

Healthy Living in tune with Nature

The Ayurveda Way



Lord Dhanvantri

PRAJNA KUTEERA AYURVEDA CENTRE [R]

ABHIJNA INTERNATIONAL ACADEMY OF AYURVEDA & YOGA [R]

MYSORE, KARNATAKA, INDIA

A unit of

SWAMI VIVEKANANDA RESEARCH INSTITUTE OF MEDICAL SCIENCES AND RURAL DEVELOPMENT CENTRE [R]

About Us

Prajna Kuteera, a unique centre for Ayurveda, Panchakarma and Rejuvenation, the brainchild of Dr. N. V. Krishnamurthy and his spouse Dr. Poornima Krishnamurthy, was founded in the year 1990, under the umbrella of its parent organization, Swami Vivekananda Research Institute of Medical Sciences and Rural Development Centre [SVRIMS & RDC], a non-profit organization, Registered under the Ministry of Health and Family Affairs, Government of India.

Its sister concern Abhijna International Academy of Ayurveda & Yoga has also been promoting these two traditional sciences, for well over two decades now. Whilst, Prajna Kuteera is for therapeutics in Ayurveda & Yoga,

The centre also serves as a platform to the Global Alliance of Traditional Health Systems [GATHS], India and the Mind Body Spirit Society of India [MBSSI], India.

The centre is located in Keragalli on the countryside, about 8 Kms from the serene city of Mysore, in picturesque surroundings. Amidst Vedic chants, the Ayurveda therapies and Yoga sessions bring about the inner calmness and rejuvenation of the mind & body. The centre offers treatment packages in Ayurveda, Panchakarma and Rejuvenative therapies coupled with therapeutic Yoga.



About Our Logo

Prajnanam Brahma (Brahman is knowledge)

The letters, V P K on the logo denote the Tridoshas – Vata, Pitta & Kapha and their respective colours; the harmony of the mind, body and consciousness is depicted by the Shatchakras and the two Nadis (Ida & Pingala); the wavy waters are symbolic of Karma; the lotus of Bhakti; the rising sun of Jnana and the encircling serpent of Yoga and the awakened Kundalini, of Shakti. The Pranava or AUM, the sacred syllable or the primal sound that existed before creation, symbolizes and embodies Brahman – the absolute reality. To sum up, by the union of Karma, Bhakti and Jnana Yoga, one can attain Liberation.



AYURVEDA, THE MOTHER OF ALL WISDOM

'Dharmartha Kamamokshanam Arogyam Moolamuthamam'

'Sound health to attain Dharmaarthakamamoksha'

Ayurveda (Upaveda of Rigveda and Atharvana Veda), an ancient Indian healing tradition, cognised by the great Indian seers, offers a wealth of knowledge for a healthy and meaningful life. It propounds that, good health is not simply the absence of disease, but a state of harmonious and dynamic balance of mind-body-spirit and environment.

It is a holistic system of medicine, which not only treats a person's physical ailments, but also addresses one's lifestyle issues and helps maintain and improve health. It only adds life to years and not years to life. It is a way of life which aims at physical, psychological, social and spiritual well being. Drawing time-tested tools from Ayurveda, one can discover ways to attain perfect mental and physical balance, thereby inner harmony. The ultimate aim of Ayurveda is to attain Moksha (Salvation), through Healthy Living.

The treatments in Ayurveda are centred around the following four guidelines:

Ahara (diet), Vihara (activity), Achara (lifestyle) and Vichara (thought process).

The treatments in Ayurveda have been broadly classified and dealt with under three lines of management viz.,

- Shamana chikitsa (conservative/palliative)
- Shodana chikitsa (panchakarma/purification)
- Nidana parivarjana (prevention of causative factor).

YOGA A WAY OF LIFE

Yoga is a system, that harmonises the mind - body - spirit and thereby promotes health. The main aim of yoga is self-realisation. For a person who wants to tread the path of yoga, his effort will have to be, to cease to identify himself with the mind - body - spirit complex completely and to look upon those three elements as tools for transcending the ego, in order to identify his inner being with the pure consciousness, whose very nature is absolute peace, harmony and bliss.

Bringing the two Vedic sciences viz., Ayurveda and Yoga into one focus, under one roof is the humble concept.

