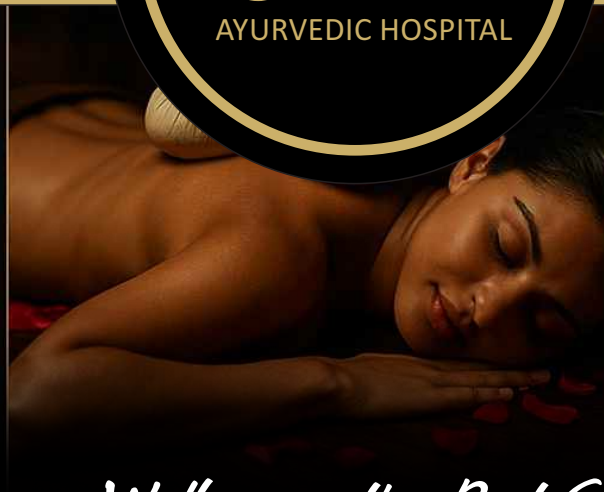


# SRS Hospital & Panchakarma Wellness



*Panchakarma Wellness is the Best Center in Meerut*

Experience the Ultimate Wellness Journey with Panchakarma Treatment in Meerut

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# *Welcome to Sra Hospital & Panchkarma Wellness*

SRS Hospital & Panchakarma Wellness is the best center in Meerut, Our experienced practitioners provide a wide range of treatments for various ailments, including obesity and diabetes acidity, indigestion, PCOS, allergic rhinitis, kidney problems, depression, infertility, fatty liver, and asthma. Book an appointment with the experienced ayurvedic doctor for a rejuvenating and healing experience.

**"Health is not just being disease-free. Health is when every cell in your body is bouncing with life."**

**“We provide variety of authentic & 100% pure Ayurvedic treatment and medicines.”**





# Heritage Site Near Shri Ram Hospital



## Augarnath Temple

Kali Paltan Temple, Shiv Temple Aughadnath Temple are commonly used. The name is known, which is close to the army barracks in the Indian city of Meerut in Uttar Pradesh. It was established in 1844 after the discovery of a Shivalinga under the ground. The foundation stone of the modern large temple complex was laid in 1968. The well is where the Indians who fired the first bullets in the Indian Rebellion of 1857 Soldiers were found.



## Puramahadev Temple

Puramahadev (also known as Parashurameshwar) near Meerut city of Uttar Pradesh, In Pura, a small village in Balauni town, 4.5 km from Baghpat district. There is an ancient temple of Hindu Lord Shiva which is a center of worship for Shiva devotees. It is also considered an ancient Siddhapeetha. not just for this area Actually, it is recognized in the entire western Uttar Pradesh. millions of shiv devotees shraavan And in the month of Phalgun, by bringing the holy water of Ganga from Haridwar to Kanwar on foot. Parashurameshwar anoints Mahadev.



## Jambudweep Jain Temple

Jambudweep is a Digambara Jain temple in Hastinapur, Uttar Pradesh, built in 1972 by Jains. It was built by nun Gyanmati. Jambudweep is a depiction of Jain cosmology Jambudweep.



## Laxmi Narayan Temple

Lakshminarayan Temple in Modinagar town in Ghaziabad district of Uttar Pradesh, India. situated at. It is also popularly called Modi Temple. From Birla Mandir, Delhi Somewhat matching, the grandeur of this temple is worth seeing.



