



Printed using Lead free inks
on Recycled paper (cover page)
& Wood-free paper (inside pages).



Ayurveda healing village

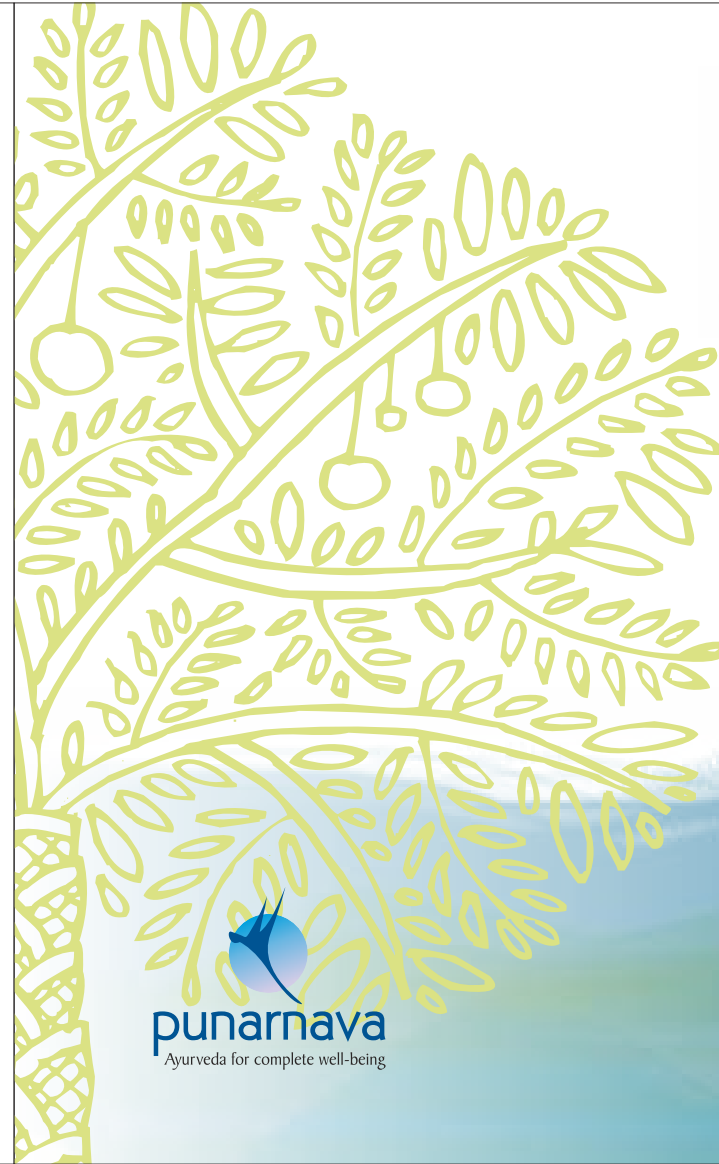
15/1, Rottigoundanur Road
Thirumalayampalayam Post
Coimbatore
Tamilnadu, INDIA

+91 422 2364200
2311521
4308081
+91 93603 15495
+91 98433 17525

ramkumar@punarnava.com

www.vaidyagrama.com

www.punarnava.org



An Ayurveda, Healing Village





Understanding the essence of
vaidyagrama...

Ayurveda at vaidyagrama



हिताऽहितं सुखं दुःखं आयुस्तस्य हिताऽहितम् ।
मानं च तच्च यत्रोक्तं आयुर्वेदं स उच्यते ॥

"Where wholesome life, unwholesome life, happy life, unhappy life, good for life, bad for life, measurement (quantity) of life and life itself are mentioned, it is called Ayurveda."

Ayurveda is the wisdom of life and longevity and perhaps the oldest existing body of knowledge on the healing process.

Ayurveda is not just a medical knowledge system, but a way of life which kindles the body, mind, spirit and consciousness.



Being in tune with nature...



