

इपोलेत्वा  
 त्तरुइ

# HOLISTIC MEDICAL CARE

Spiritual Tours introduced by Indian Horizons (Travel agents and Tour Operators)

YOGA  
 &  
 MEDITATION

AYURVEDA

## HOLISTIC MEDICAL CARE

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" Our approach is to deal with the whole person - the totality-body, breath, senses, mind, and centre of consciousness from where the mind draws its power to think, and decide, and judge. We must learn to study ourselves on all levels, not seeking physical well-being only, but mental and spiritual well-being as well. " Swami Rama

### COMBINED THERAPY PROGRAM

The Combined Therapy Program, pioneered by Swami Rama in the early seventies, was one of the first inpatient holistic treatment centres of its kind in America. It is now a vital part of the work of the Institute in India. The Program places primary emphasis on the mindbody relationship of illness,

and on self-responsibility for health. Modalities of treatment are aimed at creating self-awareness on all levels -body, breath, energy, emotions, and mind-and on providing the training and knowledge that will allow the participant to maintain the self-healing and self-transformation process.

Based on the principle that each individual possesses the responsibility and the tools to regulate his or her own well-being, the Combined Therapy Program combines biofeedback, hatha yoga, aerobic exercise, nutrition, breathing, and relaxation skills, and meditation and self-awareness techniques to provide a unique innovative, and comprehensive approach to the treatment of chronic, difficult to treat diseases.

Reading and listening material, daily walks, simple but delicious vegetarian diet, Homoeopathic consultation and psychological counseling are often recommended in the combined therapy program.



### STRESS MANAGEMENT

Weekend seminars to introduce the theoretical and practical aspects of stress management are scheduled periodically.. Those who wish to expand their knowledge and capacity for dealing with stress may be admitted for the residential program in Combined Therapy. A unique computerized stress profile assessment is utilized to evaluate individual need of all participants in the stress management programs and in the Combined Therapy Program.

Stress management is a particular focus of the cardiology clinic where emphasis is on patient education in diet, exercise, yoga, relaxation techniques, and special breathing practices to alleviate the results of the stress and tensions of daily life, to maintain a healthy heart, and to restore strength to a weakened heart.



## AYURVEDA

In its ongoing mission of integrating modern medicine with ancient traditions, HIHT has established an Ayurvedic outpatient clinic and a Pancha Karma Centre. Ayurveda, the science of life, is India's great contribution to the world's natural healing traditions, It is part of India's Vedic heritage and was established by her ancient sages and seers. According to Ayurveda, all biological, physiological and psychological processes are governed by 3 vital principles or doshas: Vata (Ether + Air), Pitta (Fire + Water) And Kapha (Water + Earth). Disease results from an imbalance of these 3 doshas. Panchamarma is a five pronged therapeutic process for rebalancing the doshas and for detoxifying and rejuvenating the body.

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### Our Other Websites

<b>Portal on India</b> - <a href="http://www.tsiindia.com">www.tsiindia.com</a>	<b>Hotels Booking</b> - <a href="http://www.hotelsfair.in">www.hotelsfair.in</a>
<b>Rajasthan Holiday Packages</b> - <a href="http://www.indiaheritagehotels.com">www.indiaheritagehotels.com</a>	<b>World Wide Tour Packages</b> - <a href="http://www.tsitours.com">www.tsitours.com</a>
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