



NAAD



*MEDICAL PACKAGES*

# Arthritis Management

The ancient Ayurvedic texts describe two basic types of arthritis that correspond with osteoarthritis (Sandhigata Vata) and rheumatoid arthritis (Ama Vata). In Osteoarthritis, the vitiated Vata afflicts the joints and causes destruction of the cartilages and reduction in the Synovial Fluid inside the joint capsule, leading to swelling which results in the condition similar to painful movement. In Amavata, vitiation of Vata Dosha and accumulation of Ama take place in joints, which simulate rheumatoid arthritis (RA) in modern parlance. The most common complaint when it comes to arthritis is pain, swelling and stiffness in the joints.

## BENEFITS:

- Relief of muscle spasm
- Reduction in pain and swelling
- Reduction in degeneration of tissues
- Reduction of dependence on medication
- Increase in mobility and range of motion

## INCLUSIONS:

- Individual wellness consultation
- Dental consultation
- Body composition analysis
- Daily fitness & leisure activities (such as Gym, Yoga, Pranayama, Meditation, Miniature golf, Lawn tennis, Badminton, Swimming in Temperature-controlled pools, Reflexology Track etc.)
- Yogic kriyas (includes Neti, Kunjal Kriya, Laghu Shankh Prakshalan & Trataka as per our resident doctor's recommendation)
- Customized wellness cuisine including breakfast, lunch, dinner & non-alcoholic beverages
- 10, 14, 21 or 28 nights stay

## THERAPIES INCLUDED:

This experience includes a bouquet of treatments such as Abhyanga, Choorna Pinda Sweda/ Patra Pinda Sweda, Upanāha Sweda, Acupuncture, Compress, Packs, etc. These therapies shall be planned and customised post individual consultation with one of our doctors.

Please note that Naad's doctors may request for certain medical reports prior to confirmation of your reservation for this program.





# Diabetes Management

Diabetes is a disease in which your blood glucose, or blood sugar levels are too high due to either one or combined factors like insulin insufficiency & insulin resistance. Each factor has its own set of causative factors which result in either Type 1 diabetes which is genetic in nature or Type 2 diabetes which is caused by acquired factors. Diabetes is a metabolic disorder which can be managed well through proper and regulated diet and physical activity. Naad wellness helps you plan those parameters and aid in maintaining them for a long-term goal.

## BENEFITS:

- Bringing down fasting and post prandial sugar levels
- Long run HbA1C control
- Prevention of diabetes related complications