OUR MISSION

- To spread the knowledge of our ancient sciences globally and create awareness about wellness, the natural way.
- To promote healthy living through Ayurveda, by harmonising the mind, body and spirit, through various wellness programmes.
- To provide medical services to the remotest of the rural and urban areas by conducting medical camps all over India.
- To cultivate and conserve medicinal herbs and other endangered species of flora, for Ayurvedic pharmaceutical use, by strictly adhering to the principles of organic integrity.
- To conduct Ayurveda, Yoga and Sanskrit educational programmes in the form of short-term and long-term courses in India and abroad.
- To assist the modern, complementary and alternative systems of medicine catering to advanced medical facilities globally.
- To conduct Research in Ayurveda by using ancient tools such as Yoga and Meditation.
- To develop an easily accessible, acceptable and relatively affordable healthcare system.



PANCHAKARMA & REJUVENATIVE THERAPIES



As the name suggests, **pancha** in Sanskrit stands for five and **karma** refers to the therapeutic measures. These are undertaken for the purification of the body and Ayurveda considers it a prerequisite for any other therapy.

Panchakarma therapy of Ayurveda comprises of five basic types of advanced treatments for the evacuation of vitiated Doshas (toxic materials) from the body. These practices are extremely helpful in relieving deep seated diseases, as also beneficial for maintaining and improving physical & mental health. Rejuvenative therapies help nourish the body.

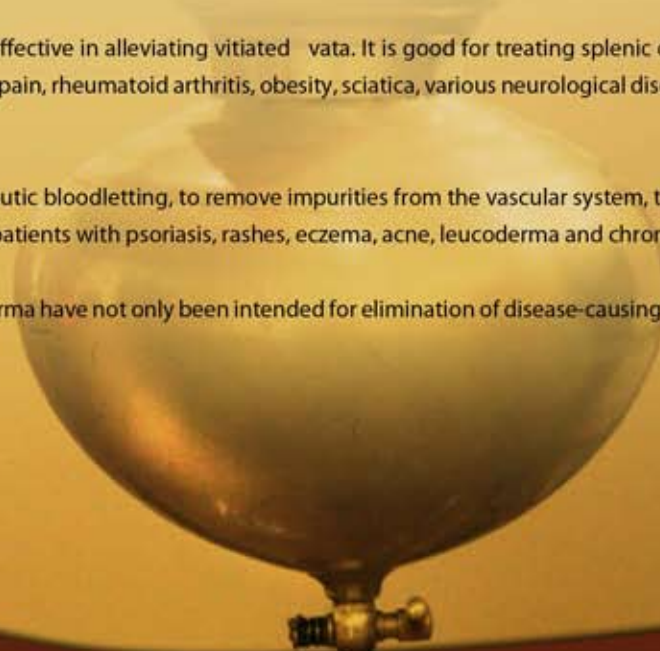
Every person is made of a combination of five basic elements found in the universe, viz., **Earth, Water, Air, Fire and Ether**. These elements combine in the body, to form three life forces or bio energies, called **Doshas** (functional elements), **Dhatus** (structural elements) and **Malas** (excreta).

Everyone inherits a unique mix of the three Doshas viz., **Vata, Pitta, Kapha** and one or more of these Doshas would be usually predominant. These three Doshas have specific functions to be carried out and their balance is responsible for our health. Vitiation of agni (digestive fire) and the vata, pitta, kapha causes diseases and the treatment procedures of Panchakarma normalise the deranged agni and bring the Doshas to a state of equilibrium, thereby restoring complete health.

PANCHAKARMA encompasses five treatment procedures:

- **VAMANA KARMA** (Therapeutic Emesis), is the method used for the elimination of aggravated kapha through induced vomiting. It helps in treating illnesses like asthma, coughs, chronic colds, psoriasis, acne, arthritis, diabetes and other kapha disorders.
- **VIRECHANA KARMA** (Therapeutic Purgation), is the method used for the elimination of aggravated pitta through purgation, by using special medicaments. Conditions as bronchial asthma, dermatological disorders, hemiplegia and joint disorders can be effectively treated.
- **NASYA**, a process of nasal cleansing by the application of medicated oils or powders, is excellent for treating chronic sinusitis, headaches, throat diseases, chronic colds, chest congestion, epilepsy, catarrh, migraine, voice constraint, eye diseases, cervical spondylitis and frozen shoulders.
- **BASTI**, the medicated enema is particularly effective in alleviating vitiated vata. It is good for treating splenic disorders, colic and renal calculus. It also helps in treating chronic constipation, low back pain, rheumatoid arthritis, obesity, sciatica, various neurological disorders like hemiplegia, multiple sclerosis, epilepsy, dystrophy and atrophy of muscles.
- **RAKTHAMOKSHANA**, is a method of therapeutic bloodletting, to remove impurities from the vascular system, through leech therapy or other methods. Leech therapy has shown significant results in patients with psoriasis, rashes, eczema, acne, leucoderma and chronic itching.

