

The Governing Body of The **Ayush Naturopathy Foundation** is registered under section 8 ministry of corporate affairs Govt. of India New Delhi. The main vision of ANF is **सबको स्वास्थ्य, सबको रोजगार** satisfied that it is a necessary in the public interest to frame rule for the establishment of **Ayush Naturopathy & Wellness Centre** in India & other countries a proposal of franchise to establishment this type of centre & in the field of employment and awareness of naturopathy, panchkarma related the courses of study, the conduction of examination, the standard of courses and to maintain uniformity in these courses.

Ayush Naturopathy Foundation working under its own constitution. By laws to assure and promote the quality in the **Ayush Naturopathy & Wellness Centre** and naturopathy, panchkarma related the courses.

The Govt. accords prime importance to the public health and employment. The health of the people depends primarily on adequate nutrition, health education, proper arrangement for the prevention of disease and proper facilities for the care and cure of sick persons. The following are the main objectives of health & wellness education:-

- A. To ensure that the health is given proper importance in the community & awareness of naturopathy and from door to door activities.
- B. To equip the people with skills /knowledge and attitudes to enable them to solve their health problems by their own actions and efforts.
- C. To promote the development of naturopathy and utility of health services.

Our Mission:

Ayush Naturopathy Foundation is based on the principle of सबको स्वास्थ्य, सबको रोजगार. We are committed to provide good health and employment to all. To fulfill the dream we bring offline and online/correspondence courses related to Naturopathy, Neurotherapy, Yoga, Acupressure, Cupping & Panchkarma recognized by Government of India.

Aims and Objectives:

ANF main objective is to create awareness among the people about alternative medicinal therapies like Naturopathy, Neuro therapy, Yoga, Acupressure etc. In ancient times when no other medical practices came into existence Nature considered as the best healer. Our forefathers use these alternative medicinal therapies to treat day to day health problems and even the serious ailments but with the time we forget our ancient therapies. ANF main aim is to promote this holistic approach by creating awareness, organizing seminars, conferences, health checkup camps and works across the country. We are also establishing training institutes where one can learn these courses at affordable prices which not only give them employment but make them to serve towards mankind. ANF is also on the way to establish charitable dispensaries or clinics across the country.



Ayush Naturopathy Foundation in association with
MCD Delhi Govt. Run a Ayush Charitable
Dispensary In 2022 in Sector-16, Rohini Delhi

(Only administrative and running cost treated
15000+ patients till 23 september 2023)

Types of franchise-

1. Mega(large) franchise naturopathy & wellness centre



Physician Room



Diet & Counselling Room



Hydrotherapy
Stem,Sitz,Spinal Bath



Shirodhara Room



Male therapeutic
Massage



Female therapeutic
Massage



Enema Room



Pantry Room



Cupping,Chiropractic,
Neurotherapy



Physiotherapy



Male Washroom



Female Washroom



Green belt area organic farming



सबको स्वास्थ्य, सबको रोजगार

1. Micro(Medium) Franchise-



Physician Room



Shirodhara Room



Hydrotherapy
Stem,Sitz,Spinal Bath



Male/Female therapeutic
Massage



Pantry Room



Cupping,Chiropractic,
Neurotherapy



Physiotherapy



Male Washroom



Green belt area organic farming



सबको स्वास्थ्य, सबको रोजगार

2. Mini(Small) Franchise-



Physician Room



Shirodhara Room



Hydrotherapy
Stem & Sitz



Male/Female therapeutic
Massage



Physiotherapy
Cupping & Chiropractic,



Male Washroom



सबको स्वास्थ्य, सबको रोजगार

Terms and conditions

1. Our system is totally Drugless therapy hence not any types of drug/medicine is not prescribe in our centre.
2. During operational period Dr.(BNYS/BAMS) is available on the centre.
3. All types of consumable items are provided by ANF on monthly indent basis.
4. It is compulsory to organised a health checkup camp to awareness of naturopathy and yoga as per ayush ministry.
5. ANF provide whole life clinical and technical support to their franchise to organising paid workshop and seminar.
6. On every quarter a medical team of ANF visit to franchise to examine (audit) the quality and terms/conditions are fulfilled or not.
7. If any types of negligency found by medical team then give a notice to the franchise. If this type of negligency is found more then 3 times then ANF have a right to cancel the franchise (In this case no franchise fee is refunded).
8. Franchise provided a minimum stripend 10% to ANF for providing administrative/clinical/support and supply of raw material every 10 of the month.
9. It is a mutual responsibility of both ANF and franchise to maintain their confidential issues not disclose to other. If this type of negligency is found then a high paid fine.
10. Franchise is a family part of ANF hence ANF expect that a major responsibility of all franchise to create awareness of yoga/naturopathy in their locality.
11. Franchise makes volunteer for ANF to make better support.

