

**PATANJALI**<sup>®</sup>  
**wellness**

✦ Yoga, Ayurveda & Naturopathy ✦

**Welcome to Dr Guptas Integrated Wellness Centre**

**South India's First OPD in Hyderabad by  
Patanjali Wellness**



**PATANJALI WELLNESS**

**Healing Through Yoga, Ayurveda & Naturopathy!**



[Get Directions](#)



70 70 999 313



[www.patanjaliwellnesshyd.com](http://www.patanjaliwellnesshyd.com)





"Dr Gupta's Integrated Wellness Center is the part of the largest health revolution of the 21st century" - Swami Ramdev Ji

# PATANJALI WELLNESS

## A HOME TO HOLISTIC HEALING



A non-residential healing space, that adopts an integrated approach to Health and Wellness by combining a wide range of **Panchkarma** and **Naturopathy** therapies, along with **Yoga**, **Leech Therapy**, **Sattvic Food**, **Physiotherapy**, **Acupressure & Acupuncture**.



# DISEASES TREATED

The Center has been designed to offer deep transformative and healing experiences, physically, as well as mentally. Health-seekers visit the center not only to rejuvenate themselves but also to cure various ailments, related to :



**Respiratory System**



**Endocrine System**



**Gastro Intestinal System**



**Musculoskeletal-system**



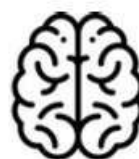
**Cardiovascular System**



**Skin & Hair Disorders**



**Metabolic Disorder**



**Psychological**



**Reproductive System**



**Weight Management**







# A wide range of Panchkarma, Naturopathy & other therapies offered by highly-skilled therapists

**Potli Massage**



**Shirodhara**



**Jalneti**



**Janu Basti**



**Acupressure**



**Matti Patti**



**Akshitarpan**



**Hydrothreapies**



**Steam Bath**







**Acupuncture**



**Udvardan**



**Foot, Arm, Spinal Hydrotherapies**



**Eye Wash**



**Foot Reflexology**



**Leech Therapy (zero pain)**



**Face Reflexology**



## DIABETIC MANAGEMENT PROGRAMME

Our end-to-end Diabetes Management Program for 15days is an easy and affordable way to keep your health in check via monitoring your sugar levels and getting proper guidance on nutrition, your daily routine, Yoga among many other benefits. This program will help reduce your dependency on diabetes medicines to a good extent.

## CARDIAC CARE PROGRAMME

The cardiac care Programme involves Yoga training, a diet plan, Doctor consultation, emotional support, and education about lifestyle changes to reduce your heart disease risk, such as eating a heart-healthy diet, maintaining a healthy weight, and quitting smoking. The goals of the cardiac care program include establishing a plan to help you regain strength, prevent your condition from worsening, reduce your risk of future heart problems, and improve your health and quality of life.

## WEIGHT MANAGEMENT PROGRAMME

Weight management programmes are designed to empower participants to make positive lifestyle changes to achieve the best weight loss and sustainability outcomes. Patanjali Wellness centre has a 1 month (approximately 4weeks) Weight Management Programme that provides tailored advice so you can make lifestyle changes to help you succeed safely in your weight loss journey. Monthly or even bi-monthly reviews are encouraged to enjoy the maximum benefits of this programme. The programme consist of Doctor consultation, yoga, diet plan, therapies

## **STRESS MANAGEMENT PROGRAMME**

This program offers techniques to help someone cope with or lessen the physical and emotional effects of everyday life pressure. Stress management involves controlling and reducing the tension that occurs in stressful situations by making emotional and physical changes. This programme includes - Deep breathing exercises, Meditation, Mindfulness meditation, Progressive muscle relaxation, Mental imagery relaxation, Counseling, to help you recognize and release stress, it in Facial relaxation therapy also.

