

## OJAS AYURVED CENTER

### What is healthcare?

Healthcare is the word nowadays very frequently used. We also see N... no. of healthcare systems, packages... etc.

This has come up basically out of the increasing stress, very hectic lifestyles especially in urban areas. long travelling distances, huge responsibilities, multitasking...this all takes its toll in the form of different health issues.

On the other part, there is also a growing health awareness in the society. It's a human psychology, "I should be fit always" Nobody wants a disease, hospitalisation, which brings halts to life.

So to know your "health" a concept of healthcare came up. wherein, a complete scrutiny of the body chemistry and physiology is done. There are various pathological test like haemogram, lipid profile, liver function test, blood sugar levels and other tests like E.C.G, 2D Echo, stress test, sonography.....etc are available today, which gives us a complete values and functioning of various major body parts. most of the time, these reports are normal and that certainly relieves the stress to a large extent that, I am fine! of course, these parameters are certainly very important, but are not sufficient.

Despite the fact, reports are normal, a wide difference is found in actual fitness feeling of the body. There is not a feeling of wellbeing, lot of sluggishness, lethargy, unwillingness towards work, weight gain, indigestion. change in sleeping habits..either too sleepy or there are episodes of insomnia. This leads to early aging, fatigue, which reflects directly on work efficiency.

### What is this?

This is basically accumulation of toxins in the body and mental stress associated. It is a slow process of accumulation which keeps showing signs like fatigue, insomnia etc. These complaints are ignored many times but actually they can get converted into disorders like obesity, heart problems, high b.p., or even a depression.

All these health disorders not happen overnight. This slow process goes for months together and then reflects. This needs early attention.

According to Ayurved, healthcare means taking proper treatments to prevent diseases. That is why they are recommended in healthy status of your body. A stitch today saves nine stitches ahead is the rule! These treatments

include various kinds of therapies like abhayngam, nasyam, netratarpan, shirodhara.

These treatments actually take care of very vital sense organs of the body like nasya is for nasal passage, netratarpan is for eyecare, shirodhara for hair care and stress reduction as well. padabhyangam is the specific treatment given to feet..sole.

### Why is it needed?

Considering the increasing stress on these organs, due to overfunctioning, the wear and tear of the tissues is more. the organs get fatigued at early stage of life and this affects the efficiency of these organs. These treatments actually try to nourish, and keep the functioning intact relax the stress on the muscles. Some treatments help in actual detoxification of the body. A simple logic is, care and maintenance of any working instrument is more if its working is more. Similar logic applies to our body. Here comes the role of this healthcare treatment which actually help for health maintenance .

These all treatments are scientific. so they must be strictly done under the guidance of an expert.

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