

Research Methods



How
What
Why ?

H.R. Nagendra

Shirley Telles



प्रज्ञानं ब्रह्म

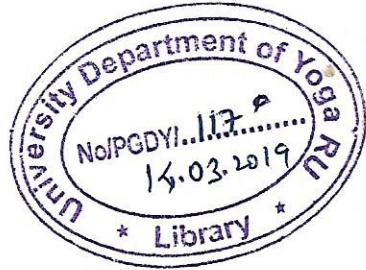
SWAMI VIVEKANANDA YOGA PRAKASHANA
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RESEARCH METHODS

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AROGYADHAMA

(Yoga Research health home at prashanti Kuteeram)

AILMENTSTREATED

- * **Bronchial asthma, nasal allergy, chronic bronchitis**
- * **High and low BP and Ischaemic Heart Diseases (IHD)**
- * **Anxiety Neurosis, Depressive Neurosis and psychosis**
- * **Gastritis and Peptic Ulcer, Chronic Diarrhoeas and Dysentery**
- * **Ophthalmic disorders; short sight, long sight, astigmatism, squint, initial stages of cataract and glaucoma**
- * **Mental Retardation and Carebral Palsy**
- * **Diabetes, Thyrotoxicosis, Obesity**
- * **Epilepsy, Migraine, Tension Headache**
- * **Rheumatism, low back pain, arthritis**
- * **Cancer**

FACILITIES AND AMENITIES PROVIDED

- * **Well trained yota teachers, a daily routine drawn to provide glimpses of a tension-free life of no excesses.**
- * **Serene, tranquil and homely atmosphere**
- * **Good library facilities**
- * **Audio-Visual presentations**
- * **Regular lectures on yoga, yoga therapy and other applications**
- * **Discussion and clarification sessions on various techniques and principles of yoga**
- * **Devotional session and educative yoga entertainments**
- * **Medicines, yoga equipment, books and publications**
- * **Yogic Counselling**
- * **Diet : simple wholesome vegetarian yoga diet is provided**

Fruits and other eatables when allowed by our doctors will be made availsble on request

Under the expert guidance of our Chief Yoga therapy consultant

Dr. R. Nagarathna, MBBS, MD MRCP (UK) FICA (USA)

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