## **SKIN REJUVENATION PROGRAMME**

Rasayana is a unique and special Ayurvedic rejuvenation therapy that helps you keep your body young and agile, boosts your vitality, strengthens your immune system, and increases your mental & physical abilities, a combination of classic Ayurvedic treatments with oils and herbs are used to massage and calm your entire body. Special treatments are given to specific parts of the body like the forehead, the eyes, and the face. This therapy regenerates cells, heals bones & nerves, promotes calmness of mind, slows down the aging process, and cures various problems associated with aging. great benefits include enhanced blood circulation, deep detoxification, and youthful glowing skin!



## RENAL CARE PROGRAMME

Kidney Dialysis and kidney transplant are one of the common solutions that kidney patients take in their later stage. Their main goal of treatment is to relieve symptoms, prevent complications, and delay kidney damage. We help you improve renal functioning by providing medicines and diet plans to increase the GFR levels and reduce toxins levels. Kidney failure is a self-progressive disease, and so the aim is to save the remaining renal functioning. The results are usually visible within one month of the treatment by giving kidney pack, hydrotherapy.

## LIVER CARE DETOX

Promoting liver health is mainly about giving the organ a periodic break—slowing the barrage of toxic inputs and allowing the liver to rest and reset. This approach is very similar to the philosophy behind a more general cleanse, which can be a terrific means of supporting liver health. These includes herbo-mineral formulations, decoctions, water extracts of herbs, diet and life style management.

## LUNGS DETOX

Just like all other systems of our body, even the respiratory system is prone to wear and tear, more so due to high levels of toxins and pollutants in the air. In Ayurvedic context, when too much Vata (space +air) accumulates in the lungs we experience breathlessness, dry coughs, asthma, hoarseness of the voice, weak voice, pain when breathing and even lung allergies. Ayurveda has effective remedies to bring an agitated dosha back into balance through diet, lifestyle and herb decoction.

## JOINT PAIN MANAGEMENT PROGRAMME

Joint pain is a common problem most people would experience. It may be a pain in the knee, hip, or spine. Joint pain can occur due to wear and tear of the cartilages. It may occur due to injury or could be the result of a disease like arthritis. We recommend therapies like Tailadhara (pouring of medicated oils), Nhavarakkizhi (massage with bolus of rice boiled in medicated milk) and Ksheera vasthi, Janu basti, Kati basti are among the most effective therapies for preventing degeneration and to strengthening the joints.

## EAR CARE MANAGEMENT PROGRAMME

According to Susrut the general treatment of all ear disorders includes the oral intake of ghrita, rasayanas, avoiding physical exertion, bathing without wetting the head, and resting the vocals. Some effective procedures for ear pain in Ayurveda are as follows:

- Karnapoorna: It is the procedure of the instillation of the drug in the ear.
- Karna Dhoopan: It involves fumigation of the ear through various ayurvedic medicines for ear pain.

Shirovirechana and dhawana/ Prakshalana: Toileting of ear where the removal of ear wax, discharge, and debris is carried out.

## PCOD MANAGEMENT

Ayurvedic treatment for PCOD typically focuses on: **herbs, such as ashwagandha and turmeric. therapies, such as yoga and breathing exercises.** lifestyle, such as increasing consumption of fruits, vegetables, and whole grains while reducing consumption of saturated fats, salt, and refined sugar along with hydrotherapy will decrease the androgen production which leads to cure.



## FEMALE HEALTH CARE PROGRAMME

Ayurveda attaches great importance to the various physiological conditions a woman goes through in her life. Physical problems of women include leg pain, lower abdomen pain, urine infection, uterus problems, and menstrual problems. Various pathological conditions women often encounter are menstrual disorders, infertility, polycystic ovarian disease, endometriosis, and uterine fibroids. There are many treatments right from herbal treatments to yoga to take care of women's health. This carefully planned health package for women includes specific traditional therapies like Avagaha, Pichu, Kshalana, and Sekam apart from Panchakarma. The herbal medicines taken internally and the external therapies combined with the prescribed vegetarian diet and sessions of yoga, meditation, and pranayama positively impact the body and the mind to maintain balance.