## Sheeshe wala Gurudwara



## Sardhana Church



## Suraj Kund Park and Sports Market

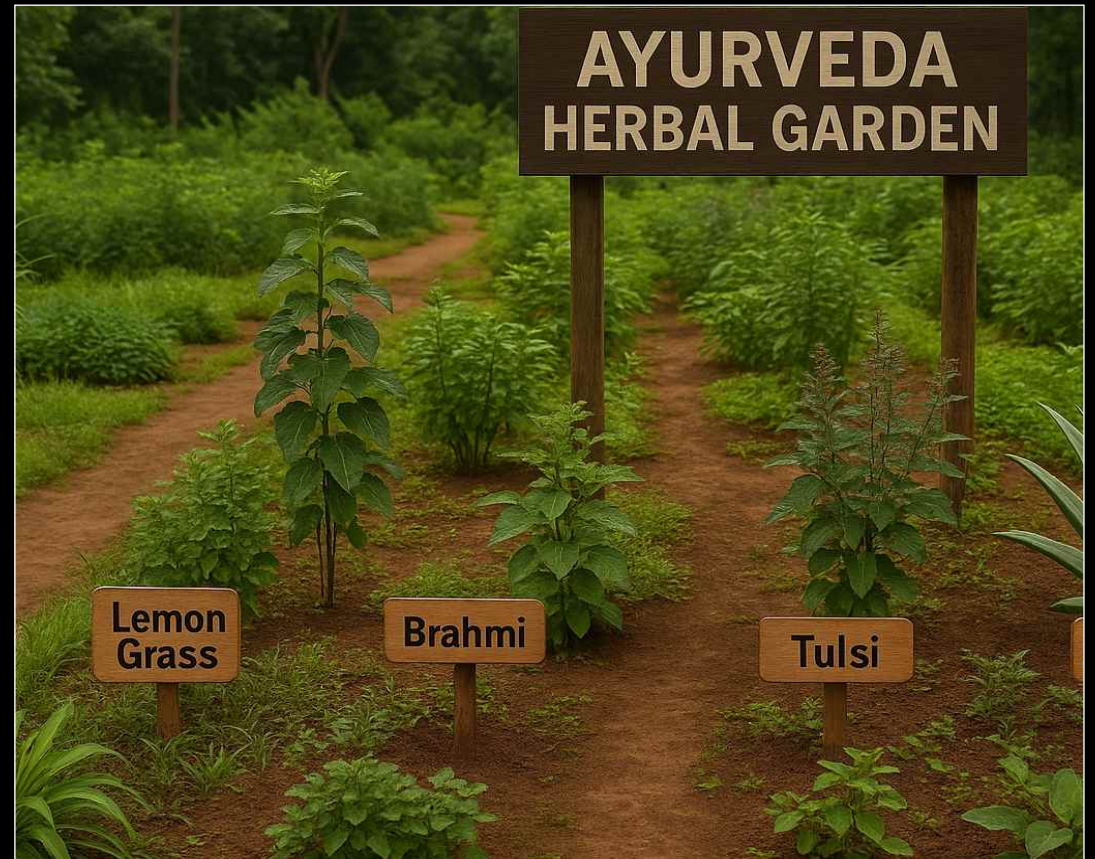


## Nangli Sahib



# Ayurveda Herbal Garden (Aushadhi Vatika)

Ayurveda herbal garden (aushadhi vatika) an integral part of ayurvedic education and healing, the herbal garden (aushadhi vatika) is a living pharmacy where medicinal plants are grown, studied, and used in treatments. It represents the connection of ayurveda with nature's healing power. The purpose is to cultivate medicinal plants used in panchakarma and other ayurvedic therapies and to provide students and researchers hands-on knowledge of herbal identification & application to ensure fresh, organic, and authentic raw materials for ayurvedic formulations. The key features medicinal diversity are plants for all three doshas (vata, pitta, kapha) like ashwagandha, aloe vera, tulsi, giloy, neem, shatavari, etc. Our learning resource – helps students understand botany, pharmacology, and traditional usage of herbs. Therapeutic value – many herbs are used fresh in panchakarma treatments (e.g., oils, pastes, decoctions).eco-balance – acts as a green lung for the campus, enriching air with oxygen & natural fragrance.





# Ayurvedic Pharmacy (Rasashala)

The Ayurvedic Pharmacy, or Rasashala, is the backbone of authentic Ayurveda practice. Here, classical formulations are prepared with precision, care, and devotion, bridging ancient wisdom with modern quality standards. The purpose is to prepare oils, powders, decoctions, churnas, and ghratas for therapies and to preserve and promote traditional formulations in their purest form. Highlights are (1) Hands-on Training: Students actively participate in medicine preparation, learning age-old techniques. (2) Herbal Processing: Fresh herbs are cleaned, dried, and converted into therapeutic forms. (3) Quality Standards: Modern equipment ensures consistency while retaining classical methods. The benefits are (a) Authenticity: Medicines are prepared following Ayurvedic scriptures. (b) Self-Sufficiency: The hospital and Panchakarma centre rely on its own pharmacy for daily therapies. © Educational Value: Students gain real-world exposure to Ayurvedic pharmaceuticals. (d) Trust & Safety: Patients receive formulations that are genuine, fresh, and effective.



## Yoga & Meditation Hall

Purpose: Complements Panchakarma by balancing body, mind, and spirit. Highlights: Daily yoga sessions for patients and students. Specialized therapeutic yoga for chronic illness. Guided meditation to reduce stress and enhance healing. Brochure Value: Broadens your appeal beyond physical therapies—emphasizes holistic healing.





