

# Mind Life Craft

## From Roots to Remedies- Wellness for you

### Vision-

To lead a global transformation in holistic healthcare by harmonizing ancient *Ayurvedic* wisdom with scientific innovations empowering every individual to live vibrantly, heal deeply, and thrive with purpose.

### Mission-

We do research and **craft authentic *Ayurvedic* medicines**, **deliver expert clinical care for complex chronic conditions**, **nurture the next generation of *Ayurvedic* physicians through high impact education**, and **provide best plant based products that nourish from within**. Through compassion, knowledge, and innovation, we strive to build a healthier world one life renewed at a time.

- ♠ We heal with nature.
- ♠ We treat with expertise.
- ♠ We teach with passion.
- ♠ We nourish with purity.

## Domains



## 1- RESEACH & DEVELOPMENT

### HEALING FOR TODAY & FUTURE EPIDEMICS

- 🌿 At Mind life craft, we don't just sell medicines we craft them for you. Just as the ancient *Vaidya* would handpick each *Dravya*, prepare it with precision, and tailor it to the patient's unique needs, we begin with a personal consultation, source pristine raw materials, and create remedies designed exclusively for your body's requirements. Our medicines go beyond removing disease, they awaken balance, vitality, and complete wellness, so you leave not just healed, but truly renewed.
- 🌿 Our journey begins exactly where Ayurveda placed its foundations- understanding your prakriti, lifestyle and rhythms, metabolic strength, and the hidden patterns behind your imbalance. Then, we take *Ayurveda* forward for the healing touch
- 🌿 At MindLifeCraft, every formulation begins with a deep scientific understanding of the drug's journey within the body. We design novel therapeutics by meticulously analysing the pharmacokinetics- absorption, distribution, metabolism, and excretion (ADME) along with the bioavailability and molecular behaviour of each compound.
- 🌿 By mapping how actives interact with metabolic pathways, cellular receptors, and biochemical dysfunction, we craft products that are not only effective but also precision targeted for metabolic restoration and disease correction
- 🌿 We aim at transforming classical herbs into new drug delivery system approaches like-
  - ♠ Nanoparticle based formulations for deeper cellular reach
  - ♠ Liposomal & targeted drug carriers to enhance permeability
  - ♠ Bioavailability boosted herb combinations rooted in classical wisdom
  - ♠ Novel dosage forms for faster and more predictable results
- 🌿 Altered lifestyles result in diseases like **Diabetes, PCOS, Dyslipidaemia, NAFLD, Other Metabolic dysfunctions, Cancer etc**  
Challenges where conventional care alone often falls short, our solutions go

deeper by not just suppressing symptoms but rewriting the internal environment by treating the root cause so disease has no place to manifest

- 🌿 By reversing metabolic dysfunctions, restoring hormonal imbalances, combating oxidative & inflammatory stress, strengthening immunity - **This is *Ayurveda* not only preserved, but evolved.**

## 2-Clinical excellence with Specialized Clinical Services

### **1. MUSCULOSKELETAL WELLNESS-**

#### **RESTORING STRENGTH, FLEXIBILITY & PAIN-FREE LIVING**

- 👨🏻‍🦱 Mindlifecraft offers a time-honoured, holistic approach to musculoskeletal wellness by healing not just pain but the root causes behind **degeneration, inflammation, stiffness, and impaired mobility.**
- 👨🏻‍🦱 With therapies tailored to balance *vata*, strengthen *mamsa, snayu, asthi dhatus*, and rejuvenate joints, where *Ayurveda* stands as a powerful system of care for chronic and complex conditions.
- 👨🏻‍🦱 Our expertise-

#### ✓ **Degenerative Joint Disorders**

- 👨🏻‍🦱 *Sandhigata vata*-Osteoarthritis
- 👨🏻‍🦱 *Greevagata vata, Katigata vata*-Cervical & Lumbar Spondylosis
- 👨🏻‍🦱 Osteoporosis associated pain
- 👨🏻‍🦱 Degenerative disc issues

#### ✓ **Inflammatory & Autoimmune Disorders**

- 👨🏻‍🦱 *Amavata* -Rheumatoid Arthritis
- 👨🏻‍🦱 Psoriatic arthritis
- 👨🏻‍🦱 *Vatarakta*-Gouty arthritis
- 👨🏻‍🦱 Nerve & Soft Tissue Disorders
- 👨🏻‍🦱 *Gridrasi*-Sciatica
- 👨🏻‍🦱 *Vishvachi*-Cervical radiculopathy
- 👨🏻‍🦱 Katigraha-Low back pain
- 👨🏻‍🦱 Snayugata vata- Ligament & tendon disorders
- 👨🏻‍🦱 Mamsashosha-Muscle wasting / myopathies