ANF provided to franchise.

1. Help to support in set up complete infrastructure with a well educated team of Doctors/Therapist.
2. Provided a 15 day clinical and administrative traning how to manage their wellness and naturopathy centre.
3. Help in non consumable items to franchise in lowest prices stem bath, shirodhara table, furniture, stationary, register etc.
4. Provided all types of consumable item to every month for smooth running of a franchise.
5. Diet chart, yoga and exercise chart, treatment protocol chart, franchise certificate all are provided by ANF.
6. If franchise run any type of naturopathy, panchkarma, yoga course. Provide study material and help in certificate, assessment, examination.

Naturopathy & Wellness Centre (Therapies)



DRUGLESS THERAPY



AYUSH NATUROPATHY
FOUNDATION

सबको स्वास्थ्य, सबको रोजगार

OUR DEPARTMENTS

Come Towards Nature

We have Department of Naturopathy

Naturecure is a drugless therapy that involves the use of five great elements (panchamahabhutas) of nature to restore, to build up, and to maintain health. Naturopathy uncovers the root cause of disease.

— OUR TREATMENTS —

NATUROPATHY TREATMENTS

- Mud Pack
- Enema
- Hip Bath
- Hot Foot Bath
- Jal Neti
- Kunjal
- Abdominal Massage
- Spinal Pack
- Spinal Bath
- Steam Bath
- Oiling
- Therapeutic Yoga
- Lepam Natural
- Potli Massage
- Hot & Cold Fomentation
- Spinal Fomentation
- Weight Loss Pack



PANCHAKARMA (AYURVEDIC TREATMENT)

- Vaman
- Raktmokshat
- Virechan
- Basti
- Nasyam

Janu Basti

Griva Basti

kati Basti

- Cupping Therapy
- Accupressure
- Accupuncture

- Neurotherapy
- Chiropractic





In hydrotherapy, water is used in different ways. For Example Steam baths, hip baths, spinal baths, cold body Packs, and Local compresses. The purpose is to dissolve and assist in the elimination of toxic substances stored in the body tissue through blood circulation. A hip bath is one of the most useful forms of hydrotherapy special type of tub is used for the purpose. The tub is filled with water in such way a that it covers hips the and reaches the up to the navel the sits when a patient is in it.

Hib Bath is given in 3 forms:

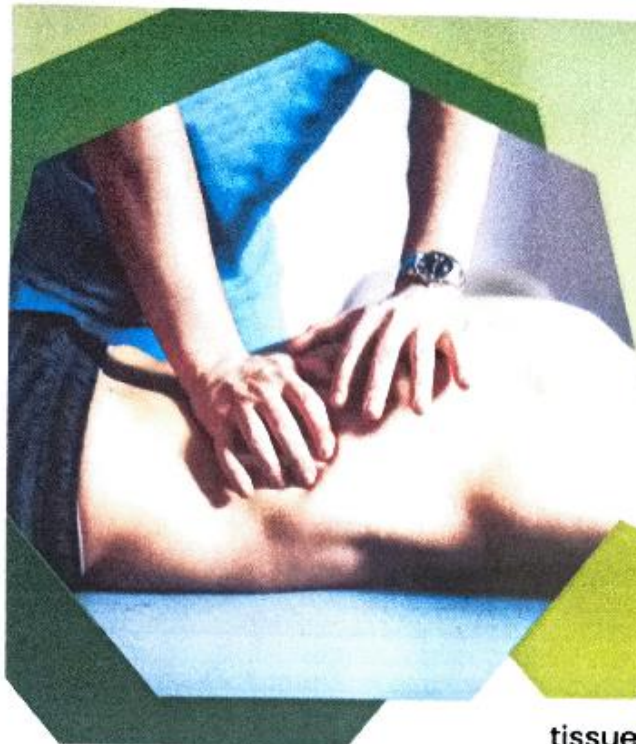
1. Cold
2. Hot
3. Neutral or alternative Temperatures

COLD HIP BATH :

The water temperature should be 18°C to 24 °C. The duration of a hip bath is usually 15 minutes. If the patient feels cold or very weak a hot foot immersion should be given with a cold hip bath. The patient should rub the abdomen gently with a moderately coarse wet cloth. The legs, feet, and upper part of the body should remain completely dry using and after the bath. The patient should undertake moderate exercises or yoga sans after the cold hip bath to warm the body. A cold hip bath is a routine treatment for most diseases.