समदोषः समाग्निश्च समधातुमलक्रियः ।
प्रसन्नात्मेन्द्रियमनाः स्वस्थ इत्यभिधीयते ॥

"Health is a state of bio-physical and physiological well being and a contented state of consciousness, senses and mind."



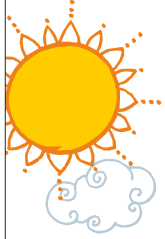
*vaidyagrāma believes in being in tune with nature.
Greater the harmony with nature, richer the health
and wellness created.*

According to Ayurveda, wellness includes:

- ☉ Physical well-being
- ☉ Mental and emotional well-being
- ☉ Spiritual well-being
- ☉ Social well-being &
- ☉ Environmental well-being

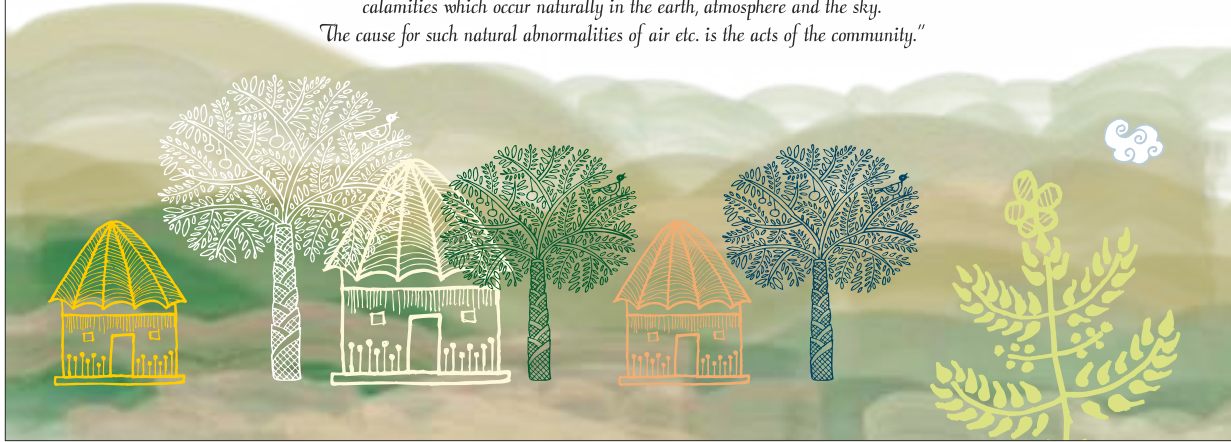
*All these aspects of well-being, when complete,
bring forth a state of ultimate good health.*

Our respect to the five elements



भिन्नाहारवयः सात्म्यप्रकृतीनां समं भवेत् ।
एको विकृतवाय्यादियुगपत्सेवनात् गदः ॥
भौमान्तरिक्षादिव्येभ्य उत्पातेभ्यश्च जायते ।
सम्भवः पुनरेतेषां कर्मणः सामुदायिकात् ॥

"Persons whose food, age, habits and constitutions are all different, sometimes get affected by one and the same disease, which is caused by abnormalities of air, water, land and season, when they are exposed to it. Such abnormalities of air etc. are due to abnormal movement of planets, calamities which occur naturally in the earth, atmosphere and the sky.
The cause for such natural abnormalities of air etc. is the acts of the community."



Beliefs that enable us to be one with nature...

- ☉ *We believe in working with nature, and not in exploiting it.*
- ☉ *We believe in the absence of greed and desire to own more than what is essential.*
- ☉ *We believe that earth, water, fire, air and space are the five great elements that compose this cosmos, as also every individual living being.*
- ☉ *We believe that when there is a state of balance between the elements there is peace and health all around, both at the individual and cosmic level.*


Hence at vaidyagrāma, it is our constant endeavour to keep these five elements in balance within us and also on the outside.



Earth
Prithvi


“The element Earth is primarily known through the sense of smell.”



The aroma in vaidyagrāma is mostly natural and earthy; synthetic aromas are completely avoided.


The oils and other medicines retain the natural aroma of the herbs.


The construction is done primarily using the soil from the same land.