# Pebble & Infinity Walk – A Journey to Healing



## **Pebble Walk – Healing Through Every Step**

Walking barefoot on a pebble path has long been practiced as a natural reflexology therapy. Smooth river stones gently stimulate the pressure points on your feet, enhancing blood circulation, reducing stress, and re-energizing the body.



## **Why We Combine Them**

By bringing together the Pebble Walk's tactile reflexology and the Infinity Walk's mindful rhythm, our Panchakarma Centre offers a unique path to:  
Holistic wellness  
Better body-mind coordination  
Natural energy restoration  
Experience the Pebble & Infinity Walk at our Panchakarma Centre—a journey that nurtures your health with every step.



# Ayurvedic Food & Satvik Diet – Healing Through Nourishment

In Ayurveda, food is medicine. What we eat not only nourishes the body but also shapes our thoughts, emotions, and overall health. At our Panchakarma Centre, we offer carefully curated Ayurvedic and Satvik meals designed to complement therapies and promote natural healing.



## Our Vision for Ayurvedic Canteen

**Fresh & Seasonal:** Meals are prepared with fresh, locally sourced ingredients aligned with seasons.

**Dosha Balancing:** Recipes are customized to balance Vata, Pitta, and Kapha doshas.

**Wholesome & Natural:** Focus on unprocessed grains, vegetables, fruits, pulses, and spices.

**Nourish dhatu and tissues of body** with promoting immunity.

## Our Offerings

Herbal teas and decoctions

Light, balanced meals cooked with Ayurvedic herbs

Whole grains, lentils, ghee, and natural spices

Seasonal fruits and nourishing sweets in moderation



# Gau Sewa – The Sacred Bond with the Cow



At our Panchakarma & Wellness Centre, we embrace not only the healing of the body and mind but also the nurturing of the soul. In Indian tradition, the cow (Gau Mata) is revered as a symbol of purity, compassion, and abundance. To honor this sacred bond, we conduct Gai Poojan and Gaurav Daan rituals within our centre.

## Gai Poojan – A Ritual of Gratitude

Performing Gai Poojan is a way to express reverence and gratitude towards the cow, believed to embody divine energies. This sacred ritual is performed with devotion, invoking blessings of health, prosperity, and harmony. Promotes peace, positivity, and spiritual well-being. Invokes blessings for family health and happiness. Connects us to timeless traditions of Ayurveda and Sanatan Dharma.

## Gau Daan – Offering with Devotion



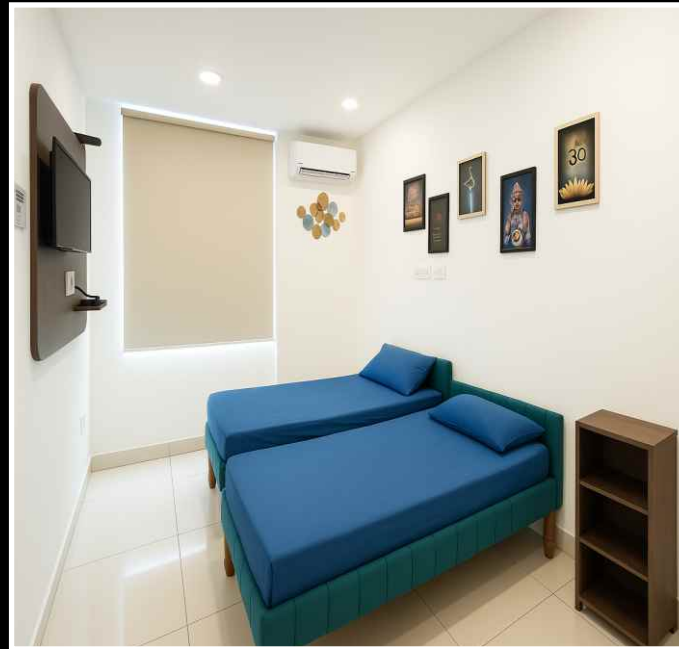
# Rooms Facility

Our Panchakarma Centre offers Semi-Private, Private, and General Ward facilities — each thoughtfully designed for comfort and healing.

Experience world-class Ayurvedic therapies with the best luxury amenities in a serene, rejuvenating environment.