These 5-fold treatment procedures of Panchakarma have not only been intended for elimination of disease-causing toxins, but also to replenish and nourish the tissues.



PALLIATIVE & REJUVENATIVE THERAPIES AT OUR CENTRE

We offer the following rejuvenative therapies at our centre, that are specially designed to treat chronic health issues, root out the diseases and nourish the body thereby promoting wellness. It is worth mentioning here that, a lot of Research and Scientific scrutiny has gone into developing the standard operating procedures of the under mentioned therapies. To know the efficacy of these therapies -

Indulge in **Abhyanga**, the Ayurvedic whole body massage, done by well trained therapists in sync, with suitable medicated oils which is beneficial to stay young and healthy. Those suffering from various ailments, especially vata disorders are benefited. Abhyanga can be resorted to daily, as it reduces fatigue, bestows good vision, adds life to years, nourishes the body, ensures good sleep and a healthy skin.

The following palliative and rejuvenative therapies are also recommended by our experts depending on the individual's health issues:

Shiro Abhyanga (massage to the scalp), helps prevent headache, hair loss, baldness and premature greying of hair. Besides leaving the hair lustrous and strong, it improves the sheen of facial skin and ensures a sense of well-being, balance and good sleep.

Sarvangadhara, a therapy of pouring warm medicated oils in an even and controlled stream with simultaneous massage, strengthens and tones all seven body tissues and the indriyas, improves vigour and vitality, agni (digestive fire), body complexion and lustre. Sarvangadhara, a major rejuvenation technique can be done with medicated oils, herbal decoctions and milk, according to the individual's prakruti (body constitution) and ailments.

Patra Pinda Sweda (PPS), is used to induce sweating after Abhyanga. Several herbal ingredients are roasted together, tied in boluses, dipped in warm medicated oil and massaged all over the body. The special herbs used, draw the toxins from the body by activating the sweat glands (sweda). This is an excellent treatment for neurological disorders, arthritis and skin disorders.

Choorna Pinda Sweda (CPS), a full body oil massage is complemented by a massage with chosen herbal powders tied in boluses. It is useful in kapha disorders, obesity, skin ailments, joint disorders and to prevent unpleasant body odours.

Shashtika Shali Pinda Sweda (SSPS), a unique therapy of fomentation which is preceded by Abhyanga, using a preparation of a special type of rice harvested in 60 days, is useful in treating vata and kapha disorders, paralysis, myalgia, neurological and neuro-muscular disorders. A great rejuvenator, it is also known to treat delayed growth in children.

Udvartana, is a stimulating massage using special herbal powders, to reduce cellulite accumulations, improve circulation and enhance skin's texture and appearance. It is extremely beneficial in treating obesity.

Padaghata, is a unique technique of massaging the body with the feet by specially skilled therapists. It is useful in treating vata disorders. Experience its uniqueness, at our centre.

Padabhyanga, is a unique procedure of massaging the lower legs and feet, emphasising the concept of foot reflexology. It is known to reduce stress and strain of the lower limbs and eyes. It is also helpful in treating varicose veins.

Shirodhara, a time-tested remedy for psycho-somatic disorders, is a procedure, which involves the pouring of a controlled stream of different warm medicated oils/butter milk/herbal decoctions incessantly, in a soothing way over the forehead. A great stress buster, it relaxes and revitalizes all the sensory organs and the central nervous system. It stabilises and calms the mind and sharpens memory. Being an excellent rejuvenator, it ensures good sleep.

Shirolepa, is a procedure of applying medicated herbal pastes, ghee or oil to the scalp. Shirolepa helps treat itching, dandruff, pustules and headaches. It is also useful in preventing hair loss and premature greying of hair.

Shirobasti, is a special procedure of retention of warm medicated oils on the scalp for a specific duration. It is useful in treating Parkinson's disorder, insomnia, dementia, paralysis, Bell's palsy, writer's syndrome, migraine headaches, dandruff and other diseases of the scalp.

Shiropichu, is a procedure of anointing the scalp with herbal pastes/medicated ghee or oil and preserving it overnight. It prevents hair loss, reduces burning sensation over the scalp and is good for insomnia.