BENEFITS:

- Relieves constipation & indigestion.
- Obesity.
- Helps the eliminative organs to function properly.
- Helpful in menstrual problems
- Piles.
- The enlarged prostate gland, seminal weakness, impotency.



SPINAL PACK :

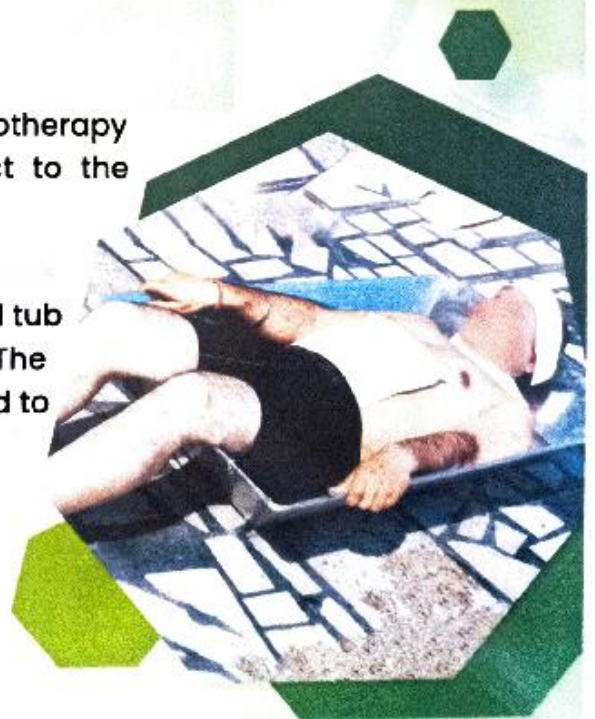
Our Joint and Spinal Care Program is a well-designed health program that leverages the strengths of Naturopathy and Ayurvedic medicine to treat various spinal and joint disorders, including low back pain, spondylitis, slip disc, sciatica, osteoarthritis, sports injuries, and arthritis. The program features therapies aimed at reducing inflammation, relaxing muscle spasms,

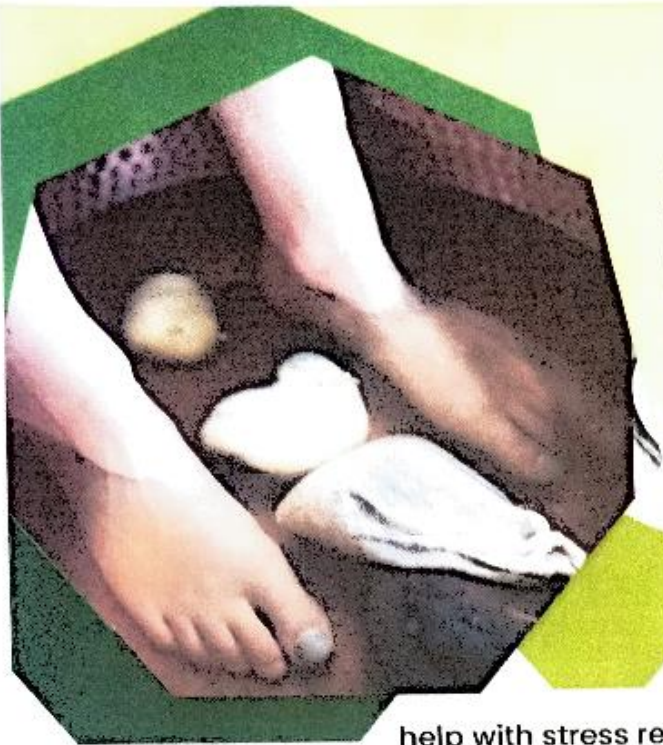
strengthening the supporting tissues around the spine, and nourishing the joints through improved circulation. The 7-day program is designed to provide relaxation and protection for the joints, strengthen the muscles and ligaments, especially the spine and joints, and help prevent degeneration. The effectiveness of Naturopathy and Ayurvedic medicine in spine and joint care is widely recognized.

SPINAL BATH :

The Spinal Bath is a crucial form of hydrotherapy treatment. It delivers a calming effect to the spinal column and affects the central nervous system positively.

The bath is given in a specially designed tub with a raised back to support the head. The temperature of the bath can be adjusted to cold, neutral, or hot, each with specific effects on the body.





