

# Community Wellbeing

An Initiative of

NADICHIKITSA INSTITUTE FOR AYURVEDIC STUDIES



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# Understanding Wellbeing

There are two terms in the health industry which constantly make waves, they are wellbeing and healthcare.

At Nadichikitsa, we help our clients with their wellbeing. Wellbeing essentially has three parts; physical, mental and emotional.

We are surrounded with several conveniences that reduce human effort such as cars, public transport and mobiles. The downside of these conveniences is that, they cause hyperactivity in our body that causes certain changes in our body such as baldness, dry hair, high triglycerides, Fatty liver disease, brittle bones, premature greying of hair, skin dryness, snoring, bloating, stiffness and aches and pains.

Ayurveda offers the way to investigate and understand how your symptoms manifest and how these symptoms can be addressed.

## How will we help your community?

Back pain, body pain, constipation and sleep disorders and snoring are most common amongst middle aged office goers.

## The investigation



The only way to investigate the root cause of human suffering is by listening to the pulse. This method of investigation in Ayurveda can help us understand what

has caused our present condition, what remedies will help better your condition.

## Physical Wellbeing

### Food

Food is an important part of our physical wellbeing. It helps your body stay healthy.

Pathya (appropriate diet) is an important part of wellness. Food heals. We can suggest the best diet for your health. Conveniences has led us to consuming



readymade foods that fill our stomach, but do not provide any nutrition to the body. We have to get back to natural ways of eating to live healthy.

## Marma Chikitsa

Marma Chikitsa reduces hyperactivity. This is a twenty minute procedure that provides quick relief from aches and pains, sprains, muscle spasms, bloating, reduces snoring and normalises the flow of prana in the body.



Marma Chikitsa is a non-oil based therapy and hence can be done in an office environment with ease.



Marma Chikitsa has the potential to delay the onset of several other geriatric physical conditions such as dementia and Alzheimer's disease.

## Mental Wellbeing



Sleep is an essential part of mental wellness. Inadequate sleep can become a cause of a host of illnesses such as hypertension, diabetes, obesity, depression, heart attack, and stroke. Marma Chikitsa also helps calm the mind and induce good sleep.

Apart from Marma Chikitsa there are other practices that can help mental wellbeing that we provide at Nadichikitsa.

### Thinking...



The mind is a web of thoughts that constantly keeps us occupied. The quality of thoughts can either enable us or disable us. Most often than not, the quality of thoughts we get attracted to from our day to day activities, work and from browsing social media, are stressful thoughts that interfere with our ability to live happily.

**Nirmukt Chikitsa** is one such easy to do practice that reduces the intensity of the impression of thoughts upon

us. This is required to prevent us from getting consumed in thought. Its effect is maximum among individuals under stress who are lonely as well as on senior citizens who are reserved and find it difficult to converse with others.

## Harmony is everything

Having harmony of thoughts and feelings amongst family members is a prime necessity for sound mental health. However, familiarity makes us take them for granted and we express without paying heed to how our words, intonations and actions might affect our near and dear ones.



We are victims of our judgement. **Bandha Parichheda** or the practice of the figure of 8 stops you from judging others and also prevents you from getting affected by others' judgement of you. The effect of this practice is profound in delivering mental peace and stability.

## Emotional Wellbeing

Memories trigger various emotions in us. Most often, our past contains instances which we don't want to recollect. The thoughts of - we could have, should have, shouldn't have revisits us from time to time and takes a toll on our emotional health.

Did you know? Emotions are intense and their uprising with memories cause our cells to behave differently? Studies have shown how emotions trigger a host of illnesses including anxiety, depression and cancers.

Emotional breakdowns from separation from a partner, death of a loved one or trauma arising out of abuse, all take a toll on our mental and emotional health.

At Nadichikitsa, we have experience of working with individuals who are emotionally broken and bringing them out of their trauma.

# Testimonials

**Vinaya B** - wanted to express my sincere gratitude To Sudha Mam & Dr.Mahesh of Nadi Chikitsa Wellness Pvt. Ltd.

I have been suffering with pain behind my ears since 15days, happen to consult various ENT, Dental Specialist, took many Scans and medications but there was no relief neither they were able to diagnose the problem. Today when my pain shot high i happened to visit my dentist and they suggested me to get my molar tooth removed. I luckily happen to call Sudha Mam with lot of hopes, inspite busy schedule of Dr.Mahesh, Sudha mam understood my agony and connected me instantly to Doctor. I wanted to express my sincere gratitude for your prompt assistance and invaluable guidance over the telephone earlier today. Your support during my moment of pain meant a great deal to me, and I am truly grateful for your expertise and dedication to your patients.

Your ability to assess the situation swiftly and provide me with a quick remedy by guiding my daughter with specific marma points not only eased my discomfort but also reassured me in a time of uncertainty. Your professionalism and compassion shine brightly, and I feel fortunate to have you as my doctor.

Your commitment to providing exceptional care, even over the phone, speaks volumes about your dedication to your patients' well-being. I am deeply thankful for your assistance and guidance during this challenging time. Once again, thank you for your invaluable support. Your kindness and expertise have made a significant difference.

**Sharmila R** - From the day I visited Nadichikista wellness life is never the same where my thoughts are stuck. Every day every morning is a new learning . Txs to Dr and the team for changing the perspective of life in a very simple and understandable way in our daily thoughts. The Free meditation sessions every Saturday is a bliss gift for life thank q Dr n Team again.

Sudha mam txs to all your support too and adding me to the wonderful group where I am learning and implementing a lot in my day to day life. Bounced back to normal life with the help of Dr and team after the big loss on my Dad where I was stuck with my emotional thoughts for more than a year.

Gratitude for life. Not a week passed by without medicines for me for almost 2 years. After Nadichikista, completed the course, and I must say, not taken a tablet for more than a month. This meditation group is a daily dose of energy for my thoughts when I get stuck or confused with my thoughts.

Txs a lot Dr n Team 🙏🙏 Gratitude 🙏🙏

# Join our Mission

We cannot achieve it alone. Yes! Our mission is to help people heal and help each other heal. Much of the symptoms begin from our mind, emotion and food habits. Many of these conditions can be avoided or rectified and healed with a little help. We are too few to help such a large population.

That is why, we are wanting more people to learn what we share.

## Learn | Practice | Certify | Share

There is a dire need for holistic health and there is no better time than now. There are so many health conditions which do not have an answer in the medical systems. However, there are ways to understand and heal many of the symptoms with traditional healing methods. These are backed by shastras (verses on health and wellbeing from ancient times).

At Nadichikitsa, we research on the shastras and their application on health, wellbeing and healing so we can share these practices with the larger population.

## Primary Care - anywhere

We believe every individual has the capacity invested in him or her to overcome ailments in its initial stages. The only thing that stops a person from overcoming an illness is ignorance. Once the person is equipped with knowledge, there is nothing to stop the person from restoring health.

## How you can benefit?

Marma Chikitsa, mental health practices and emotional wellbeing practices are easy to learn as well as apply on oneself and in offices. Healing must be available where it is needed the most.

## Talk to us today!

We are eager to see a better version of you. so, let us engage and make it happen. A healthier community is a happier community.

**Donate  
and help**