## CANCER CARE SUPPORT PROGRAMME

CANCER CARE SUPPORT PROGRAMME focuses on palliative care to improve the patient's 'Quality of Life'. Classical Ayurveda therapies are appropriately integrated with the primary management of cancer to alleviate acute side effects of chemotherapy and radiotherapy to enhance functional health and overall sense of wellbeing. Further, the motivation levels of the patient and his/her family are enhanced thereby minimizing patient default

The integrated and holistic approach adopted under the CCSP results in an individualized program that includes customized diet-lifestyle-medicine-treatments prescription.

## **GUT HEALTH RESTORATION PROGRAMME**

**(Digestive problems, Constipation, Gastritis, Colitis)**

Duration: 15 day

So many factors influence your gut health, including stress, exercise, exposure to environmental toxins, and perhaps most importantly your diet. Modern research has now confirmed what centuries of Ayurveda and other traditional medicine practices have inherently known for years—that certain herbs and herbal blends can promote gut health. If you are Struggling with any of the gut issue, Doctors here will advise you to follow proper daily routine, healthy diet plans, yoga for which promotes easy digestion, colon hydrotherapy to clean your gut which will restore your gut flora.

### **GENERAL PROGRAMMES:-**

#### **I) BODY DETOX (REJUVENATION)**

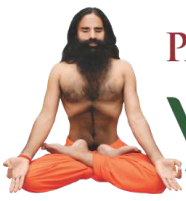
#### **II) COLON CLEANING**

1 Sitting(45 min)

#### **III) DOCTOR CONSULTATION - 500/-**

(includes ayurvedic and Naturopathic doctor consultation, Medicine prescription, Yoga Advice, and Diet Plan)





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**wellness**  
Yoga, Ayurveda & Naturopathy

POTLI MASSAGE

FOOT REFLEXOLOGY

FACE REFLEXOLOGY

PHYSIOTHERAPY

BODY DETOX

HEADACHE AND MIGRAINE

CUPPING THERAPY

MUSCLE RELAXATION

ABHYANGAM

HEAD MASSAGE

ACCUPRESSURE

LEECH THERAPY

SHRINGHI

SHIRODHARA

MUD PACKS

CHIROPRACTICE

# FOR THERAPIES

(6AM - 10PM)

## DOCTORS

# CONSULTATION

(10:30AM - 8PM)



# FREE YOGA & YAGYA EVERDAY

- 6-7 am
- 7-8 am
- 8-9 am
- 5-6 pm

पर्यावरण को बचाने और खुद को स्वस्थ बनाने के लिए करें योग और यज्ञ



# LET'S DISCUSS YOUR PERSONALIZED HEALTH & WELLNESS PLAN. **CALL US TODAY**

Click for Google maps Navigation



Click on the number to  
whatsapp us



**70 70 999 313**

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**PATANJALI WELLNESS HYDERABAD (OPD)**

**SY NO: 240,242,243, OPP TO MARUTI VILLAS, CHINNATHOKATA  
BESIDE SRI CHAITANYA SCHOOL,  
NEW BOWENPALLY, SECUNDERABAD- 500011**



**SCAN FOR LOCATION  
(GOOGLE MAPS)**

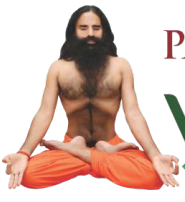


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# ALL UNDER ONE ROOF

- DOCTOR CONSULTATION
- DORMITORY
- YOGA
- YAGYA
- AYURVEDIC TREATMENTS
- NATUROPATHY TREATMENTS
- FOOD AS PER DIET CHART
- ACUPRESSURE



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# Singhi Therapy

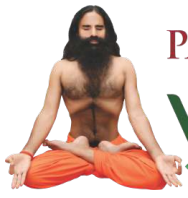
## श्रृंगी चिकित्सा

## సింఘి చికిత్స



- Results will be seen immediately
- 100% Natural, No Side Effects
- Very effective for Pain Management

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# BE AWARE OF THE **FAKE** PATANJALI WELLNESS CENTRES



**FAKE**