1. Semi private Rooms.



2. Private Rooms.



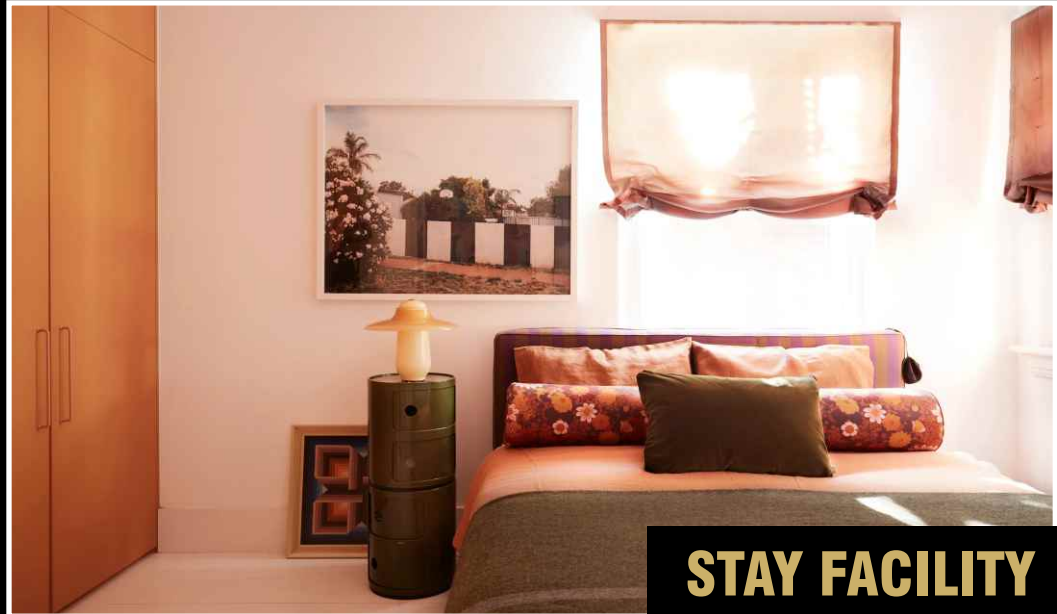
2. General Wards



# Other Facilities with Panchkarma



 **DAILY YAGYA**



**STAY FACILITY**



**HERBAL GARDEN VISIT**



**DAILY YOGA SESSION**



# This Is Why You Need Panchkarma Therapy ?

**You have accumulated a lot of toxins in your body.**



**Your Digestive Tract is not in order**

**you are facing sleep issues and constant stress**

**you are facing irregular periods & acne**

**You are facing symptoms like headache, joints pain, mental fatigue,**

## A Mind-Boggling Fact

WHO says around 80% of the world's population is estimated to use traditional medicine. Are you one of 80% of people? Are you thinking about what to do yet? Do not waste valuable time; nothing is more important than your and the health of your loved ones.



*Do you want to  
Break and Restore your life?*



Untreated stress and anxiety lead to a compromised immune system. You attract multiple physical and mental problems that stop you from giving your best, professionally and personally. Learn to unwind naturally and attain sustainable peace of mind with our Panchakarma therapy.

## **Its Time To Reflect, Renew And Restore**

We cure the root problems, not just symptoms

The Panchakarma method promotes body's healing through removing toxins and vitiated doshas by using five bio-purification techniques. It restore overall mind body balance & well being.



*Natural Way To Restore Your Life*

# Panchkarma Therapy

## Gift Your Body A Healthy Life



You lead a busy life. Between professional commitments, and family responsibilities, you ignore the well-being of your body and mind. Due to stress, pollution, long work hours, and unhealthy eating and drinking habits, you have may may anxiety, obesity, diabetes, cardiovascular diseases, and hormonal imbalances.



# Shirodhara

- 🍃 Relieves headache and migraine.
- 🍃 Improves mind concentration.
- 🍃 Nourishes hair and scalp.
- 🍃 Promotes better sleep solves insomnia disorders.
- 🍃 Deeply heals the nervous system reduces stress.
- 🍃 Increases blood circulation.
- 🍃 Improves vision, hearing, nasal health.
- 🍃 Cures chronic headaches

**Duration: 3,5,7 Days according to patient's condition**

# Panchakarma Helps Eliminate Toxins From Your Body



## Cupping therapy:

### Benefits

**Cupping therapy is believed to:** Improve blood circulation: The suction increases blood flow to the affected area, promoting healing and relieving muscle tension.

**Relieve pain and inflammation:** Especially for conditions like muscle soreness, arthritis, and back pain.

**Promote relaxation:** Similar to a deep-tissue massage, it can help with stress relief.

**Detoxification:** Wet cupping, in particular, is thought to release toxins through the bloodletting process.

**Boosts Lymphatic drainage.**



## Nasya therapy:

### Benefits

**Respiratory Health:** Effective for treating nasal congestion, sinusitis, rhinitis, colds, coughs, and allergies.

**Neurological Health:** Used in the management of conditions like migraines, facial paralysis, epilepsy, and cervical spondylosis.