Netratarpana/Akshitarpana, is a process of keeping the medicated ghee/herbal decoction in the eye with the help of a dough dam. Netratarpana helps remove fatigue in the eyes. It ensures good vision and is helpful in treating burning sensation, roughness and stiffness of the eye, sub-conjunctival haemorrhage, inflammatory lesions of the eye, glaucoma, dry eye syndrome and loss of eye-lashes.



Kati Basti, is a procedure in which warm medicated oils are retained on the lower back, followed by Sweda (fomentation/sudation). A series of these treatments is amazingly beneficial in treating low backaches, spondylosis and sciatica.

Greeva Basti, a procedure done by retaining warm medicated oils on the cervical region, followed by sweda, is very effective in treating cervical spondylosis and frozen shoulders.

Janu Basti, a procedure similar to Kati and Greeva Basti, is done to the knee joints and is very effective in treating rheumatoid and osteo-arthritis.

Nabhi Basti also called Chakra Basti, done at the umbilical region, is very effective in treating digestive disorders and anxiety.

Hrud Basti, is a procedure wherein warm medicated oils are retained in the cardiac region for a specific duration. This is especially rejuvenating for the organ of Heart. It strengthens the heart muscles and improves circulation.

Ishtika Sweda, a special procedure done on the feet using herbal decoctions poured on hot bricks, is very effective in treating calcaneal spurs, achillies tendon and plantar fasciitis.

Apart from treating various diseases mentioned above, over the years, we have a proven track record of curing various skin ailments, joint disorders, obesity and neuro-muscular disorders.

It is extremely beneficial for students and computer professionals.



BEAUTY THERAPIES

Ayurveda has a holistic approach towards beauty and health care. It advocates daily and seasonal regimen for maintaining health and beauty. Ayurveda says that beauty is not just skin deep, but stomach deep. One has to be healthy from within, to acquire a beautiful skin. Every individual has a unique Prakruti (body type) and the skin type is also based on the Doshas that make up our prakruti.

The beauty wing of Prajna Kuteera offers customized mukhalepa (facials), manicure, pedicure, shirolepa (hair care) for routine beauty care and also bridal packages, depending on the prakruti of the individual. A total herbal approach to Pedicure & Manicure can make one boast of a pair of beautiful feet and hands.

Mukhalepa (facial): Keeping in view the awareness about beautiful skin, Mukhalepa (a unique herbal facial technique) has been designed by us. It is very effective in chronic acne, hyper pigmentation, freckles and sunburns. This prevents wrinkles and improves the skin tone.

ANTENATAL & POST-NATAL CARE

We at Prajna kuteera, deeply care for the well-being of the mother and the new born. Antenatal and Post-natal care, the Ayurvedic way ensures good maternal health and a healthy progeny with a good immune status.

We offer :

- Pre-pregnancy counselling to couples
- Panchakarma therapy for a healthy conception
- Antenatal (pregnancy) care and advice
- Traditional therapies during pregnancy
- Yoga classes (Trimester programme for expectant mothers)
- Stress management and deep relaxation techniques during pregnancy
- Advice on traditional post-partum care for mothers and grandmothers
- Swarna praashana for the new born
- Programmes to help young mothers to shape up.

SWARNA PRAASHANA

Swarna Praashana is an age old tradition derived from the Vedas, practised in Ayurveda. It is a procedure that potentiates the immune system in children. There are various rituals (or samskaaraas as they are aptly called), followed soon after the baby is born. They are Swarna Praashana, Aayushya karma, Choodakarma, Annapraashana, Aksharabhyasa etc. These procedures improve the health status of the child and increase longevity.





Swarna Praashana is said to:

- Improve digestion & strength and root out diseases
- Increase longevity, build up immunity, act as a rasayana and ward off evils
- Improve memory, intellect, cognitive, language and computing skills
- Potentiate the activity of the senses and alleviate disorders of speech
- Promote mental health.

It is administered on the day of **Pushya Nakshatra**, as this day is known to bring about pushti or nourishment and is in tandem with swarna (gold) which is governed by Guru graha. Prajna kuteera conducts Swarna Praashana on this day, every month.

WEIGHT MANAGEMENT

Start living the organic life at our centre

We are aware that weight management can be a challenging journey. We at Prajna Kuteera, make sure that you jumpstart your day with wholesome pure vegetarian breakfast, with several nutrients required by your body, on daily basis. A nutritious breakfast ensures that you stay thinner and healthier and feel the difference for yourself. We also ensure that traditional organic methods of growing vegetables on our farm are followed to cater to the needs.

