Naturopathy, Ayurveda & Yoga.
Three Dimensional Healing for Total Health.
Aakriti Nature Cure Centre

Aakriti Nature Cure Centre (ANCC) has been set up by Aakriti group in Bhopal to promote Vedic Methodology of healing. Set in lush green swaying palms on Bhopal - Indore highway consists of luxurious rooms built in true vedic style. The ambience, serenity with only the sounds of chirpy birds & trees make ANCC a part of paradise. ANCC is headed by experienced doctors, and a team of therapists, yoga teacher, aiming to provide quality health care both for illness as well as wellness through traditional method of healing. Vedic science for complete treatment of mind, body and soul. We are providing various Indian & Western holistic sciences in integrated approach with personal care & clinical orientation.

Vedic science for complete treatment of mind, body and soul.

**Naturopathy:** Naturopathy deals with the healing power of nature since it believes that all healing powers are within your body, which includes our immune system in the fuller sense of both the physical and the psyche, which is responsible for our wellness and our ability to heal and maintain health. The system of Naturopathy applies the laws of nature which governs our body, mind and spirit in harmony. This holistic science is based on lifestyle management which is the root of all the ailments. Here we try to treat the cause and not the disease hence the amount of time spent for treatments needs to be stretched anywhere from 10-20 days and beyond, for better cure. Naturopathy is not only curative, it is preventive and educative. Here the patients learn to live with health and happiness along with cure.

**Ayurveda:** It is the oldest surviving complete medical system in the world. Offering a rich, comprehensive outlook to a healthy life, Ayurveda is not simply a health care system but guides each & every individual through proper choice of diet living habits and exercise to restore balance in the body, mind and consciousness, thus preventing diseases by improving body’s immunity.

**Yoga:** It is the union of man and the cosmos, and more generally, body & spirit. Yoga is not merely a set of Asanas and Pranayama, which helps maintaining healthy body but it extends the beneficial effects on the mental, emotional, social it as well as spiritual level. Thus yoga gives us a complete healthy way of life.
A unique and all-inclusive concept for total healing

Naturopathy is distinct healing philosophy and practice, which promotes health by using bodies own Life force, and inner protecting mechanism. We firmly believe that Vedic Science (Naturopathy, Ayurveda and Yoga) is the most profound medical science and will benefit immensely from its widespread adoption. We exhaustively believe in Holistic Health, A Gift of Nature - The sense of holistic science is very close to the Mother Nature as it represents a complete care on individual as a whole-body, mind & spirit. It also cares the state of psychological, emotional, social, nutritional & spiritual aspects. The imbalance of any one of these leads to disease, so our belief is that holistic health lies with the nature.

Health And Environment: It is well known that our health state is closely associated with the environment. We have created an eco friendly environment inside the premises to avail abundant natural properties. Along with the plush green surroundings, we also have organic farming & a herbal medicinal farm to compliment for wellness & healing.

Diverse and Effective Therapies

Detox Therapy
Natural way of detoxification is major target for ANCC holistic wellness program. The special feature of our hi-tech detox therapy is a combination therapy of chromo therapy and far-infra therapy with soothing therapeutic music according to individual needs. The idea behind this therapy is to eliminate toxins from the cellular level, to activate cardio-circulatory system and to accelerate the fat metabolism to lose excess body weight. It also works as an analgesic providing relief in cases of fibromyalgia and other forms of arthritis.

Shirodhara
This is an excellent Vedic Therapy to attain the state of complete relaxation and rejuvenation through the soothing effect of neurological influence. It helps in minimizing mental stress and fatigue, leading to revitalization.

Delux Hydrotherapy
Water is a natural healing gift. This special therapy takes whole body under water to massage with multiple jets which are scientifically planned. It also helps to improve vitality and rejuvenates our body and mind.

Body Massages
Body Massages are one of the easiest ways of attaining and maintaining good health & the basis of massage is touch & strokes. The various Massage techniques derived from both Naturopathy & Ayurveda like Abhyangam, Deep tissue, Hot stone, Salt glow massages provide great relief to tired muscles & rejuvenates body and mind.

Diet (Satvik Aahaar)
Whatever you eat, that you will be.
-Hippocrates
Mother Nature has provided all the live nutrients (life force) through natural foods and herbs. So the right form of food is the way to good health. Natural Food otherwise known as alkaline food is base for treatment under Naturopathy.

Yoga
Yoga is an excellent tonic for our body, mind and soul. It provides us a complete state of deep relaxation and rejuvenation through the pranic energy.