HOT FOOT BATH:

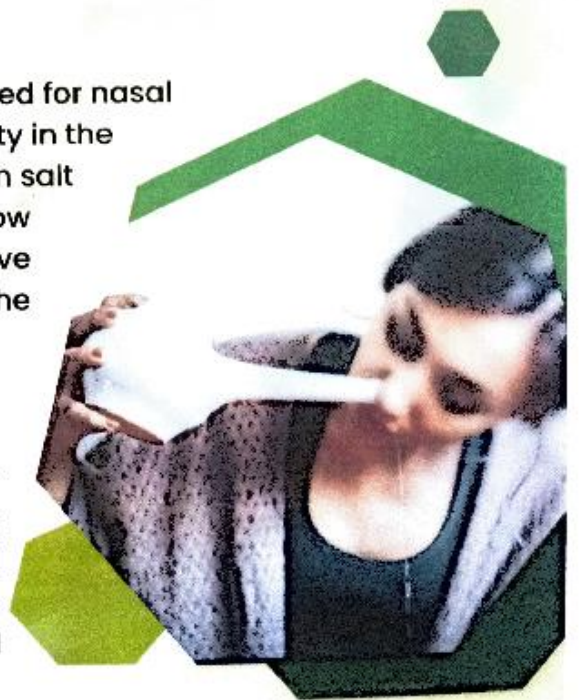
Hot foot bath is a popular form of traditional therapy that has been used for centuries to promote good health and wellbeing. It involves soaking the feet in hot water, which helps to relax muscles, improve circulation, and reduce swelling. The heated water also helps to open the pores in your feet, allowing the body to absorb vital minerals and nutrients through the skin.

Hot foot baths have been known to help with stress relief, fatigue, and overall relaxation of the mind and body. Additionally, regular hot foot baths can help improve joint pain, reduce inflammation, and improve sleep quality. Therefore, it is important to incorporate this traditional therapy into a daily wellness routine in order to experience its various benefits.

JAL NETI:

Jal Neti Therapy is an ancient practice used for nasal cleansing and has been gaining popularity in the recent times. It involves pouring lukewarm salt water through one nostril, allowing it to flow out of the other. This therapy helps improve breathing, reduce congestion and clear the sinuses.

Furthermore, it is also known to reduce inflammation and improve overall immunity. Practicing this therapy on a regular basis can result in improved mental and physical well-being, as well as improved respiratory function. Thus, Jal Neti Therapy is an effective way to stay healthy and enjoy life to the fullest.





LEPAM NATURAL :

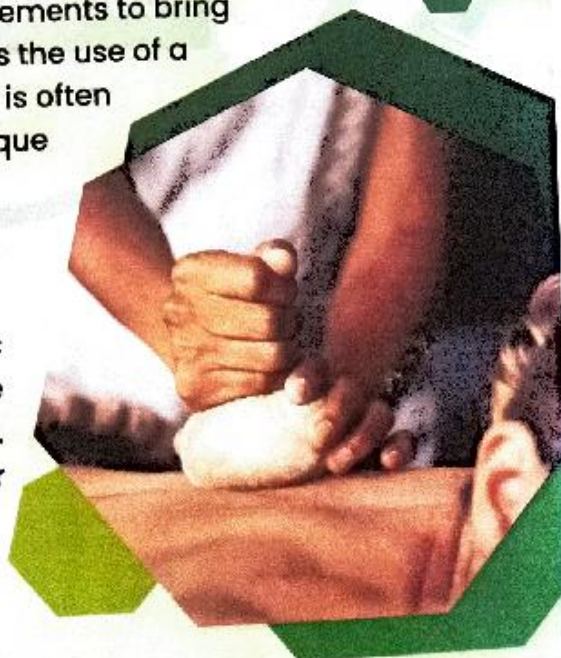
Lepam Ayurvedic treatment is a traditional Ayurvedic approach to skin care that is effective in treating various skin conditions. The treatment is anti-inflammatory and helps relieve pain and reduce swelling caused by inflammation. The treatment involves the application of a herbal paste to the affected area. This paste is made from a blend of various herbs that are known for their therapeutic properties.