✓ **Shoulder, Arm & Upper Limb Disorders**

- 👤 Frozen shoulder/ Adhesive capsulitis
- 👤 Tennis elbow
- 👤 Golfer's elbow
- 👤 Carpal tunnel syndrome
- 👤 Rotator cuff injuries

✓ **Knee & Lower Limb Disorders**

- 👤 Meniscal injuries
- 👤 Runner's knee
- 👤 Osteochondral degeneration
- 👤 Chronic plantar fasciitis

✓ **Sports & Occupational Injuries**

- 👤 Repetitive strain injuries
- 👤 Muscle tears
- 👤 Tendinitis / Bursitis
- 👤 Chronic myalgia & muscle fatigue

**2. INFERTILITY & PROGENY**

**AYURVEDIC SCIENCE FOR HEALTHY PROGENY & CONSCIOUS PARENTHOOD**

धर्मार्थकाममोक्षाणां आरोग्यं मूलमुत्तमम्  
रोगास्तस्यापहर्तारः श्रेयसो जीवितस्य च



- ☺ *Ayurveda* has long emphasized that “*Dharmartha kama moksanam arogyam mulam uttamam*” optimal health forms the very foundation for all pursuits of life. Extending this philosophy, the classical texts affirm that the journey toward the highest wellbeing begins even before conception, with the creation of a healthy progeny.
- ☺ At MindLifeCraft, we integrate *Ayurvedic* reproductive science with a holistic, evidence-aligned approach to guide couples through every stage of parenthood planning.
- ☺ Our Comprehensive Parenthood Planning Program Includes:

### **1. Pre-conceptual Preparedness (Garbha Samskara)**

We support both partners in preparing their bodies and minds for conception through:

- Assessment of reproductive wellness
- Optimization of male and female physiology (focusing on *Beeja*, *Ksetra*, *Ritu*, and *Ambu*)
- Hormonal and metabolic balancing protocols
- Nutritional and lifestyle interventions

### **2. Integrative Numerology & Astrology Guidance**

In alignment with scientific and classical wisdom:

- We help you understand favourable periods,
- Strengthen mental and emotional harmony,
- And create a conducive environment for conception and pregnancy.

### **3. Personalized Counselling for Parenthood Readiness**

#### **Support includes**

- Understanding and adapting to bodily and psychological transitions
- Preparing couples for the responsibilities and changes of parenthood
- Emotional and lifestyle counselling grounded in Ayurvedic principles

### **4. Antenatal Care (Masanumasika Garbhini Paricharya)**

We provide evidence based, traditional masanumasika garbhini Paricharya offering monthwise

- Dietary recommendations
- Herbal supplementation
- Behavioural guidance
- Supportive therapies for maternal comfort and fetal growth
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### 5. Postnatal Care (Sutika Paricharya)

Post-delivery, we ensure:

- Mother's recovery through classical regimens
- Neonatal wellness protocols
- Strengthening of immunity, digestion, and neurodevelopment in the newborn

### CREATING A PERFECT FOUNDATION FOR LIFE TO BEGIN

ध्रुवं चतुर्णां सान्निध्यात् गर्भः स्यात् विधिपूर्वकं ।

ऋतु क्षेत्र अम्बु बीजानां सामाग्र्यात् अङ्कुरो यथा ॥



- *Ayurveda* beautifully explains conception through the harmony of *Ritu* (proper timing & ovulatory cycle), *Khsetra* (healthy reproductive organs), *Ambu* (balanced nourishment & hormones) and *Beeja* (healthy ovum & sperm).

When these four pillars align, the body becomes naturally prepared for *Garbhadharana*- the ability to conceive, nourish, and sustain new life.

- ☺ Mindlifecraft's fertility care aims to purify, balance, and optimize all these essential factors creating an environment where conception becomes effortless, healthy, and deeply natural

#### ✓ **Female Fertility Challenges**

- ☺ PCOS / Anovulation
- ☺ Endometriosis, Adenomyosis
- ☺ Thin endometrium
- ☺ Tubal blocks
- ☺ Unexplained infertility
- ☺ Recurrent implantation failure
- ☺ Irregular cycles, hormonal disturbances
- ☺ Pelvic inflammatory disease

#### ✓ **Male Fertility Issues**

- ☺ Oligospermia
- ☺ Low motility
- ☺ Poor morphology
- ☺ Premature ejaculation
- ☺ Varicocele-linked infertility
- ☺ Hormonal imbalance impacting spermatogenesis
- ☺ Erectile dysfunction
- ☺ Stress-induced infertility