**Cognitive and Mental Health:** Beneficial for improving concentration, memory, sleep disorders, stress, and anxiety.

**Head and Neck Health:** Helpful for disorders of the head, ears, throat, and eyes, including conditions like chronic headaches, earaches, and eye strain.

**Detoxification:** Removes toxins (Ama) and excess Kapha from the upper body, particularly the head and neck region.



## Leech therapy:

### Benefits

**Leech therapy is believed to:** Improve blood circulation: The suction increases blood flow to the affected area, promoting healing and relieving muscle tension.

**Relieve pain and inflammation:** Especially for conditions like muscle soreness, arthritis, and back pain.

**Promote relaxation:** Similar to a deep-tissue massage, it can help with stress relief.

**Detoxification:** Wet cupping, in particular, is thought to release toxins through the bloodletting process.

**Useful in conditions like psoriasis and acne.**

**Can be done in Diabetic Foot.**

**Duration: According to Disease & patient's condition**

# Purification & Detoxification of the Body

Panchakarma Helps Eliminate Toxins From Your Body

- 🌿 **Vamana:** Cleansing of Digestive System, by medically induced vomiting.
- 🌿 **Virechana:** Cleansing of intestines, through medically induced purgation.
- 🌿 **Basti:** Cleansing of colon, enema by inducing ayurvedic herbal oils/decoctions.
- 🌿 **Raktmokshan:** Cleansing of Blood, with the help of leeches etc.
- 🌿 **Nasya:** Cleansing of five Sense Organs and Nervous System through nostrils.

**Duration: According to Disease & patient's condition**



**Vamana**



**Basti**



**Raktmokshan**



**Nasya**





# Pada Abhyanga





- 🌿 Reduces Stress & anxiety
- 🌿 Promotes sleep, covers insomnia
- 🌿 Improves Blood Circulation
- 🌿 Improves Digestion
- 🌿 Heals Cracked Feet
- 🌿 Balances toe Doshas
- 🌿 Calms the Body
- 🌿 Enhances Joint Mobility in the Lower Limbs

**Duration: 3,5,7 Days according to patient's condition**





# Dhupana

-  It reaches deep seated Diseases.
-  It clears the aerial pathway and accessibility of nasal cavity, deep infested wounds.
-  Good in airborne infections
-  It treats hardened tissue wound

**Duration: 3,5,7 Days according to patient's condition**





# Abhyanga

- 🌿 Counteracts the ageing process.
- 🌿 Relaxes the tensile muscles thus helping in relaxation.
- 🌿 Improves quality of eye sight
- 🌿 Nourishes various body components.
- 🌿 Increases lifespan of individual.
- 🌿 Helps in inducing sound sleep.
- 🌿 It makes skin intact and increases its healthy status.
- 🌿 It induces strength in body, making it adaptive for tolerating all types of adverse conditions.

Removes the dirt, improves complexion of body and increases its strength.

**Duration: 3,5,7 Days according to patient's condition**





# Janu Basti

- 🌿 Helps in calm down the knee joint pain.
- 🌿 Helps in dissipate stiffness
- 🌿 Increases circulation
- 🌿 Improves mobility and flexibility
- 🌿 Lowers inflammation
- 🌿 Strengthens knee joints

**Duration: 3,5,7 Days according to patient's condition**





# Kati Basti

- 🌿 Soothes Pain in Lower Back & Limbs
- 🌿 Relieves Stiffness in Lower Back & Limbs
- 🌿 Strengthens Lower Back
- 🌿 Soothes Nerves
- 🌿 Enhances Blood Supply & Improves Movements.

Duration: 3,5,7 Days according to patient's condition





# Greeva Basti

- 🍵 Helps to relieve in occasional neck pain and inflammation.
- 🍵 Heals past injuries, inflammation and recurring neck pain, gently and effectively.
- 🍵 Improves flexibility.
- 🍵 Lubricates joints.
- 🍵 Softens rigidity.
- 🍵 Improves blood circulation.
- 🍵 Helps in healing in the compression fractures and frozen shoulder.

**Duration: 3,5,7 Days according to patient's condition**

# Who can take Panchakarma Detox?

Ayurvedic Panchakarma detox is used as the foundational therapy to cure all chronic illness. Even the people without any chronic illnesses can go through panchakarma detox for general well-being.

- 🌿 Lifestyle under constant stress and feel tired all the time – poor blood and lymph circulation.
- 🌿 Addicted to tobacco, alcohol or drugs, if you are willing to stay away from them during therapy.
- 🌿 Taking prescription medicines for a long period.
- 🌿 Suffering from ailments such as arthritis, rheumatism, chronic digestive problems, constipation, migraine etc.
- 🌿 Eating unhealthy diet and lack of sleep.

