



AYUSH Integrated Wellness Centre DR. MCR HRD Institute (KRISHNA BLOCK)

Better Health, Better Tomorrow

Telangana Government
Department of AYUSH

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Introduction to AYUSH

AYUSH stands for Ayurveda, Yoga & Naturopathy, Unani, Siddha, and Homeopathy. These traditional systems of medicine and wellness practices have been integral to India's healthcare and cultural heritage for centuries.

The primary objective of AYUSH is to promote health and wellness through natural and holistic methods, ensuring a balance between the mind, body, and spirit.



AYURVEDA



YOGA



NATUROPATHY



SIDDHA



UNANI



HOMEOPATHY

Ayurveda

Ayurveda, which means "**science of life**" is one of the oldest healthcare systems in the world. It originated in India over 3,000 years ago.

Key Principles: Ayurveda is based on the principles of balance among the body's three doshas (Vata, Pitta, and Kapha), which are energies believed to circulate in the body and govern physiological activity.

Benefits: Ayurveda offers holistic treatments that include diet, herbal remedies, massage, yoga, and meditation to promote overall health and prevent diseases.



KAPHA



PITTA



VATA

Yoga and Naturopathy

Yoga: Yoga is a physical, mental, and spiritual practice that originated in ancient India. It involves various postures (asanas), breathing exercises (pranayama), and meditation (dhyana).

Benefits of Yoga: Improves flexibility, strength, and balance; reduces stress; enhances mental clarity; promotes overall well-being.

Naturopathy: Naturopathy focuses on natural healing and emphasizes the body's ability to heal itself through natural therapies like diet, exercise, massage, and other natural treatments.

Benefits of Naturopathy: Encourages a healthy lifestyle; supports the body's innate healing processes; addresses root causes of health issues.



Unani

Unani medicine, also known as Unani Tibb, is a traditional system of healing and health maintenance observed in South Asia. It has its roots in ancient Greek medicine as practiced by Hippocrates and Galen.

Key Principles: Unani medicine is based on the concept of the four humors: blood (dam), phlegm (balgham), yellow bile (safra), and black bile (sauda). It emphasizes the balance of these humors to maintain health.

Benefits: Unani medicine includes a variety of natural treatments such as herbal remedies, dietary practices, and therapeutic exercises to treat various ailments and promote health.



Homeopathy

Homeopathy is a natural form of medicine based on the principle of “*like cures like.*” It was developed in the late 18th century by Samuel Hahnemann.

Key Principles: Homeopathy involves using highly diluted substances that cause symptoms similar to the illness being treated, to stimulate the body's self-healing response.

Benefits: Homeopathy is used to treat a wide range of conditions, including allergies, migraines, depression, chronic fatigue syndrome, and rheumatoid arthritis, with a focus on individualized treatment.



Integration at DR. MCR HRD Institute

The wellness centre integrates the different AYUSH systems to provide a comprehensive approach to health and wellness. Each system complements the others to offer a holistic treatment plan.

Services Offered:

Ayurvedic consultations and treatments

Yoga and meditation classes

Naturopathy treatments and dietary advice

Panchakarma

Unani consultations and treatments

Homeopathy consultations and remedies

Benefits of Integrated Approach: Combining different AYUSH systems enhances the effectiveness of treatments, addresses the root cause of health issues, and promotes overall well-being.

Thank You