We have personalized/customized detox therapies complemented with therapeutic Yoga and meal plans according to your Body Mass Index (BMI) and activity levels.



AN ANSWER TO BEAT THE CHALLENGE OF STRESS

The burnt out people's bandwagon is increasing by the day and people are getting into different modes to get out of it. Concepts such as anxiety, antagonism, exhaustion, frustration, distress, despair, overwork, pre-menstrual tension, over-focusing; confusion, mourning and fear could all come together in a general broad term stress. It is the buzzword of the 90's especially among women who do too much. Few human conditions receive so much credit and so much blame.

To alleviate stress related problems, one must understand their personal reaction to stress. Stress can be, if not a silent killer, at least a silent challenge to peaceful, healthy living.

While we cannot prevent stress in our lives, we can definitely shift our emotional reactions to stress by making lifestyle changes that allow us to slow down and relax.

YOGA, PRANAYAMA & MEDITATION

Over the years, Ayurveda has evolved into an ideal system of therapeutic treatment, that helps in coping with the pressures of present day fast paced sedentary lifestyle. The above mentioned Ayurvedic treatment procedures, when complemented with the following yogic practices/sciences, would be more effective in beating the challenges of modern day stressful lifestyle:

The holistic approach of Ayurveda, Yoga, Pranayama (breathing exercises) and Meditation, addresses these hazards in a natural way.

Yoga is a way of life that harmonises the mind-body-spirit and is often touted for its health benefits. There is promising evidence on the effect of Yoga which has the potential to be a cost-effective treatment and prevention strategy ensuring health-related quality of life improvements.

Pranayama is the science of systematic harnessing of the breath, for gaining control over the prana and thereby on the mind. Pranayama forms the fourth limb of Patanjali's eight limbed Ashtanga Yoga.

Meditation is the foundation of spirituality. Meditation/Dhyana is the seventh limb of Patanjali's Yoga. By meditation, we create a temporary lull in our mind and calmness prevails, during which time, we are in touch with the divine force.

A combination of the principles of Ayurveda, Yoga, Pranayama and Meditation, teaches us ways of enriching, enhancing and extending our lives without interference from disease and ageing, by bringing back the natural rhythm of the mind and body.



AWARENESS PROGRAMMES/WORKSHOPS:

For the benefit of patients/general public, we at Prajna Kuteera conduct the following awareness programmes/workshops on:

- Management of life style disorders such as obesity, diabetes, hyper tension, stress, endocrine disorders and menopausal issues.
- Home remedies, on how to treat various ailments yourselves, through tips from our specialists.
- Living a healthy life by introducing pure vegetarian saatwic wholesome ayurveda cuisine in your diet, through demonstrations by experts .



RAAGA : A MONTHLY MUSIC PROGRAMME FOR WELLNESS

RAAGA is a unique platform for monthly music programme, held on the third Saturday of every month at Prajna Kuteera. Bringing all the three Vedic sciences viz., Music, Ayurveda and Yoga into one focus, under one roof is the humble concept. Ayurveda originates from Rigveda and Atharvanaveda, whereas Samaveda is the source of classical music. Music has frequently been used as a therapeutic agent from ancient times. As we are aware, Music is the healing force of the universe, literature of the heart and medicine of the mind. Music helps in healing most of the psychological and psychosomatic disorders and aids in inner harmony.



FACILITIES OFFERED:

The centre has an out-patient wing located in Kuvempunagar, Mysore and the in-patient facility at Keragalli, about 8 kms from the heart of Mysore in a serene and tranquil environment and offers the following facilities:

- Consultations by Ayurveda and Yoga consultants of International repute, with round the clock monitoring by experienced Doctors
- Ayurveda Panchakarma and Rejuvenative therapies in 1/7/14/21/28 day packages
- 15 well-equipped deluxe suites amidst lush gardens
- State-of-the-art consultation and therapy rooms
- Yogashala - regular Yoga classes (general and therapeutic). 5 Medical Courses for doctors and 10 Paramedical Courses under the affiliation of Karnataka State Open University (KSOU)
- Yajnasala where Agnihotra & other homas are performed to purify the self and environment