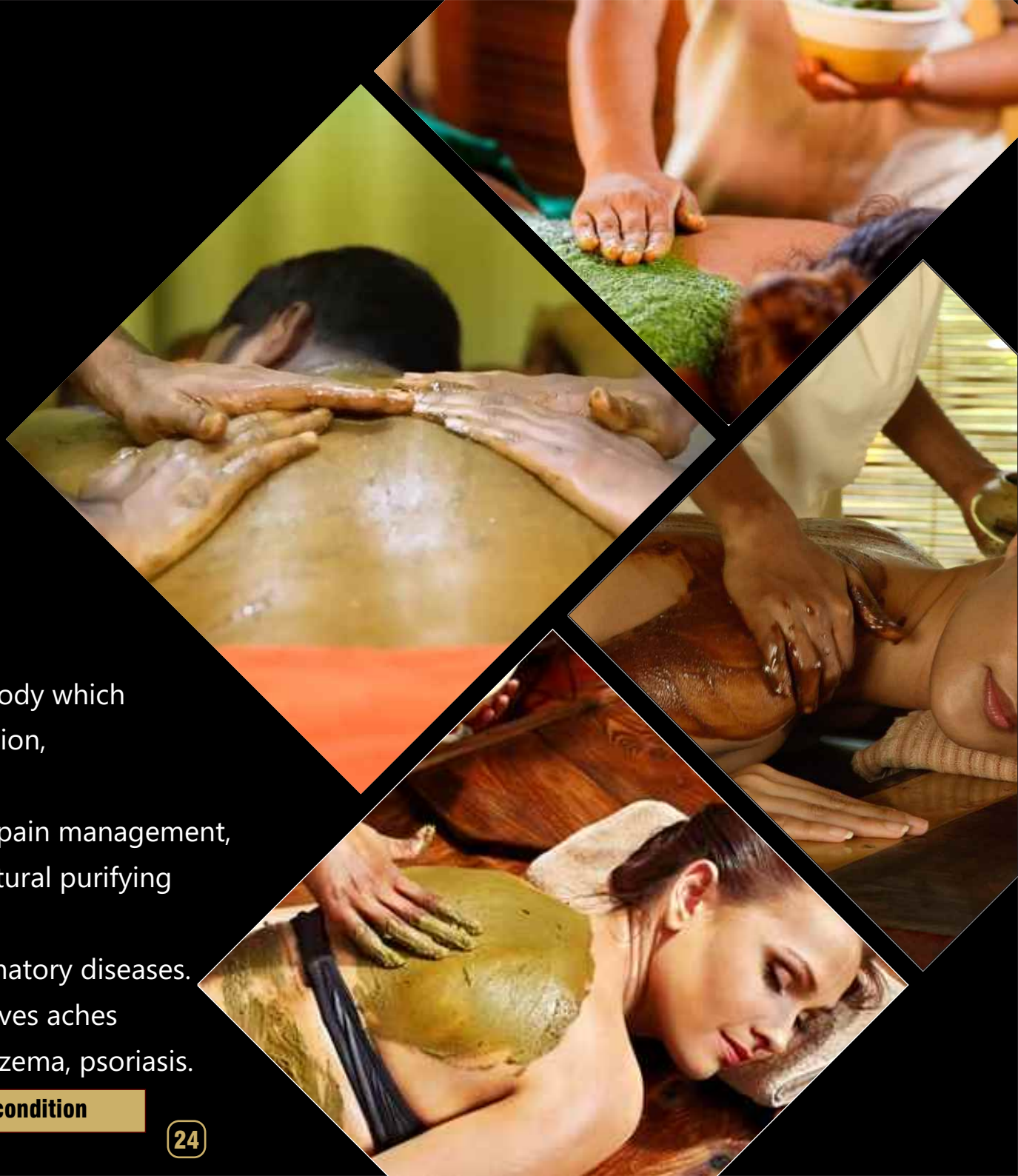




# Lepana

- 🍃 Lepana acts as a scrubber to the body which is used to rejuvenate blood circulation,
- 🍃 It makes the skin smooth
- 🍃 Remove skin disorders and relieve pain management,
- 🍃 It also activates the healing and natural purifying abilities of the body.
- 🍃 Lepana helps to relieve the inflammatory diseases.
- 🍃 Rejuvenates blood circulation, relieves aches and cures skin disorders such as eczema, psoriasis.