Farming at vaidyagrāma follows the natural farming techniques; artificial fertilizers and pesticides are avoided and compost waste is used as manure.



Water
jala

"The element Water is primarily known through the sense of taste."



We have a rainwater harvesting system which is being used since the procurement of this land.

The entire construction has been done using the water from our own land.

The water for construction is medicated using herbs like neem, turmeric and kadukkai.

All grey and black water is being treated and recycled appropriately.

Drinking water is treated with ginger, cumin, wild cherry (padmaka) and other such herbs, rendering it safe and healthy for use.





Fire
Agni

“The element *Fire* is primarily known through the sense of *sight*.”



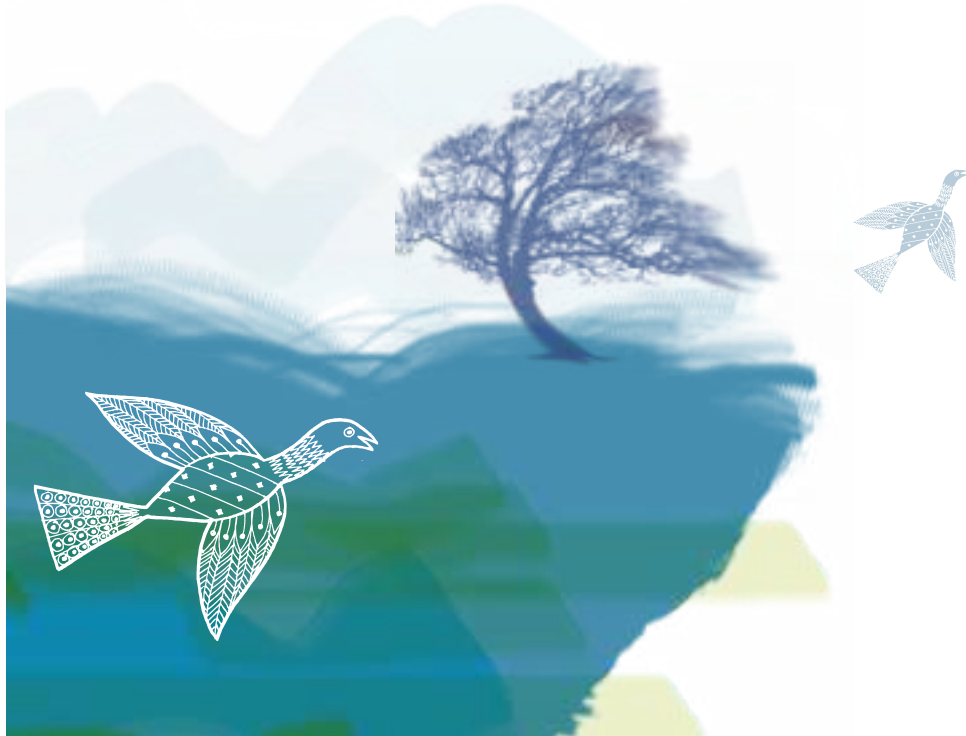
The soil blocks are machine-pressed and sun-dried, thus avoiding considerable environmental pollution that is caused in the brick-making process.

Natural light is used wherever possible and there is minimum dependence on sources of artificial light.

Renewable sources of energy like charcoal, biomass, bio-gas, solar and wind are being experimented with, for all our energy requirements.



"The element Air is primarily known through the sense of touch."



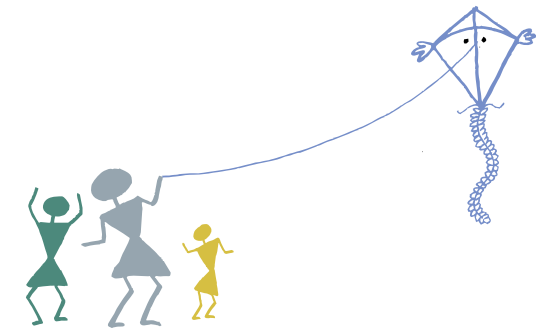
Natural ventilation has been given prominence in all the spaces.