#### ✓ **Couple-Based Challenges**

- ☺ Unexplained infertility
- ☺ Secondary infertility
- ☺ Recurrent pregnancy loss

### **Why Ayurvedic Fertility Care Is Unique**

- ☒ Ayurvedic care in infertility focuses on identifying and correcting the root cause through a precision based systemic approaches. At MindLifeCraft, we address key drivers such as PCOD, insulin resistance, cortisol imbalance, obesity etc using evidence aligned Panchakarma therapies that restore hormonal rhythm, optimise ovarian function, and enhance



endometrial receptivity. Our formulations are crafted using pharmacogenomic principles ensuring personalised, pathway-specific interventions that correct metabolic dysfunction and strengthen reproductive health for improved conception outcomes.

Our Therapies are focused on-

- ✘ Aligning *Ritu, Kshetra, Ambu, Beeja* for natural conception
- ✘ Correcting hormonal imbalance without harsh medications
- ✘ Enhancing ovum & sperm quality, not just counts
- ✘ Improving endometrial receptivity
- ✘ Detoxifying & rejuvenates reproductive channels
- ✘ Correcting metabolic & lifestyle factors (PCOS, obesity, insulin resistance)
- ✘ Reducing psychological stress, restoring emotional balance
- ✘ Offering a couple-centric, holistic path to fertility
- ✘ Natural, gentle, effective, and deeply restorative

### **3-Neuromuscular & Neuro-degenerative disorders**

#### **Reviving Mobility, Stability & Neurological Harmony Naturally**

- Neuromuscular and neurodegenerative disorders are among the most progressive, debilitating, and life-altering conditions, affecting movement, muscle strength, coordination, sensation, and cognitive function.

#### **A Structured, Evidence aligned approach to slowing degeneration & restoring function**

- MindLifeCraft offers an integrative therapeutic protocol for neuromuscular and neurodegenerative disorders, combining classical *Ayurvedic Panchakarma* with modern rehabilitative principles. Our approach is designed to slow disease progression, enhance neural resilience, and improve functional quality of life.

✓ **Progression-Control Therapies**

Panchakarma procedures and external therapeutic techniques optimally regulate neuroinflammation, enhance peripheral circulation, help delay degenerative changes in conditions such as ALS, Parkinson's, Alzheimer's, neuropathies, myopathies etc

✓ **Advanced Muscle Relaxation Protocols**

Therapies like *Sarvanga udvartana*, *Sarvanga dhanyamla seka*, *Shastika Shali pinda sweda*, *Patra pinda sweda* etc deliver sustained muscle relaxation, reduce stiffness, maintain muscle tone in chronic neuromuscular conditions.

✓ **Spinal Disc Hydration & Structural Support**

Localised treatments such as *Greeva Basti*, *Kati Basti* rehydrate depleted intervertebral discs, reduce local inflammation, support spinal alignment, and restore segmental mobility.

✓ **Neurocalming & Neural Modulation**

*Panchakarmas* like *Nasya*, external therapies and specialised oral nerve tonics help suppress hyperexcitable nerves, reduce neuropathic disturbances, and promote balanced neurotransmission.

✓ **Support for Diseases With Limited Contemporary Options**

In conditions like Alzheimer's, Parkinson's, CIDP, and other degenerative disorders lacking definitive curative treatment in modern medicine, our therapies aim to slow deterioration, improve cognitive and motor functions, and elevate daily living capabilities.

✓ **Integrated Rehabilitation**

Physiotherapy is seamlessly combined with Ayurvedic therapies to enhance gait, balance, neuromuscular coordination, and overall functional independence.

Our personalised neuromuscular protocols blend detoxification, nerve nourishment, muscle protection, and functional rehabilitation offering patients a scientifically grounded, holistic pathway to improved neuromotor stability and quality of life. Our scope of treatments-

♠ **Neuromuscular Disorders**

- Myopathies and muscle weakness
- Muscular dystrophies
- Motor neuron disorders

- Myasthenia gravis
- Peripheral neuropathies
- Chronic inflammatory demyelinating polyneuropathy & other inflammatory neuropathies
- Post-viral or post-infective muscle weakness

#### ♠ **Neurodegenerative Disorders**

- *Kampavata*-Parkinson's disease
- *Majjavaha sroto dushti*-Multiple sclerosis
- Alzheimer's & cognitive decline

#### ♠ **Nerve Compression & Degenerative Spinal Disorders**

- Cervical/Lumbar radiculopathy
- Spinal canal stenosis
- Slipped disc with neural involvement
- Sciatica due to nerve compression

#### ♠ **Movement & Coordination Disorders**

- Tremors
- Dystonia
- Ataxia
- Neuromuscular fatigue disorders

### **4-SHALYA TANTRA :**

#### **THE WORLD'S EARLIEST AUTHORITY IN ANORECTAL SURGERY**

- ♠ Long before Hippocrates took to the surgical field & centuries before Celsus or Galen documented their techniques, a man performed complex surgical procedures in ancient India, by with medieval instruments that he himself manufactured. For his contributions, *Acharya Sushruta* has been aptly named 'the Father of Plastic Surgery' and 'the Hippocrates' of the sixth or seventh century BC.