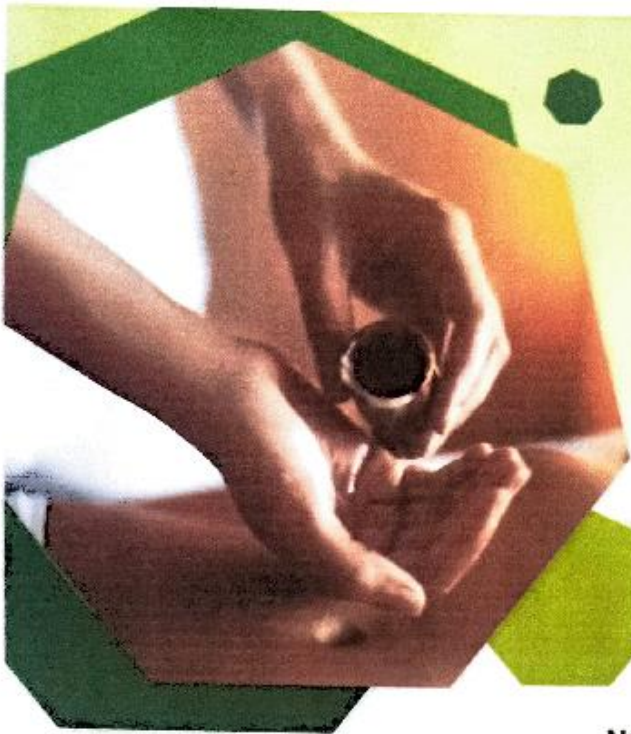
Lepam treatment is a natural, holistic approach to skin care that has been used for centuries to help people achieve healthy, glowing skin.

POTLI MASSAGE :

Potli massage therapy is a traditional Ayurvedic technique that utilizes the power of fire and water elements to bring balance to the body. The therapy involves the use of a heated potli filled with herbal blends and is often combined with heated oil to create a unique form of abhyanga massage.

Abhyanga massage is a type of massage that involves the use of oil. The potli massage can help alleviate chronic pain, reduce inflammation, improve blood circulation, and increase flexibility. Selecting the appropriate potli for your home massage therapy can provide numerous health benefits and improve overall well-being.





NAVEL THERAPY :

Navel therapy involves massaging the belly button with essential oils to reap numerous health benefits and treat various health conditions. The belly button, a former connection to the umbilical cord, is considered a balance center that stores energy and is connected to all organs via veins. By massaging the belly button, the nerve endings are nourished and the body's natural healing abilities are enhanced.

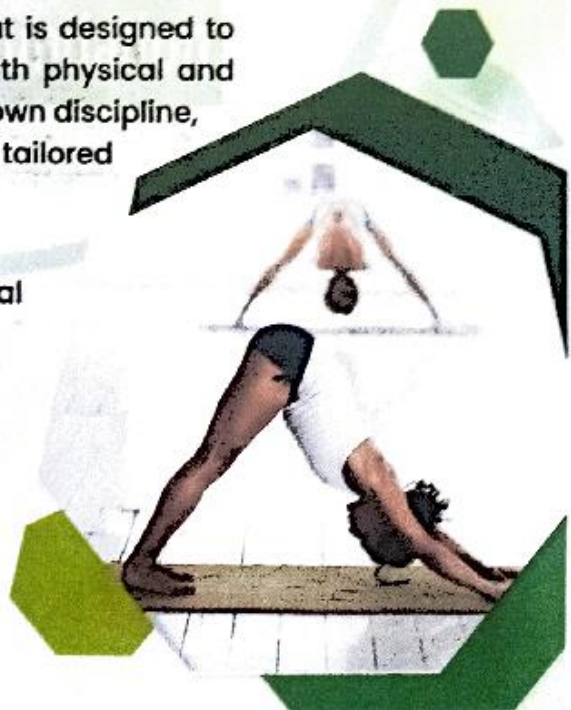
Navel therapy aims to promote overall well-being by balancing the body through stimulation of this central point.

THERAPEUTIC YOGA :

Therapeutic yoga is a form of yoga that is designed to support individuals who are dealing with physical and mental health issues. It has become its own discipline, providing customized practices that are tailored to meet the needs of individuals with different health conditions.

These conditions can range from physical problems to emotional distress.

In therapeutic yoga classes, teachers use techniques and practices that are specifically designed to help people overcome their health challenges.





WEIGHT FOMENTATION :

A fermentation weight could be something as simple as a bag full of water, a handful of food-safe stones or dedicated glass or porcelain weight that fit exactly in your jar. The job of these weights is to keep whatever is in the jar below the surface of the brine.

Keeping your vegetables or fruits below the brine is important for a few reasons .

strengthening the supporting tissues around the spine, and nourishing the joints through improved circulation. The 7-day program is designed to provide relaxation and protection for the joints, strengthen the muscles and ligaments, especially the spine and joints, and help prevent degeneration. The effectiveness of Naturopathy and Ayurvedic medicine in spine and joint care is widely recognized.

