

# Arogya Niketan Ayurvedic Clinic

## Brief History

- This initiative is the brainchild of HH Bhakti Charu Swami. It was after he cut short his 22 day Ayurvedic treatment at Vaidyagram, Coimbatore due to lack of devotee association, that he had the idea of having an Ayurvedic Clinic established at Ujjain. This clinic was established in October 2014.
- HG Radha Vinod Prabhu and his wife, HG Champaklata Mataji were given the responsibility of setting up and maintaining the clinic.

## Overview of Workflow

- HH Bhakti Charu Swami Maharaj, while travelling, tries to preach about Ayurveda and the Arogya Niketan Ayurvedic Clinic (ANAC).
- There are 4 different departments namely: Administration, Clinical, Kitchen and Domestic.
- The patients, according to their diagnosis are prescribed a treatment, diet, etc. Patients are provided with accommodation facilities on prior booking basis. Laundry service, internet and prasadam is provided to patients.
- 2 cooks are hired for cooking prasadam. Only on the recommendation of the doctor are the patients allowed to step out of the premises for an hour to take darshan of the deities.

## Noteworthy Achievements

- Every year around 70 patients come here and stay for 14-21 days & undergo treatment. Till now 2 diseases, to which Allopathy has no solution; Ulcerative Colitis and Hepatitis B, have been successfully cured.
- 2 patients, one from South Africa and another from UK were suffering from stomach ulcers. After undergoing a 21 day treatment and continuing medicines for 6 months, they were completely cured of their ailments.
- 2 patients from New Orleans, USA and another from Ujjain were suffering from Hepatitis B. After undergoing the 'Sneha Pan' treatment for 21 days and continuing medications for 6 months, they were completely cured. Diseases like diabetes and cancer in the advanced stages are not curable with Ayurveda.

## Structure

- In the clinical department, there are people working; 1 Doctor from Kotakkal, Kerala, 2 male therapists and 2 female therapists. The therapists continue with their treatment after getting instructions from the Doctors.
- The Administration department is concerned with meeting with the patient and arranging different facilities for him.
- Cleaning and laundry activities are facilitated by the Clinical Department.
- In the Kitchen department, there is 1 head cook and another helper. Food is cooked as per the Doctor's instructions-less salty and less spicy. Food is cooked with love and affection to make the patient feel better and heal faster.
- There are total 8 employees with the Brahmachari Manager.

## Finance

The Temple has been supporting the clinic's activities, which by next year plans to be self-sustainable.

### Unique Features

- The clinic is situated in a very cool and calm place. The ambience is spiritual as it is located close to Radha Madan Mohan Temple
- Patients are provided with internet so that they stay connected to their relatives and the outside world.

### Key Lessons

- As all the staff was brought from Kerala, it was difficult to sustain the clinic in the initial days. There were few patients in the beginning and hence staff was more often jobless.
- On the Administrative front, it was difficult to hire faithful and honest employees.
- The kitchen staff who serve the guests have to be humble and requirements should be met on time.
- Ayurvedic medicines come from Kerala. It is important to know which medicine is coming from where and its consequences.