- Paakashala catering to customized saatvic pure vegetarian diet to the in-house guests
- Puhskarini (traditional water body - inverted pyramid) overlooking the Yagnashala
- Ayurveda , Panchakarma and Rejuvenative therapy rooms, at both out-patient and in-patient levels with separate areas for male and female patients
- Herb gardens- Astadikpalaka vana, Raashi vana, Nakshatra vana & Navagraha vana
- Nagarjuna - pharmacy
- Sanjeevini - drug outlet for Ayurveda medicines
- Indraprastha - internet café (wi-fi connected)
- Makaranda - gift shop



OUR DEDICATED TEAM



Prajna Kuteera is the brainchild of **Dr. N.V. Krishnamurthy M.D.**, who hails from a family practising traditional Ayurveda, for more than two centuries now. He and his wife **Dr. Poornima K. Murthy M.D.**, both gold medallists from The University of Mysore, have been practising Ayurveda for well over 2 decades and are the founders of their service organization **Swami Vivekananda Research Institute of Medical Sciences and Rural Developmental Centre**. Their activities are also spread in countries like the USA, Australia and Singapore.

Backed by an excellent team of energetic and dedicated Doctors, Administrators, Skilled Therapists and Nutritionists headed by **Sri. Ramesh B.S.** who has a vast experience in Ayurveda Therapy and Training and Nutrition, **Prajna Kuteera** promotes healthy living through Ayurveda and harmonizes the mind-body-spirit through its various wellness programmes.



OUR SOCIAL ACTIVITIES;

As a part of our social responsibility, we have conducted socio-medical and conomical survey in rural and urban areas, in about forty interior villages and are providing free medical services to those areas every month and also to the urban areas.

We are also regularly conducting free camps, since inception of **SVRIMS & RDC** in 1990, for detection and/or treatment of various diseases and also awareness camps.



ABOUT MYSORE

Mysore[4] (Listeni/maʔsʔr/), also known as Mysuru, is the Second largest city in the state of Karnataka, India, which served as the capital city of Mysore Princely Kingdom (Kingdom of Mysore) for nearly six centuries, from 1399 until 1947. Located at the base of the Chamundi Hills about 146 km (91 mi) southwest of the state capital Bangalore, it is spread across an area of 128.42 km² (50 sq mi)

The cultural ambience and achievements of Mysore earned it the sobriquet Cultural capital of South Karnataka. Mysore is noted for its palaces, including the Mysore Palace, and for the festivities that take place during the Dasara festival when the city receives a large number of tourists. It lends its name to the Mysore style of painting, the sweet dish Mysore Pak, the Mysore Peta (a traditional silk turban) and the garment known as the Mysore silk saree. Tourism is the major industry, while information technology has emerged as a major employer alongside the traditional industries. Mysore depends mainly on rail and bus transport for inter-city connections. It also has an Airport serving the city, also known as Mandakalli Airport. The city was the location of the first private radio station in India. Mysore houses Mysore University, which has produced several notable authors, particularly in the field of Kannada literature. Cricket is the most popular sport in the city, however it has many other sport facilities.



HOW TO REACH

Mysore is the second largest city in the state of Karnataka. Mysore was the erstwhile capital of the state when the Wodeyars ruled it. Since time immemorial Mysore has played an important part in the history of South India and especially of Karnataka. As time has passed though Mysore has changed according to the changing times it still retains its old world charm and continues to be to a quaint little city that is relaxed and moving at its own leisurely pace. Travelling to Mysore is easy. It is well connected by road and rail to all the major cities in India. Mysore does not have an airport though there are plans to construct an airport shortly. The nearest airport is in Bangalore.

By Road

Mysore is 139kms to the south west of Bangalore. The state highway that connects these two cities is very well maintained. Travelling from Bangalore to Mysore by road is a pleasant experience and will take about 3hrs. The Karnataka Road Transport Corporation has excellent bus service to Mysore. There are ordinary buses, semi-luxury buses and luxury buses operated by the Government of Karnataka. Every half an hour there is a non-stop bus to Mysore from Bangalore Bus Station. Corporations of other states and private tour operators have buses plying to Mysore as well. All these facilities have made Mysore extremely accessible by road.

By Train

Mysore is connected with a number of trains to Bangalore. The super fast luxury train the Shatabdi Express connects Mysore to Madras. The quickest and most comfortable way to reach Mysore is via Bangalore.

By Air

The nearest airport to Mysore is Bangalore (139 km). All the domestic airlines in the country operate their flights to Bangalore from all the major cities in the country. Some international airlines too have flights to Bangalore. Bangalore is to have an international airport shortly.