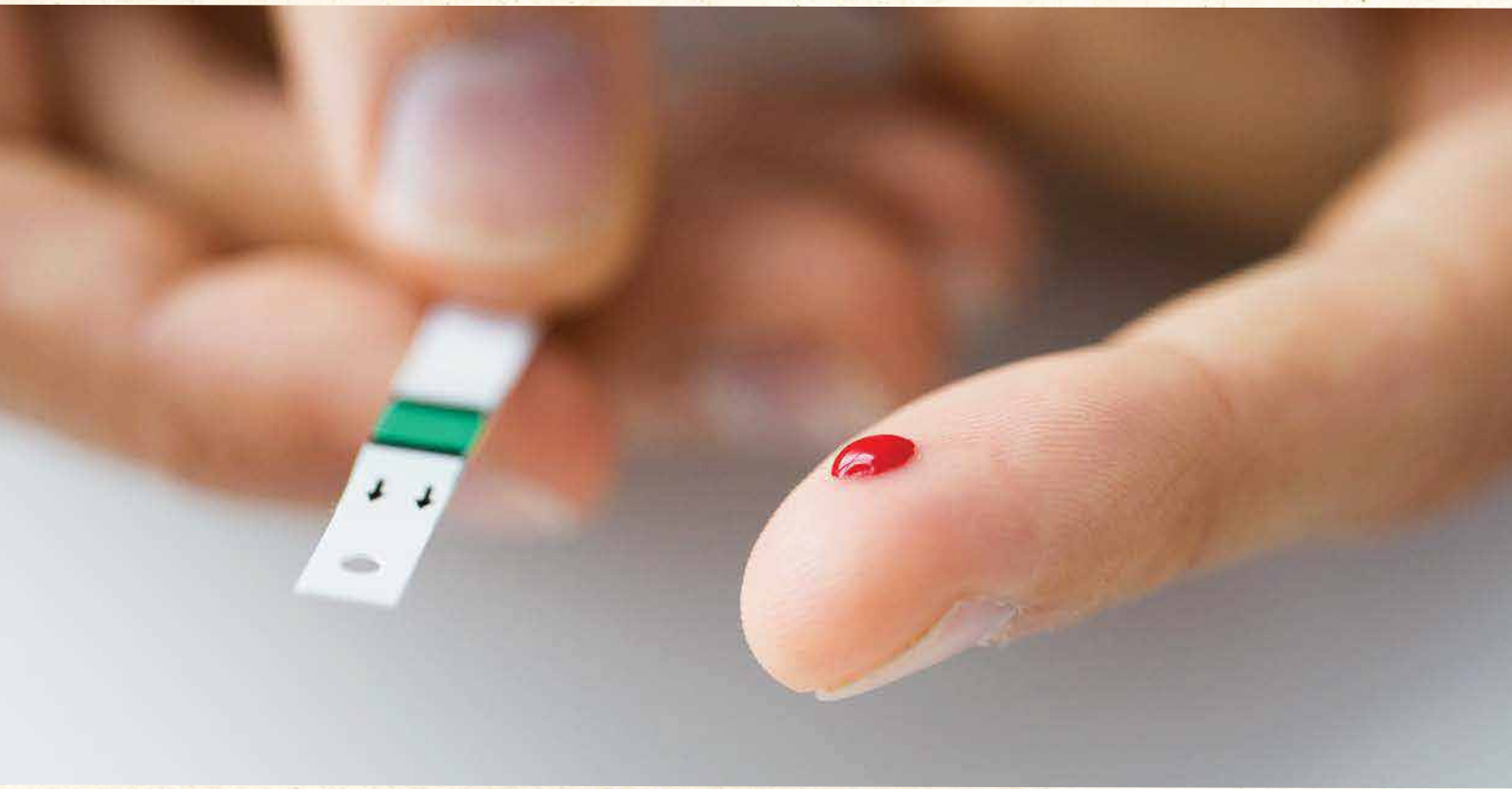
## INCLUSIONS:

- Individual wellness consultation
- Dental consultation
- Body composition analysis
- Daily fitness & leisure activities (such as Gym, Yoga, Pranayama, Meditation, Miniature golf, Lawn tennis, Badminton, Swimming in Temperature-controlled pools, Reflexology Track etc.)
- Yogic kriyas (includes Neti, Kunjal Kriya, Laghu Shankh Prakshalan & Trataka as per our resident doctor's recommendation)
- Customized wellness cuisine including breakfast, lunch, dinner & non-alcoholic beverages
- 14, 21 or 28 nights stay

## THERAPIES INCLUDED:

This experience includes a bouquet of treatments such as Abhyanga, Choorna Pinda Sweda/ Patra Pinda Sweda, Upanāha Sweda, Acupuncture, Compress, Packs, etc. These therapies shall be planned and customised post individual consultation with one of our doctors.

Please note that Naad's doctors may request for certain medical reports prior to confirmation of your reservation for this program.





# Hyperlipidemia

Disproportionate concentration and ratio of different types of cholesterol along with triglycerides is the best description for Hyperlipidemia, rather than simply calling it elevated cholesterol levels. Hyperlipidemia predisposes to cardiovascular disorders and diabetes. The underlying cause for Hyperlipidemia lies in multiple factors for secondary Hyperlipidemia which vary from excessive alcohol consumption, obesity, use of medications such as hormones or steroids, incorrect food habits (including cooking methods), unhealthy lifestyle, malnutrition, lack of physical activity, etc. Genetic factors are also the cause for primary Hyperlipidemia which can be controlled and modified with a planned lifestyle regimen.

