

What Conditions are Treated Here ?

- Hypertension
- Diabetes
- Arthritis
- Obesity
- Indigestion
- Constipation
- Colitis
- Gastric Problems
- Asthma
- Epilepsy
- Sciatica
- Spondylitis
- Spondilosis
- Paralysis
- Varicose Vein
- Skin Disorders
- Hypothyroidism
- Irregular Menstruation
- White Discharge
- Heart Related Problems
- Kidney Related Problems, Etc.

Swas Naturopathy

Address:



Other Centres and Contact No.

Ahmedabad : +91-79-27497310
Rajkot : +91-281-2473712
Ananddham : +91-2837-286812/882
(Kutch)

E-mail id : info@swashealthcare.com
Website : www.swashealthcare.com



We thank you...
for selecting Nature Cure
and welcome you here...

Naturopathy ◦ Ayurveda ◦ Yoga

Swas Healthcare Pvt. Ltd.

We are a healthcare services company focused on traditional medicine systems. We run clinics and hospitals based on Naturopathy, Ayurveda, and Yoga. We provide preventive as well as curative treatments for various common and some not so common medical conditions. We are a team of well qualified professionals handling clinical as well as non clinical processes at our centers. For more information about organisation visit: www.swashealthcare.com

"Our mission is to help people
lead healthier lives through use of
traditional medical knowledge"

Naturopathy

Naturopathy is a science, making use of nature force of life with innocent therapies. It's a balance between five natural elements, along with cleansing and self-constructing power of life to regain sound and lasting health. Nature cure is simple and easy therapy, free from side effects.

Yoga

The word "yoga" originates from the sanskrit word 'yuj' which means union. Yoga, with its emphasis on the "union" of the total person, is considered a form of mind-body-soul, an approach to heal that integrates and harnesses the power of the physical, psychological, and spiritual aspects of a person in order to enhance health and treat illness.

Ayurveda

Originating over 5,000 years ago in India, Ayurveda is said to be the world's oldest medical practice. The term Ayurveda combines two Sanskrit words-*ayur*, which means life, and *veda*, which means science or knowledge. Ayurveda means "the knowledge of life." It balances *doshas* and *dhatu*s mainly through use of herbal medicine to enable us live a healthy life.

Treatment

- Hydro-Therapy : Hot And Cold Packs, Fomentation, Hip Bath, Friction Bath Etc.
- Mud Therapy : Mud Packs and Mud Bath
- Magnet Therapy : Bio and Electro-Magnetic Therapy
- Acupressure : Foot Reflexology, *Sujok*, Meridian
- Massage : Local And Full Body Massage, *Potli Massage*, Powder Massage Etc.
- Steam Bath : Local and Full Body Steam

...It Also Includes...

- *Yogasana*, *Pranayama*, Purification Techniques
- Meditation, *Yog Nidra*, *Tratak*
- Eye Cleaning with *Sanetri Trifala*
- Acupuncture
- Diet and Nutrition Planning
- Enema
- *Nasya*, *Shirodhara*, *Shirobasti*, *Janubasti*, *Katibasti*, *Hridbasti*, *Udvartan*, *Pizichil*, and several other Ayurvedic treatments.

Health Shop

Here you can get organic grains and food products, health related books, and treatment related products.