

Best of Ayurveda, the authentic way

The term for health in Ayurveda is 'Swasthya'
This word means, to be established (Sthya) in oneself (Swa)
Ayurvedic texts elaborate on the meaning of Swasthya

“Samadosha Samagnischa
Samadhatumalakriyaha
Prassanatme indriya manah
Svastha Ityabhidhiyate”

This means:

One whose physiological functions (doshas), metabolism (agni), body tissues (dhatus) and excretory functions (malas) are in a state of equilibrium. Furthermore one who has cheerful mind, clarity of intellect and contented senses is said to be established in oneself (svastha). Health or swasthya is therefore defined by Ayurveda as a perfect state of equilibrium, of body & mind.

Amruth Ayurveda Nursing Home serves the preventive, promotive as well as curative health needs of the community. The FRLHT clinical team consists of experienced Doctors, Yoga Teachers and Trained Therapists.

For Consultation, Please contact
Dr. GG Gangadharan, Medical Director
Ph. No. 080 28460549 / 28568140

74/2, Jarakbande Kaval,
Yelahanka via, Attur Post
Bangalore 560 064.
INDIA

Phone: 2856800, 8568001
Fax: 28567926
Email: info@frlht.org.in
Website: www.frlht.org.in



Amruth Ayurveda Nursing Home & Yoga Centre

Best of Ayurveda, the
authentic way

A clinical research and training unit of FRLHT



About FRLHT

- Centre of Excellence for Medicinal Plants and Traditional Knowledge, Ministry of Environment and Forests, Government of India
- Scientific and Industrial Research Organisation (SIRO) of DSIR, Govt. of India
- Recipient – Normal Borlaug Award, 1998
- Equator Prize for Conservation of Bio-diversity, UNO 2002
- International Cultural Stewardship Award for complementary medicine, Columbia University, 2003

Visit www.frlht.org.in/clinic

Call: 28568140

Amruth Ayurveda Nursing Home & Yoga Centre

The Place

FRLHT is a research centre for the traditional Indian Health Sciences. It is situated on a 5 acre serene campus off Doddaballapur road.

How to Reach

After Yelahanka Police Station circle, travel 3.5 kms until you cross the CRPF. Take the first left turn after CRPF main gate. You will see Amruth Ayurveda Hospital sign boards, at the turning. Drive down 3.5 kms, till you see the green campus of FRLHT on the left side of the road.



FRLHT's Green Campus

Away from the hustle and bustle and with no city traffic, FRLHT's Amruth Hospital promises you a quiet retreat and authentic Ayurveda therapy.

The campus is uniquely landscaped with 600 species of medicinal plants. It also has a medicinal plant nursery where you can pickup dozens of medicinal plant species to grow in your home or office.

Facilities

This 20-bed Hospital has 10 spacious double rooms including two deluxe rooms with AC. It is surrounded by a garden of medicinal plants.



FRLHT has a team of 15 Ayurveda, Siddha and Unani physicians and Yoga consultants. The core clinical team is headed by a postgraduate in general medicine with 15 years of clinical experiences.

FRLHT

Call 28568140

www.frlht.org.in/clinic



Room facilities at the Hospital

Treatment

The classical panchakarma treatments prescribed in Ayurveda are implemented in our nursing home. Yoga therapy is an additional and special feature of this facility. This hospital is awaiting registration under medical insurance schemes.

Diet and Regimen

While you are at FRLHT's clinic, you will be given a suitable diet as prescribed to you by the physician. The in-house canteen provides balanced vegetarian food cooked and served as per the advice of the physicians.