



PACKAGE ON CARDIO VASCULAR DISEASES

(Hypertension, Coronary Artery Diseases (Heart Block), Cholesterol, Triglycerides, Stroke etc.)

The heart diseases strikes an individual without giving any indication, hence it is termed as a 'Silent Killer'. Since the definite cause is not known, the following are the risk factors.

- Wrong eating habits
- Smoking and Alcohol
- Excess salt and fat intake
- Lack of exercise
- Obesity
- Physical and Mental Stress

Here at Nirmayee Nature Cure Centre, we have efficient Nature Cure and yoga treatments along with proper diet and lifestyle modifications.

NATURE CURE TREATMENTS

1st Week

- 1st Day : Warm water enema + Mud pack to abdomen + Partial massage to legs
- 2nd Day : Cold spinal spray + Full body massage
- 3rd Day : Cold immersion bath with friction + Cold pack to head
- 4th Day : Full body massage (Vibro) + Cold chest pack
- 5th Day : Cold spinal spray + Neutral half bath
- 6th Day : Steam / Sauna + Ice massage

2nd Week

- 1st Day : Full mud bath + Ice massage
- 2nd Day : Full body massage + Cold chest pack
- 3rd Day : Cold immersion bath with friction + Cold pack to head
- 4th Day : Full body massage (Vibro) + Cold chest pack
- 5th Day : Cold spinal spray + Neutral half bath
- 6th Day : Steam / Sauna + Ice massage

3rd Week

- 1st Day : Full mud bath + Ice massage
- 2nd Day : Full body massage + Cold chest pack
- 3rd Day : Cold immersion bath with friction + Cold pack to head
- 4th Day : Full body massage (Vibro) + Cold chest pack
- 5th Day : Cold spinal spray + Neutral half bath
- 6th Day : Steam / Sauna + Ice massage

4th Week

- 1st Day : Full mud bath + Ice massage
- 2nd Day : Full body massage + Cold chest pack
- 3rd Day : Cold immersion bath with friction + Cold pack to head
- 4th Day : Full body massage (Vibro) + Cold chest pack
- 5th Day : Cold spinal spray + Neutral half bath
- 6th Day : Steam / Sauna + Ice massage

(However, the treatments, duration of treatments are decided by consultant physician as these may differ in each individual case.)

YOGA

Along with Naturopathy treatments, Yoga therapy sessions will be conducted for better results, which is offered free of cost.

Yoga session include Asanas, Pranayama, Relaxation Techniques, Meditation and Kriyas.

Asanas

Ardha Halasana
Ardha Pawan Mukthasana
Uttan Tadasana
Parvatasana
Vakrasana
Savasana

Pranayama

Shitali
Shitkari
Anuloma-Viloma

DIET

Diet plays an important role in controlling Cardio-Vascular diseases. Diet should be low in cholesterol and be free from saturated fatty acids. Calories should be restricted, if one is overweight. Proper Diet Advice will be provided on consultation.

‘Kill Heart Diseases Before it Kills You’