Naturopathic Treatments

- Detoxification of the body through natural diet and fasting
- Yogasana, Sukshma Kriya and Pranayama
- Deep relaxation through Yoga Nidra
- Herbal treatment
- Steam bath, Local steam, Spinal bath, Immersion bath, Hip bath
- Enema, Mud Bath, Mud Pack, Sun Bath, Hot and Cold Packs
- Acupressure and Reflexology
- Shirodhara
- Relaxation Health Massage
- Therapeutic Massage
- Exercises in Gymnasium
- Prayer and Meditation







How to get to the Centre

The Centre is situated at about 5.5 km from the Vadodara railway station and the central S.T. bus stand, and about 11 km from the Vadodara airport. The nearest international airport at Ahmedabad is about 150 km from the Centre. A taxi or auto-riksha may be hired from these places to reach the Centre. You may also take city buses from the railway station to Gokulnagar and get down at the Vinoba Ashram (also known as Gayatri Vidhyalaya) stop. The location map is given below.



Our Team

Dr Bharat Shah

(MBBS, PG Dip in Paediatrics, ADNY, Yoga Teacher)

And team of professionally trained and experienced naturopaths, yoga instructors and natural therapy technicians who have an excellent record of achievements at the Centre.



Vinoba Ashram, Gotri, Vadodara 390 021, Gujarat, India Ph: 0265 237 1880, Fax: 0265 237 2593, E-mail: naturecure1978@gmail.com Website: http://naturecure.cfsites.org

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"Scientific approach combined with traditional wisdom"



healthy diet
exercise
fresh air
rest and sleep
relaxation
stress management
clean environment
positive mental
attitude

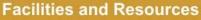


- Quality treatments
 Friendly and caring staff
 - Clean and hygienic facilities
 - Fresh air and tranquil surroundings

website: http://naturecure.cfsites.org

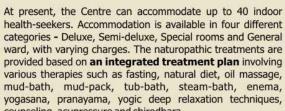


Nisargopachar Kendra is a well-established Nature Cure Centre offering a wide range of natural therapies to indoor as well as outdoor healthseekers.



counseling, acupressure and shirodhara.







The Centre was established in 1978 by 'Vadodara

Jilla Sarvodaya Mandal' a registered charitable trust.

The activities of the trust are inspired by the

common ideology of Mahatma Gandhi, Vinoba

Bhave and Jayprakash Narayan. The Centre is run

with the mission to provide nature cure and

alternate therapies with scientific and holistic

approach and to develop awareness towards

Nisargopachar Kendra is located over three acres of

open land in a green, peaceful and tranguil

environment on the western outskirts of Vadodara,

a city well known for its cultural traditions. Vadodara

is well connected by rail, road and air-transport to

healthy life style in the society.

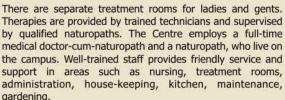
most main urban Centres of India.



- Asthma
 Diabetes
 Hypertension
- Ischemic Heart Disease Arthritis
- Backache Obesity Eczema, Psoriasis and other skin conditions . Indigestion, Constipation etc. • Any other chronic condition • General Detoxification. Rejuvenation or Lifestyle modifications

gardening.

There is a well-equipped gymnasium and a yoga and prayer hall. The Centre operates a fully functional vegetarian kitchen, which caters to all the dietary requirements of indoor healthseekers and their attendants. A portion of the land at the campus is utilized to grow vegetables and fruits using organic farming techniques, which also provide for the Centre's kitchen. The campus also has a beautiful, well-maintained garden; a herbarium and a children's play area. There is ample space for walking and relaxing in and around the garden and the farming area.





Consultation and Treatment for

Outdoor Services

Outdoor health-seekers may make an appointment to consult with the doctor. Consultations would be scheduled between 9.00 am to 12.00 noon and 3.00 pm to 6.00 pm from Monday to Saturday.

Naturopathic treatments and yoga classes are also available to outdoor health-seekers. Prior appointment is essential. For more information, charges and appointments, please contact the reception during weekdays.





Accommodation and Charges for

Indoor Services

Accommodation is available to indoor health-seekers in various categories such as Deluxe, Semi-deluxe, Special rooms, and General ward. For details of accommodation, treatment and meal charges, please refer to the attached price list. Financially needy healthseekers may be offered discounted rates on request, on a case to case basis.

Prior booking is essential. It is preferable that indoor health-seekers obtain a confirmation of booking before arriving at the Centre. Health-seekers must ensure that they have referred to the attached instructions on what to bring with them before arriving.



