

## 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.



**Nisargopachar Kendra**

Managed by Vadodara Jilla Sarvodaya Mandal

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**Nisargopachar Kendra**

Managed by Vadodara Jilla Sarvodaya Mandal

*"Scientific approach combined with traditional wisdom"*



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



- Natural Cure through balancing Mind and Body elements
- 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 health-seekers.

## Facilities and Resources

At present, the Centre can accommodate up to 40 indoor health-seekers. Accommodation is available in four different categories - Deluxe, Semi-deluxe, Special rooms and General ward, with varying charges. The naturopathic treatments are provided based on **an integrated treatment plan** involving various therapies such as fasting, natural diet, oil massage, mud-bath, mud-pack, tub-bath, steam-bath, enema, yogasana, pranayama, yogic deep relaxation techniques, counseling, acupressure and shirodhara.



Contact us for conditions such as...

- 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.

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 healthy life style in the society.

Nisargopachar Kendra is located over three acres of open land in a green, peaceful and tranquil 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 most main urban Centres of India.

There are separate treatment rooms for ladies and gents. Therapies are provided by trained technicians and supervised by qualified naturopaths. The Centre employs a full-time medical doctor-cum-naturopath and a naturopath, who live on the campus. Well-trained staff provides friendly service and support in areas such as nursing, treatment rooms, administration, house-keeping, kitchen, maintenance, 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 health-seekers 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 health-seekers 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.