- ♠ With precision crafted instruments and unmatched clinical insight, he detailed the diagnosis and treatment of *bhagandara* (fistula), *arshas* (haemorrhoids), *parikartika* (fissure), *vidradhi* (abscess) *nadi vrana* (sinus tracts), *siraja granthi* (varicose veins & ulcers), *dustha vranas* etc with a sophistication that the world would not rediscover for millennia.
- ♠ His pioneering methods *kshara karma*, *agni karma*, *raktamokshana* and the revolutionary *kshara sutra* therapy remain global gold standards today for their minimal recurrence, remarkable safety, and unparalleled functional outcomes.
- ♠ Mindlifecraft stands as living proof that India's ancient surgical science is not a relic of history, but a clinically superior outcome driven solution for today.

Major conditions managed under Shalya tantra expertise-

- ✓ *Arshas*- Haemorrhoids
- ✓ *Bhagandara*- Fistula-in-Ano
- ✓ *Parikartika*- Fissure-in-Ano
- ✓ *Nadi vrana*-Pilonidal Sinus
- ✓ *Gudagata arbuda*- Rectal Prolapse / Abscess / Polyps

### **3-Coaching and Counselling**

#### **Crack AIAPGET with competence confidence and clarity**

Step into our Mindlifecraft coaching experience that's crafted for your success. At our AIAPGET training centre, we don't just teach we walk with you, guiding you through your preferred subjects and helping you explore your dream colleges with utmost clarity and confidence

In our training centre, each module ends with targeted mock tests and personalised performance insights, so you always know exactly where you stand and how to improve. As the exam nears, our power-packed revision plans ensure you enter the hall fully prepared and stress-free

And when it's time for counselling, we will be right there with you helping you prioritize and list your colleges perfectly, so your hard work translates into the seat you truly deserve.

**Learn smart. Revise strong. Choose right**

## **4-PHARMACEUTICAL AND WELLNESS PRODUCTS**

**Evidence-Based. Standardized. Clinically Oriented.**

Our pharmaceutical and wellness division provides a comprehensive range of research backed formulations designed to support both disease management and preventive healthcare. Each product is developed using standardized plant extracts, validated nutraceuticals, and clinically relevant active compounds to ensure consistency, safety, and therapeutic efficacy

### **Product Categories**

#### **1. Metabolic & Hormonal Health**

Targeted formulations featuring Myo-inositol, D-chiro inositol, chromium, berberine, and select botanicals help regulate insulin sensitivity, ovarian hormonal balance, other metabolic parameters and are recommended for individuals with PCOS, insulin resistance, prediabetes, metabolic disorders. etc

#### **2. Nutritional & Antioxidant Support**

High-density nutritional supplements like moringa, spirulina, chlorella, wheatgrass etc deliver essential micronutrients, antioxidants, and Phyto actives which supports immune competence, haemoglobin synthesis, cellular energy metabolism, detoxification pathways etc

#### **3. Liver & Digestive Care**

*Ayurvedic* drugs that are hepatoprotectives with documented actions such as xanthine oxidase inhibition, anti-lipid peroxidation, free-radical scavenging assist in NAFLD, impaired digestion, toxin elimination, gut liver axis balance etc

#### **4. Neuromuscular & Joint Support**

Formulations with anti-inflammatory and neuroprotective botanicals help manage neuropathies, degenerative joint disorders, chronic inflammatory conditions by targeting pathways involving cytokine regulation, interleukins production, oxidative stress reduction etc

## 5. Preventive & General Wellness

Formulations containing adaptogenic and immunomodulatory herbs like *Ashwagandha*, *Yastimadhu*, *Triphala*, *Guduchi*, *Shatavari* etc which support stress adaptation, enhanced immunity, improved vitality, long-term systemic wellness

## Quality Assurance & Scientific Rigor

All formulations undergo stringent evaluations, including-

- Pharmacognostic Authentication and Validations
- Quantification of active phytoconstituents by robust methods
- Microbial & Heavy metal testing
- Stability studies
- Adherence to Pharmacopeial Standards

Whether you're managing a condition or elevating daily vitality, our wellness range delivers nature powered, science proven support at every stage of life.