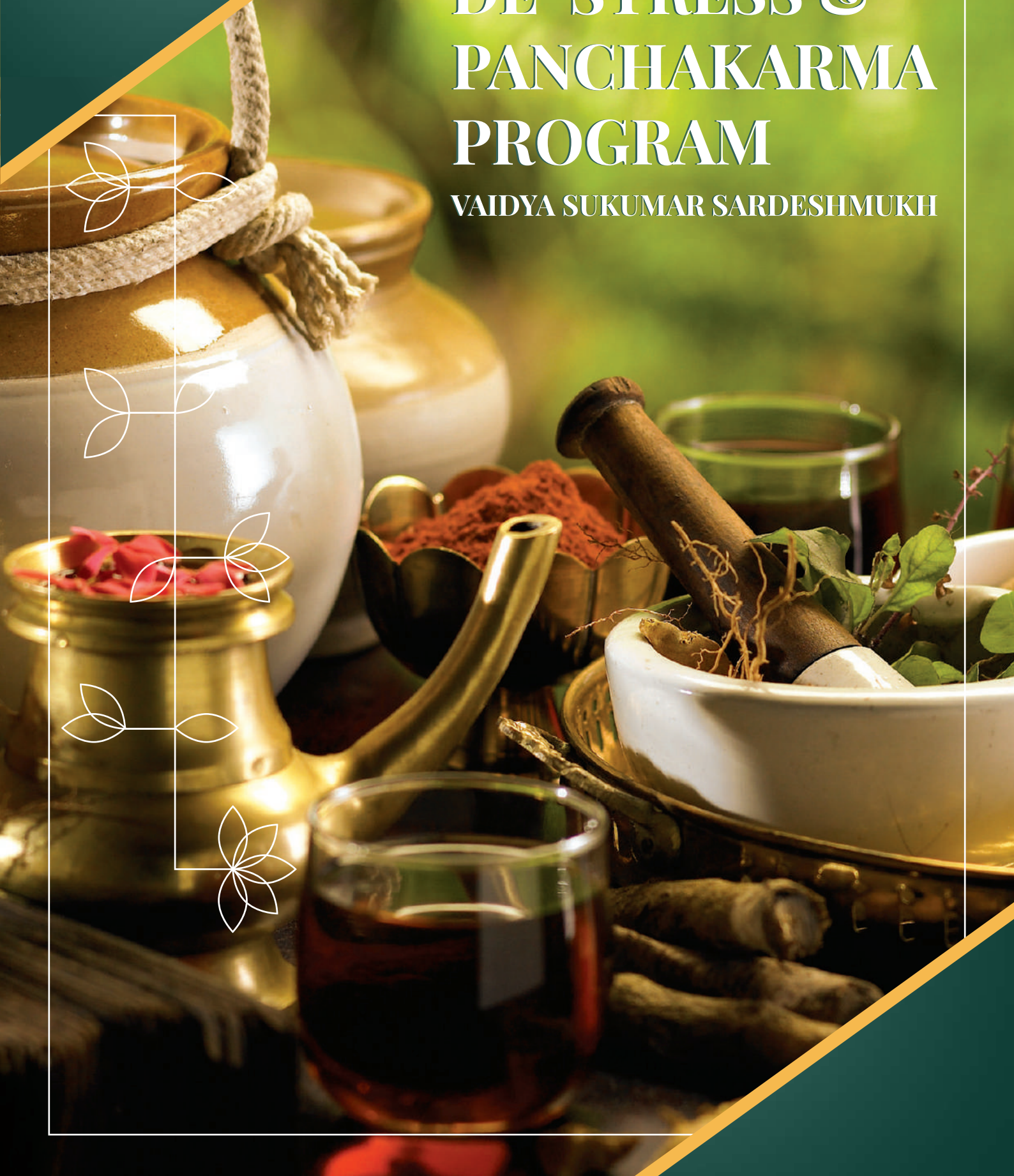


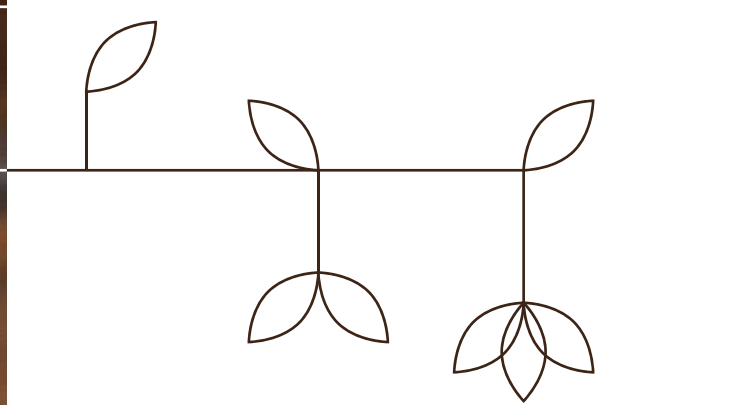


DE-STRESS & PANCHAKARMA PROGRAM

VAIDYA SUKUMAR SARDESHMUKH







AYURVED

Ayurved is an ancient life science which originates from holy land of India and which deals with mental, physical and spiritual wellbeing.

Ayurved is a life science and is needed in our day to day life.

It is essential for all ages, in all seasons and at any time to heal yourself and maintain your health.

AYURVEDGRAM

"One Stop Shop Heal and Health" is conceptualized to bring all facets of Ayurved under one roof.

It can be labelled as "Ayurved Mall" which is one of the Unique Concept pioneered in India.





NADI PARIKSHA

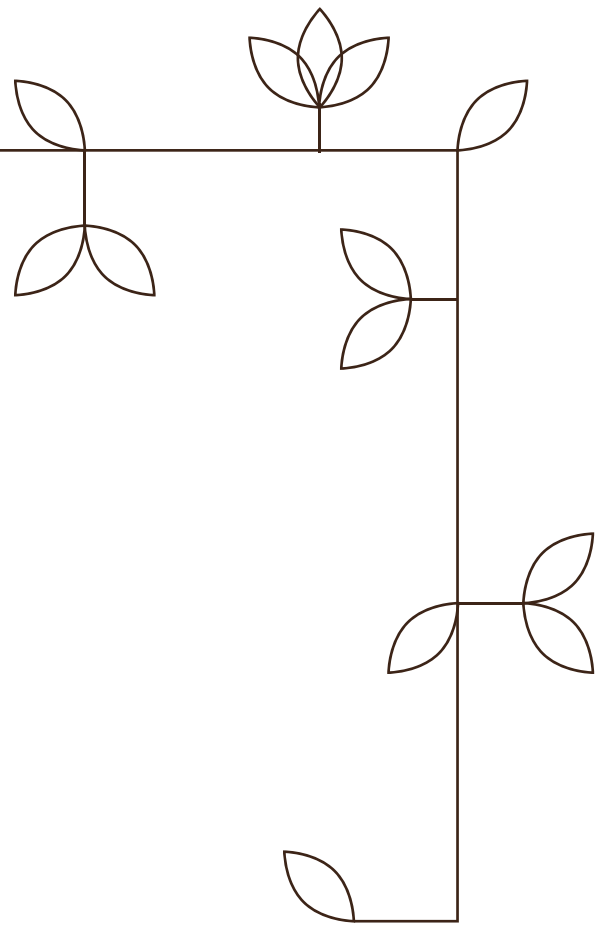
Nadi Pariksha is foremost Ayurvedic clinical scientific technique mentioned as **Ashtavidha Pariksha** for diagnosing physical, mental and emotional imbalances.

This ancient practical knowledge has been practised from **thousands of years** by Gurukul system

Nadi Pariksha is a **natural way** of diagnosis done by skilled and experienced professionals. This has been taught and practised from last **11 generations** in to the **Sardeshmukh family**







DR. SADANAND SARDESHMUKH

First Ph.D. in the faculty of **Ayurved**
in the State of Maharashtra,
Consulting Ayurvedic Physician
since 1967

**National Dhanwantri Ayurveda
Award – 2017** by Ministry of AYUSH,
Government of India.

He is Internationally well known for **Nadi Pariksha** and as **Ayurvedic physician** for more than 50 years. He has vast experience for **Academic and clinical research** in the field of Ayurved. His tremendous work in the field of **Cancer with Clinical Research** as an evidence based approach with integration has been a mile stone in the field of ayurved. He has been visiting various countries for propagation of ayurved since last 27 years.

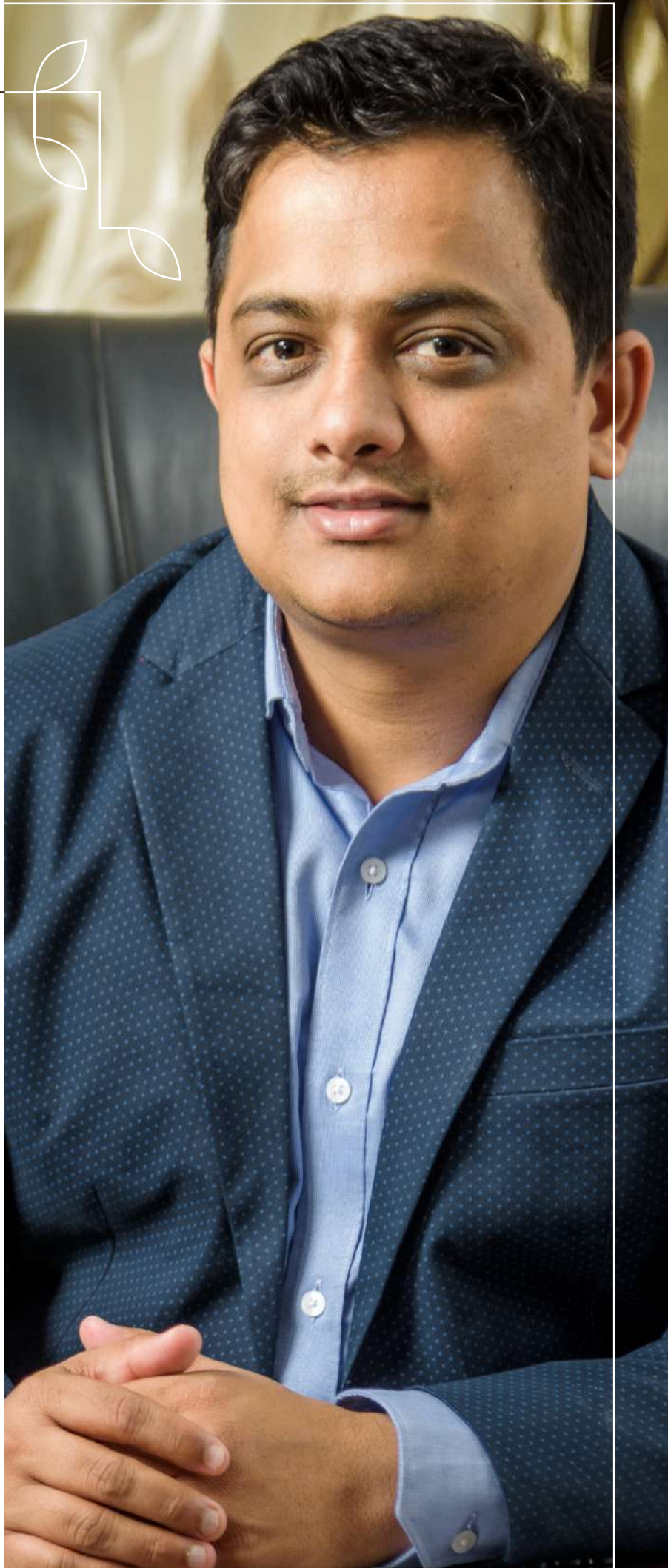


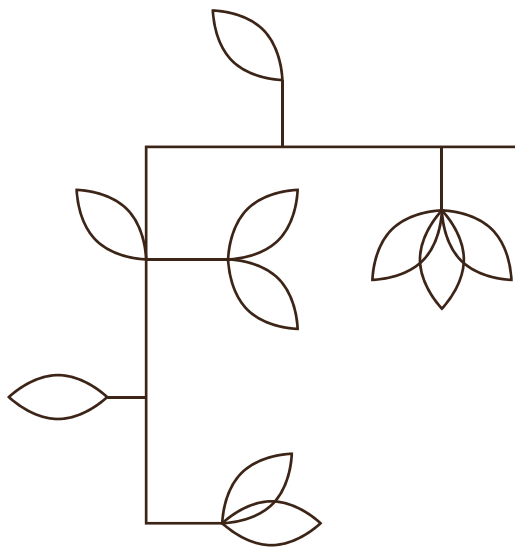
DR.SUKUMAR SARDESHMUKH

Specialization in **Nadi Pariksha**
i.e. **Pulse Diagnosis** since 2006,
Ayurvedic Consultant,
Managing Director.

He has initiated this **De-stress**
and Panchakarma program
in Ayurvedgram Pune

Pune being place of various legends
of Ayurved. Dr. Sukumar Sadanand
Sardeshmukh comes from
a long lineage (11+generations)
of Ayurvedic Physicians who are
specifically acclaimed for
their capacity to diagnose illness
and disease through
Nadi pariksha i.e. **pulse diagnosis.**
He has been visiting
various countries since 2006.





DE-STRESS PACKAGE

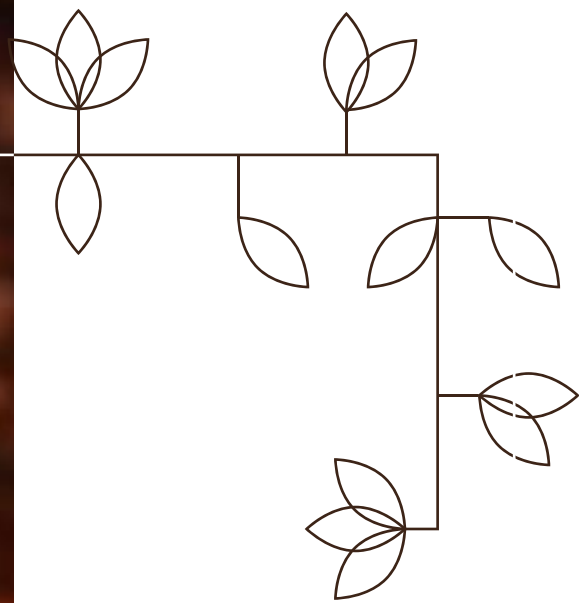
PACKAGES :

3 days /5 days /7 days,
customise packages
are also available.

THERAPIES :

Combination of different
therapies which mainly
consists of **Shirodhara**,
Abhyangam and **Sweden**.
Other therapies like **Kati Basti**
Manya Basti depend
on the necessity from
person to person will also
be done.

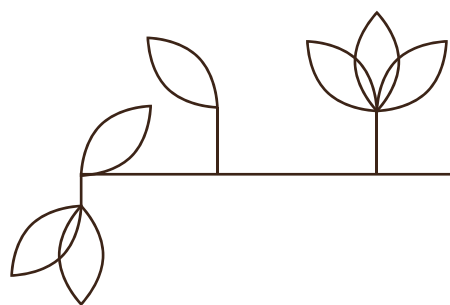




PANCHAKARMA PACKAGE

Panchakarma means 5 karma i.e. treatment modalities recommended by Ayurved for **body detoxification**. Panchakarma helps to detoxify your body so that health can be maintained **Vamana (Emesis Treatment), Virechan (Purgation), Basti (Medicated Enema), Rakta Mokshan (Leech application) and Nasya (Nasal drop)** are used for Vatta, Pitta, Kapha doshas imbalance as **Panchakarma** treatment.





AYURVEDIC COOKING SESSION

As per principle of
Ayurved and **Aahara**
concept cooking session
will be conducted
in Ayurvedgram.
The exact **balances** and
combinations of food
will be taught.

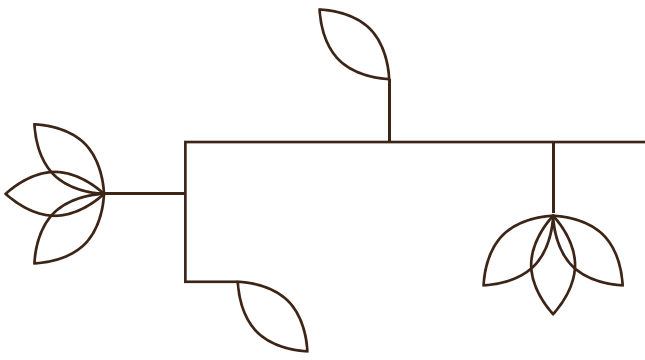
*Note - The above mentioned
session is charged separately.*

AYURVEDIC INFORMATION ORIENTATION

Ayurvedic informative
lecture series will be
conducted by
Dr. Sukumar Sardeshmukh
and or an Expert.
All the basic and different topics
related to Ayurved will be
covered in the same

*Note - The above mentioned
session is charged separately.*





ACCOMMODATION

Accommodation is arranged with proper **Vegetarian food** at **Shreyas Hotel Pune**.

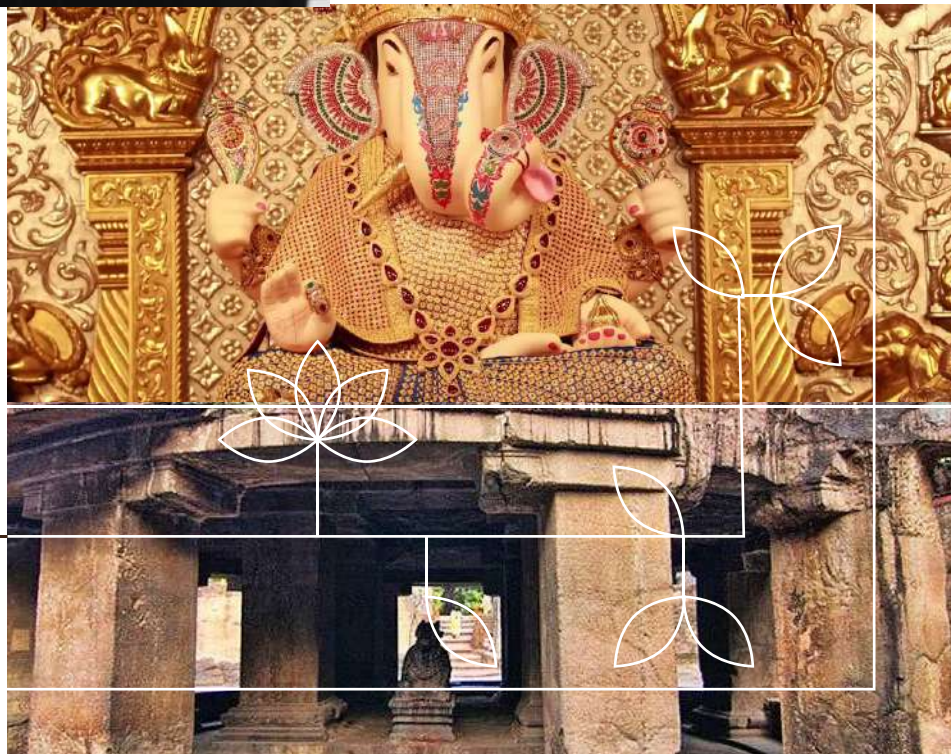
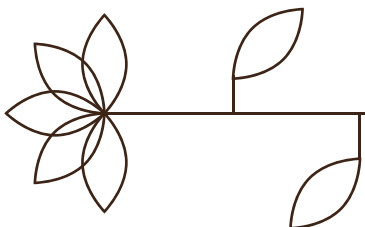


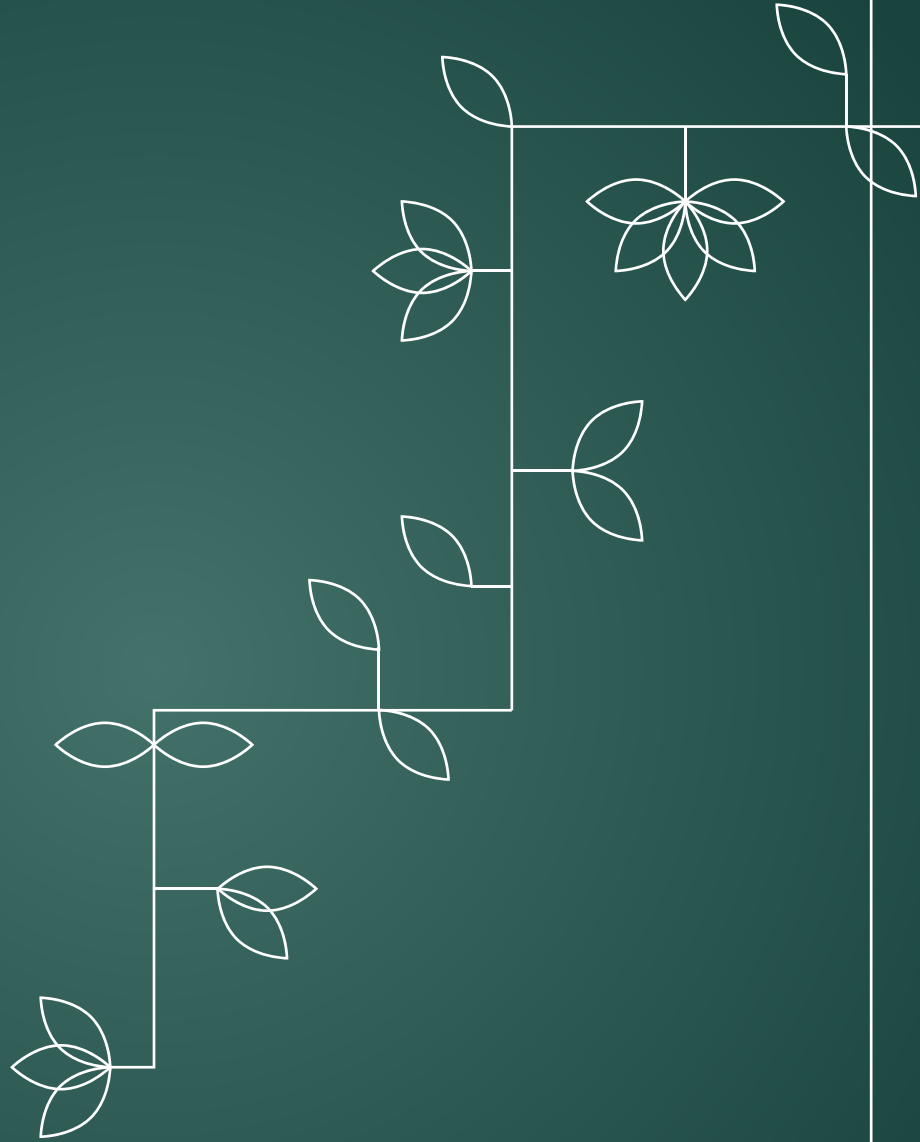
YOGA & MEDITATION

For **mental relaxation and distress** we offer yoga and meditation session in morning for an hour.

VISIT

Visits will be arranged to the famous **Ganesha and Shiva temple** in Pune and also to **Pune local market**.





www.ayurvedgram.in



info@ayurvedgram.in



Reema Malhotra | HR, Ayurvedgram | +91 98236 60665



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