



SHARNBASVA AYURVEDIC HOSPITAL
NEAR APPA LAKE, SHARAN NAGAR, KALABURAGI - CONTACT : 7259402112, 7411333161

TEEN
Stores









Poojya Dr. Sharnbasappa Appaji
Mahatma's Pethadipathi,
Sharnbasveshwar Samithi
President, Sharnbasveshwar Vidya Vardhak Sangha



Poojya Matooshi Dr. Dakshayani S. Appa
Chairperson,
Sharnbasveshwar Vidya Vardhak Sangha
Member of BOD, Sharnbasva University



Poojya Chiranjeevi Doddappa Appa
Mahatma's Pethadipathi,
Sharnbasveshwar Samithi, Kalaburagi

ಶರಣಬಸವ
Sharnbasva



ವಿಶ್ವವಿದ್ಯಾಲಯ
University

Kalaburagi - 585 103 Karnataka-India | Estd. : 2017

ಕಲಬುರಗಿ-585 103 - ಕರ್ನಾಟಕ - ಭಾರತ | ಸ್ಥಾಪನೆ : 2017



Poojya Mathoshri Godutai Avvaji



Poojya Doddappa Appa
Founder President
Sharnbasveshwar Vidya Vardhak Sangha

SHARNBASVA AYURVEDIC HOSPITAL BROCHURE

ADDRESS: NEAR APPA LAKE, SHARAN NAGAR, KALABURAGI – 585103

FOR CONSULTATION & APPOINTMENT CALL US:

7259402112

ABOUT HOSPITAL

- Welcome to our **SHARNBASVA AYURVEDIC HOSPITAL**, a sanctuary dedicated to holistic healing and wellness. Rooted in ancient Indian traditions, Ayurveda focuses on balancing the body, mind, and spirit to promote overall health. Our hospital offers a serene environment where experienced practitioners provide personalized treatments, including herbal therapies, detoxification programs, and rejuvenation therapies.

At our facility, we emphasize natural healing methods, using high-quality herbs and oils to restore harmony within. Our team is committed to educating patients about their unique constitutions and how lifestyle choices impact health. With a range of services from consultation to specialized therapies, we aim to empower individuals on their journey to wellness, fostering a deep connection between health and nature. Experience the transformative power of Ayurveda with us!

OUR SERVICES

Panchakarma: A series of five cleansing therapies designed to detoxify the body and restore balance.

Natural Remedies: Emphasis on herbal medicines, dietary recommendations, detoxification techniques, and lifestyle modifications.

Therapeutic Treatments: Use of Panchakarma (detoxification therapies), Abhyanga (oil massage), Shirodhara (pouring oil on the forehead), and more.

Herbal Medicine: Use of various herbs and formulations to address specific health issues, boost immunity, and promote overall wellness.

Dietary Guidance: Custom dietary plans based on an individual's constitution to support health and digestion.

Lifestyle Counseling: Recommendations on daily routines (Dinacharya) and seasonal routines (Ritucharya) to maintain balance.

SARVANGA ABHYANGA (ONE DAY BODY MASSAGE)



Ayurvedic massage is a deeply rejuvenating and balancing treatment involving the application of warm herbalised oil to your body.

UDVARTANA



Udvartana is a treatment in Ayurveda in which specially prepared herbal paste or herbal powder is massaged over your body. It is a treatment used to support weight loss or detoxification programs.

SHIRODHARA



Shirodhara involves pouring warm, herbalised oil over your forehead from a hanging pot. This induces an experience of deep relaxation to rest and calm your mind. It is an effective treatment for reducing stress and nervous tension.

Recommended for: headaches | stress | insomnia | fatigue | sinusitis | overthinking | lack of focus.

HEAD MASSAGE



1. Promotes hair growth by increasing oxygen in the hair follicles which stimulates growth and health.
2. Prevents headaches and migraines by releasing built-up tension in the head and neck area and relieving muscle stiffness
3. Renews and balances energy levels by working with the three higher chakras
4. Relieves symptoms of depression and anxiety through relaxation
5. Boosts memory capabilities by relieving stress and quieting the mind
6. Stimulates lymphatic drainage by circulating blood to the neck area
7. Better sleep by reducing stress
8. Improves circulation of cerebral spinal fluid

FACIAL MASSAGE



1. Nourish the skin deeply to maintain skin's elasticity
2. Unwinds the facial muscles and relaxes the mind
3. Boosts natural glow to the skin
4. Tightens the facial muscles to prevent sagging
5. Improves blood circulation
6. Drains out the toxins

GREEVA BASTI (FOR NECK PAIN)



1. Relieves the burden of stress and congestion in nerves, bones and muscles of the neck and shoulders and thus relaxing and rejuvenating them.
2. Improves flexibility and brings smooth movement.
3. Improves circulation around the neck and shoulder region.
4. Relieves pain and stiffness.

KATI BASTI (FOR BACK PAIN)



If you want to relieve any lower back tension, Kati Basti is for you. This specialized therapy relieves and nourishes the lower back using herbal oils or ghee. After a gentle Ayurvedic oil therapy on the lower back, specially prepared warm herbal oil is poured over the lumbo sacral area and retained inside a dam made out of dough. The hot medicated oils helps melt lower spine rigidity and strengthen your bone tissue.

JANU BASTI

(FOR KNEE JOINT PAIN)



1. Rectifies aggravated Vata dosha in the knee region
2. Restores the lubricating fluid in the joint and maintain integrity of the structures involved in the joint.
3. Removes stiffness and pain in Knee joint
4. Protects knee joints from age related changes
5. Increases blood circulation; thus strengthens and nourishes the knee joints
6. Improves the mobility of the knee joints (knee flexion and knee extension)

VAMANA



Vamana, an integral part of Panchakarma – Ayurveda therapeutic modalities, is a potent cleansing and detoxification procedure. Benefits are:

1. Detoxification
2. Enhanced Digestion and Improved Metabolism
3. Respiratory Support
4. Reduces excess Kapha dosha.
5. Improves skin health and chronic skin conditions
6. Enhances immunity
7. Aids weight management
8. Improved cognition

VIRECHANA



Virechana is medicated purgation therapy which removes Pitta toxins from the body that are accumulated in the body. It completely cleanses the gastro-intestinal tract.

Virechana is specifically useful in Pitta related disorders such as Skin disorders like Herpes or psoriasis, Paraplegia, Hemiplegia, Joint disorders, Digestive disorders, Constipation, Hyperacidity, Vitiligo, Headaches, Elephantiasis and Gynaecological disorders.

SWARNA PRASHANA

CHILDREN BETWEEN(0-16 YEARS)



It's a unique method of immunization which helps the children to boost up the intellectual power and produces non specific immunity in body to fight against general disorders.



THANK You

SHARNBASVA AYURVEDIC HOSPITAL