**Duration: 3,5,7,9 Days according to patient's condition**





# Hridaya Basti

(Heart Rejuvenation Therapy) A unique Panchakarma therapy where warm, medicated oil is gently pooled over the heart region. This ancient treatment nourishes cardiac muscles, improves blood circulation, balances emotions, and promotes deep relaxation

- 🌿 Strengthens heart muscles and improves circulation.
- 🌿 Reduces stress, anxiety, and emotional imbalances.
- 🌿 Useful in hypertension, palpitations, angina (non-severe), and psychosomatic disorders.
- 🌿 Helps in respiratory issues like breathlessness due to Vata imbalance.
- 🌿 Promotes mental calmness and improves sleep.



**Duration: 3,5,7 Days according to patient's condition**



# Lungs Detox

(Prana Shuddhi Therapy) A specialized Ayurvedic cleansing that removes toxins from the respiratory system. Using herbal steam, oils, and detox formulations, it strengthens lung capacity, eases breathing, and rejuvenates vital energy (Prana).





# Shiropichu/Shirobasti

- 🌿 Reduces the burning sensation in the scalp and other scalp diseases.
- 🌿 Prevents hair fall, split hair and premature greying of hair.
- 🌿 Induces sleep.
- 🌿 Improves memory.
- 🌿 Decreases stiffness in neck and eye strain.
- 🌿 Treats psychological as well as neurological disorders like paralysis and facial palsy.

**Duration: 3,5,7, 10 Days according to patient's condition**





# Swedana

- 🌿 Improves metabolism and respiration because it is expectorant.
- 🌿 Eliminates toxins and relaxes the musculature.
- 🌿 Increase joint mobility.
- 🌿 Softens the skin.
- 🌿 Increase appetite.
- 🌿 Reduces stress and fatigue.
- 🌿 Activates circulation (improves varicose veins)

**Duration: 3,5,7 Days according to patient's condition**





# Udgharshan / Udvaartana

- 🌿 Aids the body's elimination of wastes and toxins.
- 🌿 Helps in weight loss.
- 🌿 Stimulates the circulatory and lymphatic systems.
- 🌿 Increases the tone and strength of muscles.
- 🌿 Improves mobility of the joints and limbs.
- 🌿 Reduces Vata and Kapha.

**Duration: 3,5,7 Days according to patient's condition**





# Eye Health

Ayurveda views eye health as an important factor. The therapies focus on rejuvenation, detox, and strengthening of vision.



## For Example

### NETRA SEKA

Netra = Eye

Seka/Parisheka = Sprinkling or Pouring  
Netra Seka is an Ayurvedic eye therapy where medicated liquids (herbal decoctions, medicated milk, ghee, or oils) are gently poured over closed eyes in a continuous stream.

### AKSHI TARPAN

Akshi / Netra = Eyes

Tarpana = Nourishment / Rejuvenation  
Akshi Tarpan is a unique Ayurvedic therapy where medicated ghee (clarified butter) or herbal oil is retained over the eyes for a specific time using a boundary made of flour paste. It is a rejuvenative and nourishing procedure for strengthening vision and maintaining eye health.

### VIDALAK

Vidalaka = application of herbal paste over the closed eyelids.  
It is an external Ayurvedic therapy used to cool, strengthen, and protect the eyes.

**Duration: 5,7 to 14 Days according to patient's condition**

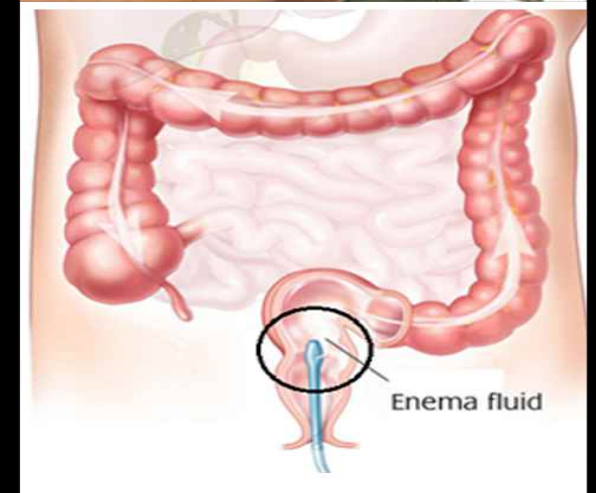
# Enema Therapy in Panchakarma (Basti Karma)

Basti = Enema in Ayurveda, but not just a simple cleansing enema.

- ◀ It is a therapeutic procedure where medicated oils, ghee, decoctions, honey, or herbal pastes are introduced into the rectum.
- ◀ Considered the best therapy for Vata Dosha disorders.