## BENEFITS:

- Prevention of further increase in cholesterol disproportion
- Managing the existing condition without medicine
- Bringing down the level to normalcy over long run

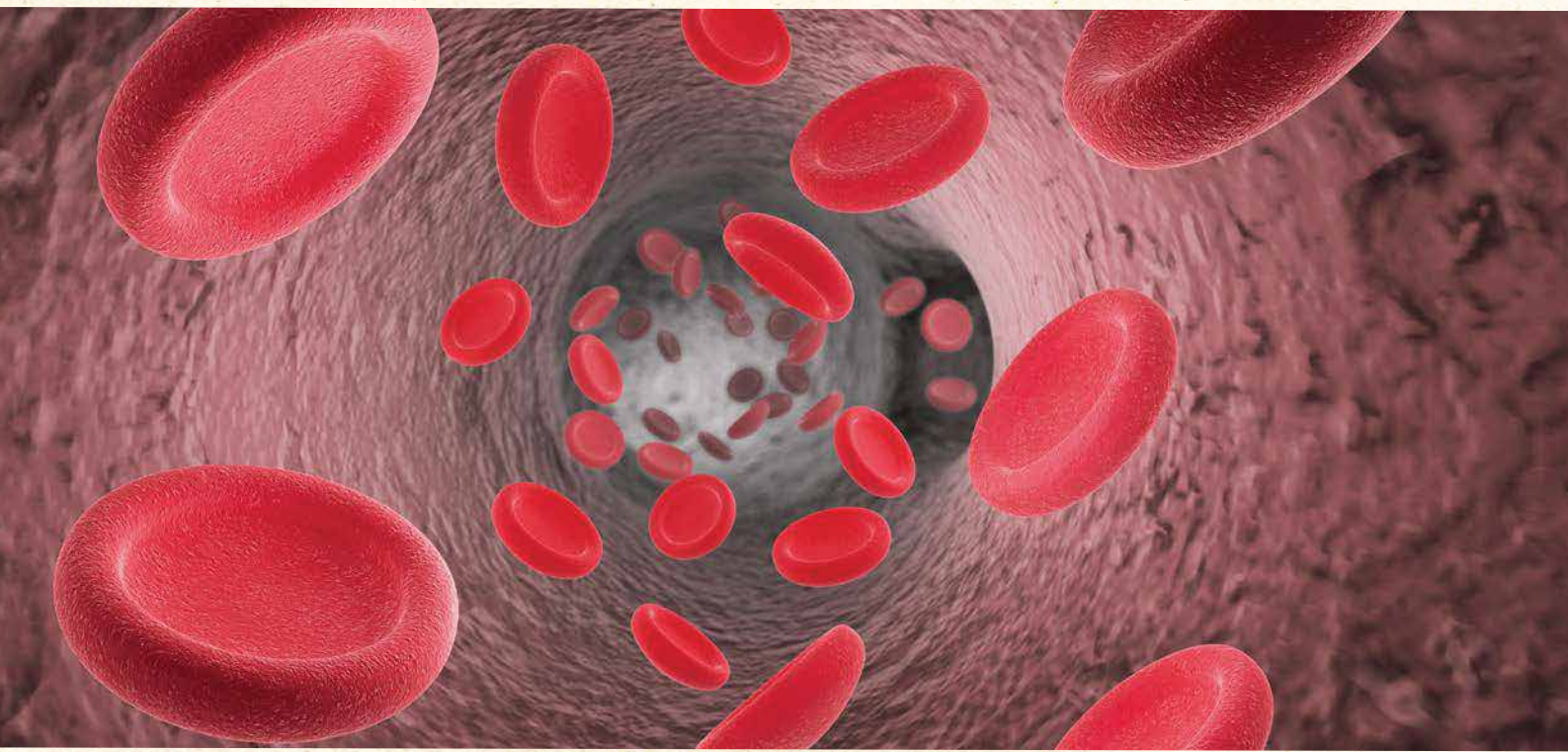
## INCLUSIONS:

- Individual wellness consultation
- Dental consultation
- Body composition analysis
- Daily fitness & leisure activities (such as Gym, Yoga, Pranayama, Meditation, Miniature golf, Lawn tennis, Badminton, Swimming in Temperature-controlled pools, Reflexology Track etc.)
- Yogic kriyas (includes Neti, Kunjal Kriya, Laghu Shankh Prakshalan & Trataka as per our resident doctor's recommendation)
- Customized wellness cuisine including breakfast, lunch, dinner & non-alcoholic beverages
- 10, 14 or 21 nights stay

## THERAPIES INCLUDED:

This experience includes a bouquet of treatments such as Abhyanga, Choorna Pinda Sweda/ Patra Pinda Sweda, Upanāha Sweda, Acupuncture, Compress, Packs, etc. These therapies shall be planned and customised post individual consultation with one of our doctors.

Please note that Naad's doctors may request for certain medical reports prior to confirmation of your reservation for this program.





# Hypertension Management

Hypertension is a medical condition in which the blood pressure is elevated. It is the major risk factor for stroke, myocardial infarction (heart attack) and heart failure. Our package comprises a program which treats the root cause of hypertension, stress and also pathological or psychological factors.

## BENEFITS:

- Maintaining normal blood pressure level.
- Reduction of dependency on medicines.
- Decreasing the chance of stroke, myocardial infarction (heart attack) and heart failure
- Strengthening the heart and circulatory system
- Weight management
- Promoting a healthy lifestyle

## INCLUSIONS:

- Individual wellness consultation
- Dental consultation
- Body composition analysis
- Daily fitness & leisure activities (such as Gym, Yoga, Pranayama, Meditation, Miniature golf, Lawn tennis, Badminton, Swimming in Temperature-controlled pools, Reflexology Track etc.)
- Yogic kriyas (includes Neti, Kunjal Kriya, Laghu Shankh Prakshalan & Trataka as per our resident doctor's recommendation)
- Customized wellness cuisine including breakfast, lunch, dinner & non-alcoholic beverages
- 10, 14, 21 or 28 nights stay

## THERAPIES INCLUDED:

This experience includes a bouquet of treatments such as Abhyanga, Choorna Pinda Sweda/ Patra Pinda Sweda, Upanāhā Sweda, Acupuncture, Compress, Packs, etc. These therapies shall be planned and customised post individual consultation with one of our doctors.

Please note that Naad's doctors may request for certain medical reports prior to confirmation of your reservation for this program.





# *Polycystic Ovarian Syndrome(PCOS) Management*

Polycystic ovarian syndrome (PCOS) is a condition caused by hormonal imbalance and characterised by weight gain, irregular menstruation, hair growth on face and body, mood swings (anxiety/depression) and sleep disorders. It can also contribute towards long term health problems like diabetes, heart diseases and infertility. Our package includes integrated therapies which can help in maintaining the hormonal balance and also help in managing insulin resistance.

## **BENEFITS:**

- Regulating the hormonal imbalance
- Regulating the menstrual cycle.
- Reduction in the dependency on steroids or medicines.
- Reduction in insulin resistance
- Weight management
- Improving sleeping patterns

## **INCLUSIONS:**

- Individual wellness consultation
- Dental consultation
- Body composition analysis
- Daily fitness & leisure activities (such as Gym, Yoga, Pranayama, Meditation, Miniature golf, Lawn tennis, Badminton, Swimming in Temperature-controlled pools, Reflexology Track etc.)
- Yogic kriyas (includes Neti, Kunjal Kriya, Laghu Shankh Prakshalan & Trataka as per our resident doctor's recommendation)
- Customized wellness cuisine including breakfast, lunch, dinner & non-alcoholic beverages
- 10, 14, 21 or 28 nights stay

## **THERAPIES INCLUDED:**

This experience includes a bouquet of treatments such as Abhyanga, Choorna Pinda Sweda/ Patra Pinda Sweda, Upanāha Sweda, Acupuncture, Compress, Packs, etc. These therapies shall be planned and customised post individual consultation with one of our doctors.