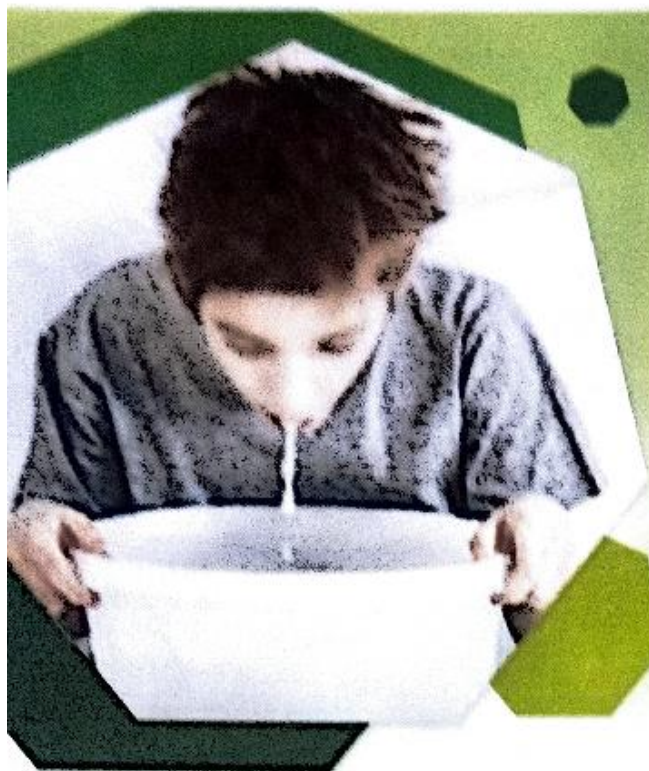
STEAM BATH :

Steam baths are a relaxing way to unwind after a long day on the job. Taken in steam rooms, these baths and showers revitalize the body, relieve stress, and unclog pores. As a part of naturopathy treatment, steam baths can be especially beneficial for those with respiratory issues like bronchitis, asthma, and sinusitis.

BENEFITS:

1. Relaxation and stress relief
2. Improved respiratory function
3. Cleansing of the skin
4. Boosted immune system





PANCHKARMA

VAMAN :

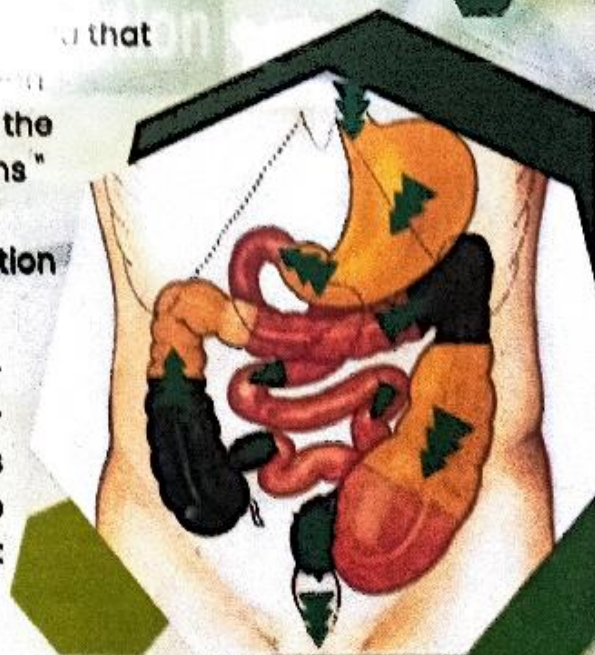
Vaman Panchkarma is a therapeutic process in Ayurveda that involves inducing vomiting to remove toxins from the body. The term "Vaman" means "to eject" or "to expel", and "Panchkarma" refers to five cleansing techniques that are used to purify the body in Ayurveda. Vaman Panchkarma is considered one of the most effective and efficient ways to purify the body and balance the doshas.

Vaman Panchkarma is especially helpful in treating conditions such as digestive disorders, respiratory problems, skin diseases, and certain types of mental health issues. It is also considered a preventative measure for maintaining good health and preventing the accumulation of toxins in the body.

VIRECHAN :

Virechan is a purification therapy in Ayurveda that involves therapeutic purgation (elimination of waste through the rectum) to cleanse the body of toxins. The word "Virechan" means "to purify" or "to separate". This therapy is considered one of the five major purification procedures in Panchkarma.

Virechan is beneficial in treating a variety of conditions, including digestive disorders, skin diseases, and certain types of mental health issues. It can also help to improve overall health and prevent the accumulation of toxins in the body.





JANU BASTI :

The therapeutic practice of retaining medicated oil in a special Janu Basti equipment over the knee joint is known as Janu Basti. This therapy combines external Snehana and Svedana techniques with the use of medicinal oil to provide relief from knee pain, stiffness, tenderness, swelling, crepitus, and improve range of movement. Janu Basti works by nourishing the muscles, ligaments, and skin around the knee joint and making them strong.

