

Evidence based Ayurveda and Medical Care with the Life and Wellness Co. FAQs

Our long term vision at the Life and Wellness Co. is that more and more people move towards preventative healthcare and are able to understand the importance of creating a healthy lifestyle. We believe this is possible through Ayurveda.

HOW DOES IT WORK?

After you contact us and tell us about your health issues, we set up a phone consultation between you and the Doctor to develop a treatment. After you confirm your treatment and travel dates, we help you organise your entire trip, from flights to airport transfers, local transport and where needed, sightseeing tours and accommodation.

DATE	ACTIVITY
PLANNING STAGE	You get in touch with us and share details of your health conditions
	We coordinate a phone consultation between you and the Doctor and develop an Ayurvedic treatment plan
	You confirm treatment plan and finalise departure date
	We help you with your flight tickets & Visa, and any other issues
TRAVEL to INDIA	You fly to Bangalore. We arrange an airport pickup, and take you to the hospital directly, where we help you check in
HOSPITAL TIME	Ayurvedic Treatment at Hospital
RETURN HOME	Fly back home. We help you check out of the hospital and see you off at the airport

WHAT IS AN AYURVEDIC TREATMENT PLAN?

Essentially, a treatment plan is a personalised integrated therapy. Ayurveda treats the root cause of any health condition. Depending on your health condition, the plan would recommend a combination of diet, lifestyle, medication and deep cleansing therapies.

HOW LONG IS THE TREATMENT?

This would depend entirely on you, your time constraints, your health conditions and the treatment plan you choose. We recommend a treatment of minimum of two weeks for any treatment.



HOW MUCH DOES IT COST?

Once again, this would depend on your treatment plan. Get in touch with us, and based on your individual needs, we will develop a treatment plan with costs for you.



IS THERE A DAILY ROUTINE AT THE HOSPITAL?

On your first day at the hospital you will be given a full consultation and customized health assessment based on your individual needs. Based on this assessment, you will have two or three treatments per day. Apart from this you will have time to rest and relax.



WHERE IS THE CLINIC?

The Clinic is located in Bangalore, or 'Bengaluru' as it is now officially known. It is the capital of the southern Indian state of Karnataka.



WHEN IS THE BEST TIME TO GO?

We believe that the best time to go is NOW! Why wait – Health issues are best addressed at the earliest. Besides, unlike other cities in India, Bangalore is known for its pleasant climate all year round, with average highs of about 30 Celsius.



CAN I GO SIGHTSEEING WHILE I AM THERE?

We understand that while in India some of you may like to visit some sights of cultural or historical importance in the area. While this may be possible during your free time at the hospital, the doctors generally prefer that the patients do not exert themselves during their treatment period. Some of our clients prefer to stay on in Bangalore for a few days after their treatment is over, to sightsee. If you would prefer to do this, we would be happy to arrange tours, local travel and accommodation for you.



WHAT IS THE ACCOMODATION LIKE?

There are two options for accommodation:

1. At the Clinic: The clinic has simple, neat and clean hospital-like rooms. Each room has a TV and free WIFI, with nurses on call.
2. At the Retreat: The country style retreat has more luxurious rooms which are attached to a boutique hotel. Each room has a TV and free WIFI, with nurses on call. Clients who choose to stay at the Retreat have access to other hotel facilities including the swimming pool, salon and tennis court.



WHAT IS THE FOOD LIKE?

During your Ayurveda treatment you will be served food according to your dietary requirements based on your health conditions. Only simple, wholesome and nutritious Indian vegetarian food is served during your treatment.



WHAT IS AYURVEDA?

Ayurveda, one of the oldest medicine systems in the world, dates back approximately 5000 years ago and has its origin in the Indus Valley Civilization. Ayurveda comes from a Sanskrit word – 'Ayu', which means life and 'Veda', knowledge - *Ayurveda* is thus, the 'Knowledge of Life'. According to Ayurveda's guiding principle, health is not synonymous to just absence of diseases, but is also about an individual's immunity and peace of mind that enables him or her to counter ailments and disorders.



WHAT DISEASES CAN AYURVEDA TREAT?

Ayurveda can successfully balance symptoms and root causes of a large number of diseases. We encourage you to contact us with your medical problems so that we may set up a telephonic consultation for you with an ayurvedic physician. Some of the problems that Ayurveda works to cure including the following:

Lifestyle & Metabolic Disorders including Hypertension, Diabetes, Diabetic Complications, Thyroid Imbalances, Liver Disorders; Musculoskeletal & Neurological system such as arthritis and Spondylosis; Women's Health Problems such as Menstrual Disorders, Post-Menopausal Syndrome; Skin Conditions such as Eczema, Skin Allergies & Rashes, and other conditions including Anxiety Disorders, Depression, alcohol de-addiction, Cancer Rehabilitation, Gastrointestinal and Paediatric Developmental Disorders. Asthma, COPD, Chronic Bronchitis, Allergies etc.

Get in touch with us to know more about Ayurveda and the diseases Ayurveda can treat.



CONTACT US

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We wish you a Life of Good Health and Wellness