- 🍵 Eliminates toxins from colon (primary site of Vata).
- 🍵 Improves digestion and metabolism (Agni).
- 🍵 Relieves joint pain, stiffness, arthritis.
- 🍵 Promotes strength, vitality, longevity.
- 🍵 Balances nervous system and immunity.
- 🍵 Supports male and female infertility.
- 🍵 Considered as "Ardha Chikitsa" (half of all treatments) in Ayurveda.

Basti Karma (Enema Therapy) is one of the five main Panchakarma therapies, mainly targeting Vata imbalance. Unlike modern enemas which are only cleansing, Ayurvedic basti is both detoxifying and nourishing, making it useful for digestive, neurological, musculoskeletal, and degenerative diseases.



**Duration: 3,5,7 to 14 Days according to patient's condition**



# Our Packages

1)

<b>WEIGHT LOSS PACKAGE</b>	<b>(10 days Therapy)</b>		
<b>THERAPY</b>	<b>PRICE</b>	<b>QTY</b>	<b>TOTAL</b>
UDVARTAN (F.B)	1999	10	19990
ABHYANG (F.B) without STEAM	1299	10	12990
SWEDAN (VASHP)	799	8	6392
VIRECHAN	1429	7	10003
KASHYA BASTI	1699	5	8495
AYURVEDIC MEDICINE	20000	1	20000
ROOM RENT	4500	10	45000
FOOD CHARGE	1000	10	10000
CAB	5000	2	10000
<b>TOTAL</b>			<b>142870</b>



# Our Packages

**2) DIABETES PATIENT PACKAGE (10 days Therapy)**

THERAPY	PRICE	QTY	TOTAL
PPS (F.B)	1799	10	17990
ABHYANGN (F.B) without STEAM	1299	10	12990
VAMAN or VIRECHAN	1429	7	10003
KASHYA BASTI	1699	5	8495

AYURVEDIC MEDICINE	20000	1	20000
ROOM RENT	4500	10	45000
FOOD CHARGE	1000	10	10000
CAB	5000	2	10000
<b>TOTAL</b>			<b>134478</b>

**IF ASSOCIATED STRESS**

SHIRODHARA	1599	7	11193
UDVARTAN (IF OBESE)	1999	7	13993
<b>TOTAL</b>			<b>25186</b>



# Our Packages

3)

<b>HYPERTENSION (HTN) PACKAGE STRESS RELIEF</b>			
<b>THERAPY</b>	<b>PRICE</b>	<b>QTY</b>	<b>TOTAL</b>
NASYA	1199	7	8393
SHIRODHARA with OIL	1599	8	12792
ABHYANGA (F.B) with STEAM	1799	10	17990
SHIRO LEPAM	999	10	9990
HRIDAY BASTI	1999	7	13993
AYURVEDIC MEDICINE	20000	1	20000
ROOM RENT	4500	10	45000
FOOD CHARGE	1000	10	10000
CAB	5000	2	10000
<b>TOTAL</b>			<b>148158</b>



# Our Packages

4)

<b>INFERTILITY</b>	<b>(10 days Therapy)</b>		
<b>THERAPY</b>	<b>PRICE</b>	<b>QTY</b>	<b>TOTAL</b>
VTTAR BASTI	1999	7	13993
YONI DHAVAN or PRAKSHALAN	799	10	7990
VIRECHAN	1429	7	10003
ABHYANGA (F.B) with STEAM	1799	10	17990
NASYA	799	10	7990
SHIRODHARA	1599	10	15990

AYURVEDIC MEDICINE	20000	1	20000
ROOM RENT	4500	10	45000
FOOD CHARGE	1000	10	10000
CAB	5000	2	10000
<b>TOTAL</b>			<b>158956</b>



# Our Packages

5)

PAIN		(10 days Therapy)		
THERAPY	PRICE	QTY	TOTAL	
SNEHAN (INTUNAL)	250	5	1250	
JANU BASTI or KATI BASTI	1999	10	19990	
PPS (F.B)	1799	10	17990	
ABHYANG (F.B) with STEAM	1799	10	17990	
LEPAM/UPNAHA	799	10	7990	
PARISHEK (local)	550	10	5500	
AYURVEDIC MEDICINE	20000	1	20000	
ROOM RENT	4500	10	45000	
FOOD CHARGE	1000	10	10000	
CAB	5000	2	10000	
<b>TOTAL</b>			<b>155710</b>	



**SCAN QR CODE &  
BOOK YOUR  
TREATMENT**



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