Please note that Naad's doctors may request for certain medical reports prior to confirmation of your reservation for this program.





# Respiratory Diseases Management

Respiratory diseases are pathological conditions affecting the organs and tissues that make gas exchange possible in higher organisms. Respiratory diseases range from the mild and self-limiting ones, such as common cold to the life-threatening ones like bacterial pneumonia, pulmonary embolism and lung cancer. At NAAD, we mainly treat bronchial asthma and sinusitis. The package includes treatments which strengthen the lungs by eradicating the root cause of the disease. One can also experience a positive change in life by managing weight, curing allergies, reducing stress and improving the overall quality of life.

## BENEFITS:

- Improving the breathing pattern
- Improving the lung capacity and curing congestion
- Strengthening the airways and reducing wheezing.
- Reducing dependency on medicines
- Improving the quality of life
- Weight management

## INCLUSIONS:

- Individual wellness consultation
- Dental consultation
- Body composition analysis
- Daily fitness & leisure activities (such as Gym, Yoga, Pranayama, Meditation, Miniature golf, Lawn tennis, Badminton, Swimming in Temperature-controlled pools, Reflexology Track etc.)
- Yogic kriyas (includes Neti, Kunjal Kriya, Laghu Shankh Prakshalan & Trataka as per our resident doctor's recommendation)
- Customized wellness cuisine including breakfast, lunch, dinner & non-alcoholic beverages
- 10, 14, 21 or 28 nights stay

## THERAPIES INCLUDED:

This experience includes a bouquet of treatments such as Abhyanga, Choorna Pinda Sweda/ Patra Pinda Sweda, Upanāha Sweda, Acupuncture, Compress, Packs, etc. These therapies shall be planned and customised post individual consultation with one of our doctors.

Please note that Naad's doctors may request for certain medical reports prior to confirmation of your reservation for this program.





# Spine Care

The spine is one of the most important parts of the body which gives it structure and support. It aids free movement and bending with flexibility. Some of the common diseases affecting the spine are Cervical Spondylitis, Lumbar Spondylitis, Sciatica, Degeneration of disc, etc. Spine Care by Naad helps in improving spine health which also enhances overall health.

## BENEFITS:

- Reduction in pain and swelling
- Decreasing tissue inflammation
- Reduction in degeneration
- Increasing balance and coordination
- Relieving muscle spasms
- Strengthening the weakened muscles

## INCLUSIONS:

- Individual wellness consultation
- Dental consultation
- Body composition analysis
- Daily fitness & leisure activities (such as Gym, Yoga, Pranayama, Meditation, Miniature golf, Lawn tennis, Badminton, Swimming in Temperature-controlled pools, Reflexology Track etc.)
- Yogic kriyas (includes Neti, Kunjal Kriya, Laghu Shankh Prakshalan & Trataka as per our resident doctor's recommendation)
- Customized wellness cuisine including breakfast, lunch, dinner & non-alcoholic beverages
- 10, 14, 21 or 28 nights stay

## THERAPIES INCLUDED:

This experience includes a bouquet of treatments such as Abhyanga, Choorna Pinda Sweda/ Patra Pinda Sweda, Upanāha Sweda, Acupuncture, Compress, Packs, etc. These therapies shall be planned and customised post individual consultation with one of our doctors.

Please note that Naad's doctors may request for certain medical reports prior to confirmation of your reservation for this program.





# *Sports Injury Management*

Sports Injury Management can minimise the damage to a muscle or joint and increase the chance of full recovery, while improving performance, enhancing overall health & preventing further injury. It can also help in maintaining and continuing physical activity throughout one's life.