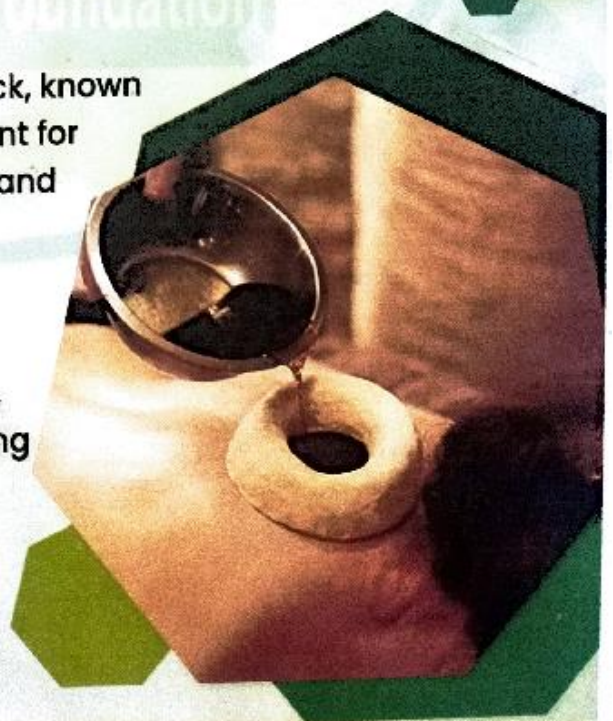
It is widely used to treat knee problems and improve knee joint function. By strengthening the knee muscles and improving the knee's stability, Janu Basti can provide significant relief from knee pain and discomfort.

GREEVA BASTI:

The warm oil bath for the back of the neck, known as "Greeva Basti," is a beneficial treatment for conditions such as cervical spondylosis and chronic neck pain. It also provides relief for compression fractures.

The benefits include reducing pain and stiffness in the neck, shoulder, and arms, strengthening these areas, and alleviating conditions such as headache and dizziness.

The therapy also helps to reduce swelling and inflammation.





KATI BASTI:

Kati Basti is an Ayurvedic therapy that involves the application of warm medicated oil to the lower back region. This treatment is beneficial in alleviating lower back pain, sciatica, and other related conditions. During the therapy, a specially designed dough ring is used to retain the oil on the affected area for a set period of time, allowing for deep penetration of the oil and improved healing. The

The benefits of Kati Basti include relief from lower back pain and stiffness, improved mobility, reduced swelling and inflammation, and strengthened lower back muscles. This therapy can be combined with other Ayurvedic treatments for maximum effectiveness.

SPINAL FOMANTATION

It is a therapeutic application of warmth and Moisture, basically to relieve the Pain and Stiffness. Applied for 15-20 minutes in the form of hot water bottles, a warm damp towel.

PURPOSE

- To relieve Pain and Congestion.
- To relieve inflammation.
- To relieve retention of Urine.
- To relieve intestinal and renal colic.
- To stimulate nerve ending stimulate Peristalsis.
- To Provide Comfort and warmth
- To Relax Muscles.



ENEMAS



Constipation is a condition in which the natural movement of your Stools slows down, Making Movement your of stool Slows down making them hard, and difficult to excrete.

There are two main types of enemas -.

1. Cleansing Enemas
2. Retention Enemas

CLEANSING ENEMAS :

Cleansing Enemas are water based and meant to be held in the rectum for a short time injected flush your colon. Once injected they are retained for a few minutes until the body rids itself of the fluid, along with loose matter and impacted stool in your bowl.

- Saline Water
- Epsom Salt
- Sodium Phosphate
- Apple Cider Vinegar
- Lemon Juice
- Soap suds

RETENTION ENEMAS :

Retention Enemas are designed to be held in your bowel for an extended period. Usually a minimum of 10 to 15 minutes before being released.

Retention Enemas may be oil and water based.

- | | |
|-------------|----------------|
| Probiotic ● | Coffee Water ● |
| Herbal ● | Mineral Oil ● |



MUD PACK



Mud Packs are made with clay that is obtained from 10 centimeters under the earth. It is made sure that the mud does not contain pebbles, compost or any impurities. It is poured into warm water to form a smooth paste. The mixture is left to stand in order to cool and spread afterwards into a cloth strip that can vary in size as per needs. Generally, black soil from around water bodies is regarded as suitable for mud therapy.

METHOD :

Cooled mud is poured into a cloth strip and made into a bandage. This is placed over the affected area of the body, and covered with a protective material such as flannel. For adults, the mud pack can be around 20 X 10 X 2.5 cm in dimensions. The dimensions of the mud treatment cloth should vary on the basis of the patients' needs. The body region that is to be treated thus has to be fomented at first for around 5 or 10 minutes until it is heated up well enough. It is then that mud is directly applied over the affected area for 5 – 15 minutes, based on the response that is needed.