We prefer to avoid air-conditioning; and at some stage, are looking forward to minimizing the use of fans also.



The design of the building and materials used ensures that the temperature inside is around 4 degrees lesser than the outside temperature. As the trees grow, the temperature will surely become pleasant all year round.





Space
Akasha

*“The element **Space** is primarily known through the sense of **sound**.”*



Location of vaidyagrāma is such that the sound of vehicles and other “city sounds” are virtually cut off.


vaidyagrāma enables one to become more aware and sensitive to the natural sounds, that are an integral part of nature.



Our three-pronged environment friendly approach

☉ Reduce...

...reducing what we use and what we waste means using fewer natural resources, less energy, and less landfill space.

☉ Reuse

...reusing items more than once to keep them from becoming a waste.

☉ Recycle

...recycling converts back used items into raw materials, thus enabling us to make new products with them. This conserves valuable natural resources, saves energy, and decreases the amount of waste that goes into our landfills in the form of garbage dumps.

Other 'Green' initiatives

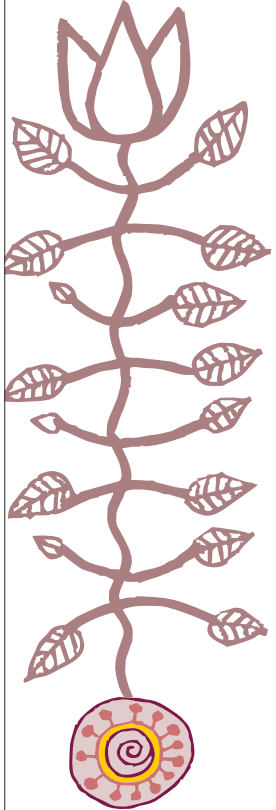
- ☿ *Using non-VOC (volatile organic compounds) emitting water-based paints.*
- ☿ *Using herbal anti-termite treatment for the entire building.*
- ☿ *Minimizing the use of petro-chemicals to the maximum extent possible.*
- ☿ *Conducting fire rituals (Homa) to purify the environment, to restore balance wherever mistakes have been made and to pray for everybody's well-being on a periodic basis.*
- ☿ *Moving towards the use of handmade / recycled paper in all our written communication.*
- ☿ *Reducing the use of plastic.*
- ☿ *Moving towards the use of jute and paper packing.*



Making your stay at
vaidyagrama
more meaningful...



Mind



इन्द्रियाणां हि चरतां यन्मनोऽनुविधीयते ।
तदस्य हरति प्रज्ञां वायुर्नाविमिवाम्भसि ॥

"As the wind carries away a boat upon the waters, even so of the senses moving among sense-objects, the one to which the mind is joined takes away his discrimination."

☉ *Be prepared for a changed mindset. While at vaidyagrāma, there is nothing that is universally right or universally wrong. While here, it does not matter if accepted conventions are not followed and you can be rest assured that your health will not be compromised. The earlier you shed all pre-conceived notions, more beneficial it will be for you.*

☉ *Many a time, the treatment may lead to agitation over small issues. The sooner you hand those issues over to your physician and forget about them, the better it is for your healing. Your treatment is most important and do not allow any incident to distract you from it.*

☉ *During the treatment, the cleansing happens at the physical and mental levels. Emotions may surface; allow them to come up and flow out. Do not suppress them, instead mindfully observe what is happening to you. Where necessary, seek the help of your physician during the process.*

Silence

लोके विततमात्मानं लोकं चात्मनि पश्यतः ।
परावरदृशः शान्तिर्ज्ञानमूला न नश्यति ॥

"When one thinks himself spread in the universe and vice versa, and has the vision of the great and the small, his serenity based on knowledge is not affected."

☉ Retreating into yourself is a good way to activate and catalyze the healing process.

☉ The less you talk, the better the healing effect will be.

☉ Silence is a powerful way to allow you to become comfortable in your own presence.