## **BENEFITS:**

- Reduction in pain and swelling
- Decreasing tissue inflammation
- Reduction in degeneration and risk of injury
- Increasing balance and coordination
- Improving joint health
- Increasing mobility and range of motion
- Relieving muscle spasms
- Strengthening weakened muscles

## **INCLUSIONS:**

- Individual wellness consultation
- Dental consultation
- Body composition analysis
- Daily fitness & leisure activities (such as Gym, Yoga, Pranayama, Meditation, Miniature golf, Lawn tennis, Badminton, Swimming in Temperature-controlled pools, Reflexology Track etc.)
- Yogic kriyas (includes Neti, Kunjal Kriya, Laghu Shankh Prakshalan & Trataka as per our resident doctor's recommendation)
- Customized wellness cuisine including breakfast, lunch, dinner & non-alcoholic beverages
- 10, 21 or 28 nights stay

## **THERAPIES INCLUDED:**

This experience includes a bouquet of treatments such as Abhyanga, Choorna Pinda Sweda/ Patra Pinda Sweda, Upanāha Sweda, Acupuncture, Compress, Packs, etc. These therapies shall be planned and customised post individual consultation with one of our doctors.

Please note that Naad's doctors may request for certain medical reports prior to confirmation of your reservation for this program.





# *Migraine Management*

Migraine can be both one sided or sometimes bilateral headaches, which are recurring and pulsating in nature and may or may not be associated with nausea and vomiting, also causing sensitivity to light, sound or smell and lasting from 2 to 72 hours.

## **TYPES:**

### **Migraine with Aura:**

The auras act as a warning to patients, making them aware in advance. The effects of an aura can include:

- Confusing thoughts or experiences
- A perception of strange, sparkling or flashy lights
- Zig-zagging lines in the visual field
- Blind spots or blank patches in the vision
- A feeling of pins and needles pricking in an arm or leg
- Difficulty in speaking
- Stiffness in the shoulders, neck or limbs
- Unpleasant smell

### **Migraine without Aura**

More commonly, a person will experience a migraine without any sensory disturbance leading up to the attack. Between 70 and 90 percent of migraines occur without an aura.

## **OTHER TYPES**

There are other types of migraines related to specific syndromes or triggers, including:

### **Chronic migraine:**

This refers to any migraine that triggers attacks for over 15 days of a month.

### **Menstrual migraine:**

This is when the attacks occur in a pattern connected to the menstrual cycle.

### **Hemiplegic migraine:**

This causes weakness on one side of the body for a temporary period.

### **Abdominal migraine:**

This is a syndrome that connects migraine attacks to irregular functioning of the gut and abdomen. It mainly occurs in children under 14 years of age.

### **Migraine with brainstem aura:**

This is a rare type of migraine that can trigger severe neurological symptoms, such as affected speech.



## BENEFITS:

- Reduction in pain
- Reduction in the number of episodes and frequency

## INCLUSIONS:

- Individual wellness consultation
- Dental consultation
- Body composition analysis
- Daily fitness & leisure activities (such as Gym, Yoga, Pranayama, Meditation, Miniature golf, Lawn tennis, Badminton, Swimming in Temperature-controlled pools, Reflexology Track etc.)
- Yogic kriyas (includes Neti, Kunjal Kriya, Laghu Shankh Prakshalan & Trataka as per our resident doctor's recommendation)
- Customized wellness cuisine including breakfast, lunch, dinner & non-alcoholic beverages
- 10, 14 or 21 nights stay

## THERAPIES INCLUDED:

This experience includes a bouquet of treatments such as Abhyanga, Choorna Pinda Sweda/ Patra Pinda Sweda, Upanāha Sweda, Acupuncture, Compress, Packs, etc. These therapies shall be planned and customised post individual consultation with one of our doctors.

Please note that Naad's doctors may request for certain medical reports prior to confirmation of your reservation for this program.

