers several courses to train individuals:

- Certificate in Massage Techniques
- Certificate in Ayurveda
- Diploma in Ayurvedic Physiotherapy
- Courses in Art of Living, Annayoga, Yoga and Music





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