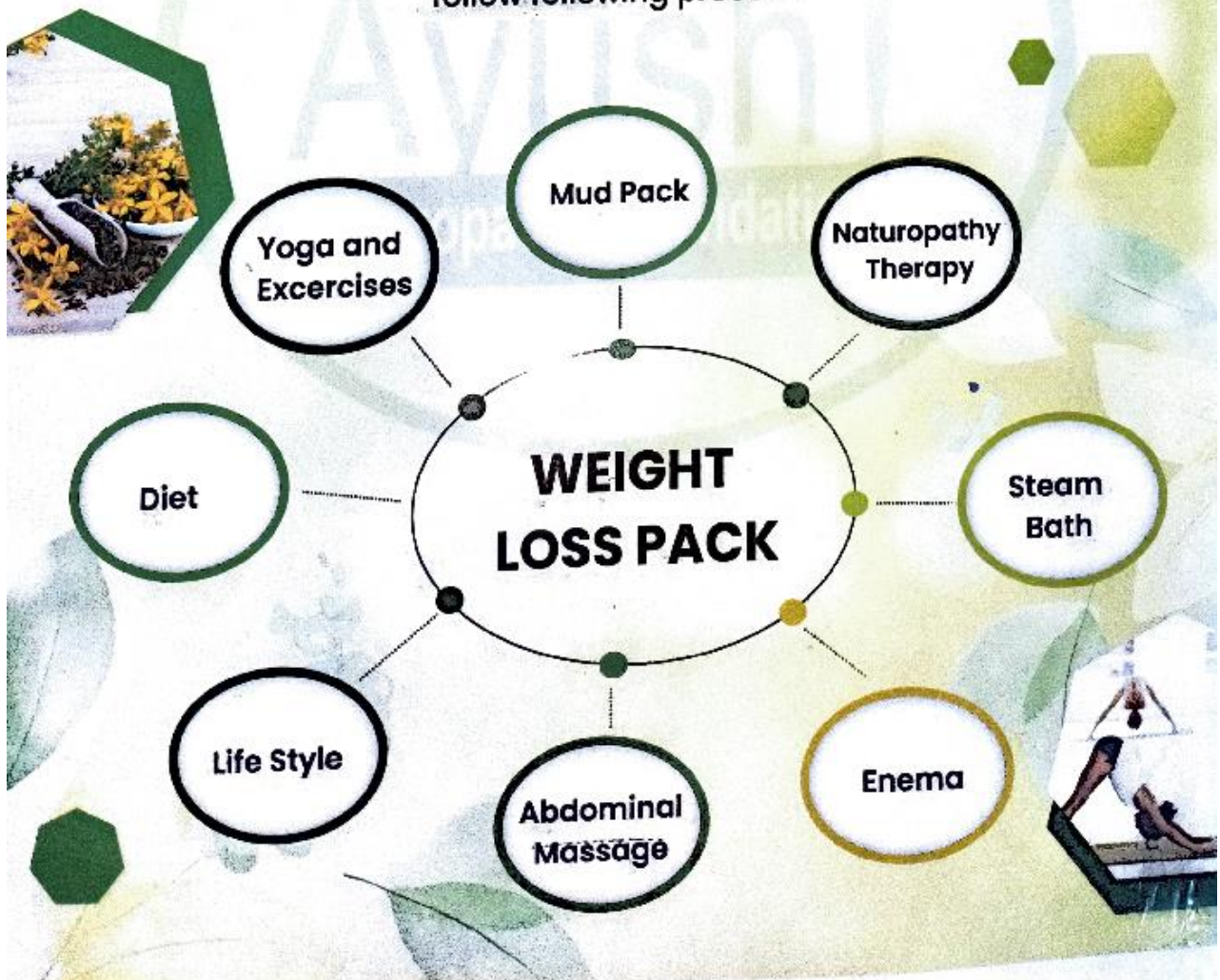


BENEFITS:

Excess amount of heat places stress on the system and gives rise to various disorders. Soil is found to retain moisture for a longer period, and when applied on the body it can cool down the system. It technically soaks up heat from the system. It is found to be effectual in eliminating excess heat from the body. It helps in the degeneration of morbid matter.



After full examination of patient like past medical history/medicine taken by patient/harmonal test. It is decided now to start their weight loss pack. This treatment is vary from person to person generally we follow following process:-



Our Franchise:



Our Activities:

