

A NLSIU centre takes up new project

City doctors start Singapore unit

BY ASHWIN RAJ

Bangalore, Dec. 25: Ayurveda is an indigenous science of medicine that originated in the country centuries ago. It respects every person as unique and treats the human body as a whole. Now more and more people are turning to Ayurveda as an alternative form of medicine.

Managing director of Atreya Resorts for Traditional Healing, Bangalore, one of the centres that provides ayurvedic treatment, Dr Sanjay Sharma told *The Asian Age* that the centre provides a conducive environment for healing, learning and personal development

for individuals and groups.

"An array of over 1,600 herbs are used to preserve health and alleviate the disease of the sick," he added.

"Arth is a centre with a holistic integration of different disciplines like yoga, meditation, music, reiki and accupressure.

Our approach to health is multi-disciplinary, where we examine the complex interactions between physical, social, mental and environmental factors and their effect on our lives," Dr Sharma said, adding that they would like to inculcate ayurveda in modern lifestyles keeping in mind their

vision Ayurveda — Lifestyle of 2001.

Arth, set up about a year and a half back by two city doctors, Dr Sharma and Dr Prashanth, has recently expanded its services by the setting up of another centre in Singapore.

"Ayurveda has a tremendous healing impact on chronic illnesses affecting the respiratory, muscular and neuro skeletal systems. However, we mostly attend to cases involving cosmetology and stress," Dr Sharma said.

According to Dr Sharma, the centre also offers exclusive packages for their customers. These exclu-

sive packages are offered both at the Bangalore centre and the Guestline Resorts depending on the patients' convenience. The computer professionals package is for the software professional who is prone to ailments like low back aches, irritation in the eyes, carpal tunnel syndrome and respiratory disorders. The other packages include body and soul, freedom, beauty, mother and child, youth, cardiac, travellers and unique travel packages.

Arth also has tied up with Jungle Lodges to set up a centre at the Cauvery Fishing Camp at Bhimeshwari, 120 km from Bangalore.

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