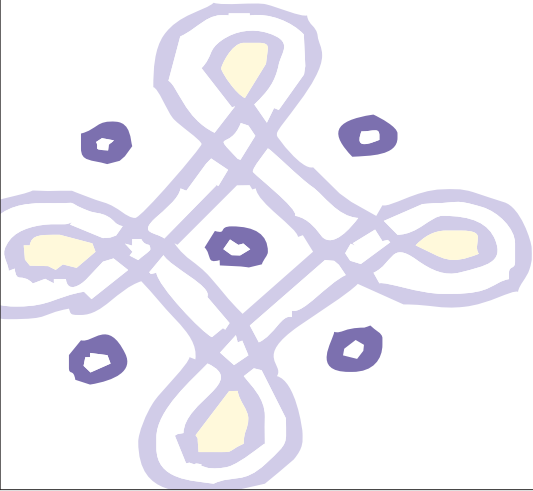
☉ Use this opportunity to speak as little and as softly as possible.

☉ Make silence in thought, word and deed one of the objectives of your healing stay.

☉ Look for silence within you. Do not go searching for silence in others.



Time and Space



स्मृतिर्निर्देशकारित्वमभीरुत्वमथापि च ।
ज्ञापकत्वं च रोगाणामातुरस्य गुणाः स्मृताः ॥

*"Memory, obedience, fearlessness, and providing all information
about the problem - the four qualities of a patient."*



☉ *You are free to forget the dictums, "Time waits for none" or "Racing against Time". This is a space where you have enough time, not to do anything; a space where you are truly more important than time.*

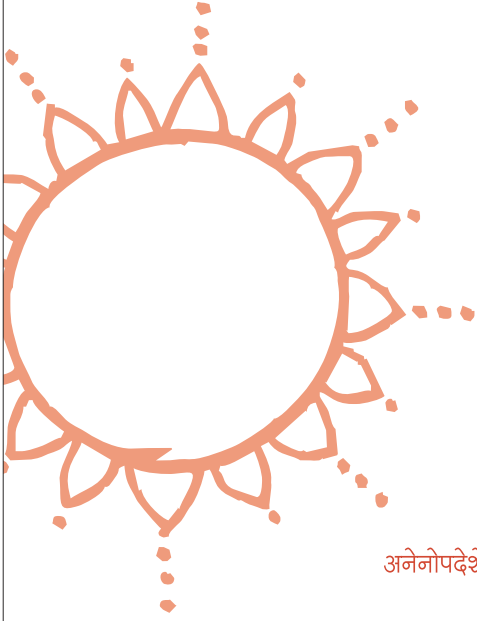
☉ *Here you can forget about perfection, about material details, about business, about the family; well almost everything and focus completely on healing.*

☉ *Do not worry about punctuality. It is our need to be punctual and worry about time, not yours.*

☉ *Please ask for anything as and when you need, be it food or any other assistance; do not let the time of the day hold you back.*

☉ *Nature has created us such that we are most active between sunrise and sunset . Your stay at vaidyagrāma is a good opportunity to go back to nature's way. Early to bed and early to rise can truly enhance your healing experience.*

Energy



अनेनोपदेशेन नानौषधिभूतं जगति किंचिद्द्रव्यमुपलभ्यते तां तां युक्तिमर्थं च तं तमभिप्रेत्य ॥

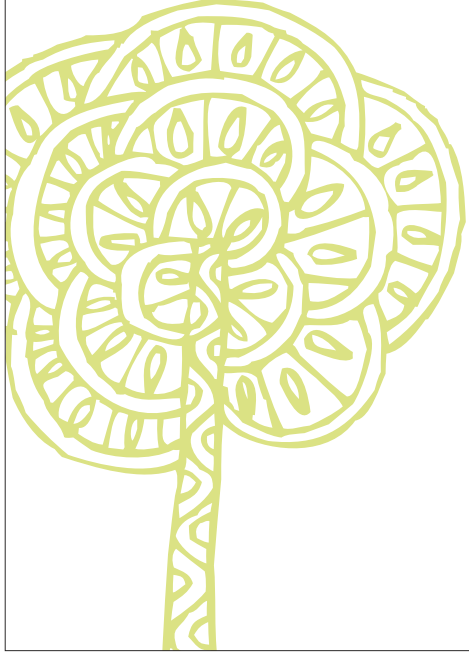
"There is no substance in the universe which cannot be used as a medicine, provided they are used rationally and with a definite objective."

☉ Do avoid reading & writing after sunset. This time is ideal for prayers, meditation, food and rest. *vaidyagrāma* attempts to facilitate this by giving you minimal light after sunset; thus, you are benefitted and along side also contributing to energy conservation.

☉ We request you to minimize the use of mobile phones and computers during the treatment. By doing so, you are contributing to your healing process and also being more environment-friendly. We understand your need to be in touch with your friends and family. But do remember that the purpose of your being here is for a change in your environment at least temporarily till you are healed. Spending less than half an hour every day on computer and telephone is ideal during this healing process.

☉ We have deliberately not provided you with a television in your rooms. The less you use your eyes for reading or watching television, the more rested they will be.

Reuse



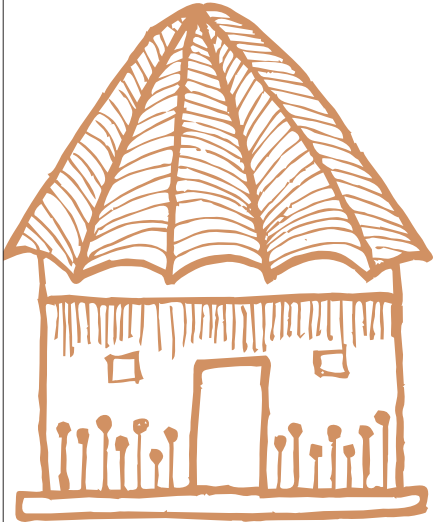
मृद दण्डचक्रसूत्राद्याः कुम्भकारादृते यथा ।
नावहन्ति गुणं वैद्यादृते पादत्रयं तथा ॥

"As the earth, stick, wheel, thread etc. do not serve the purpose of making a pitcher without the potter, the other three legs are in the same position without the physician."

☉ *At vaidyagrāma, we do not encourage the use of anything disposable as much as possible and prefer if they can be re-used. We do take care of the hygiene of any re-used article, be it cloths, utensils or any other daily use accessories.*

☉ *But your comfort is most important and you are free to request us for a separate set of items for daily use.*

Hygiene and cleanliness



आयुष्मान् सत्त्ववान् साध्यो द्रव्यवानात्मवानपि ।
आस्तिको वैद्यवाक्यस्थो व्याधितः पाद उच्यते ॥

"The patient who is blessed with long life, is truthful, has a curable disease;
who is able to arrange for all the necessary material for treatment;
who has good will power and energy; who believes in God; and
who firmly adheres to the advice of the physician - is a good patient."

☉ We do not believe in the sterile concept of modern hospitals. Instead we believe that it is necessary to build our immunity to levels wherein we are unaffected by microbes, viruses & bacteria.

☉ However we also believe that we should not be foolhardy and test our levels of immunity, especially during the treatment. Hence the lesser we go outside the campus, the better it is for every patient.

☉ We are gradually moving towards the use of non-chemical cleaning agents and detergents. While this may create problems initially, we are convinced that this is important in our desire to be as environment friendly as possible.

☉ You will notice that our structures are natural and rough and do not have the smooth finish that lends itself to easy cleaning. Hence you may find soil particles in the joints and crevices of walls and surfaces. Please do not worry about them. Your immune system is not affected by natural particles; it is more affected by unnatural dust and other elements of pollution, which is rare in the vaidyagrāma campus.



Insects and reptiles

सर्वक्षमो हासंसर्गो रतियुक्तः स्थिरेन्द्रियः ।
बलवान् सत्त्वसंपन्नो विज्ञेयः प्रकृति गतः ॥

"One should be known as recovered completely when he is able to tolerate all impacts, unaffected, cheerful with firm senses, strength, physical as well as mental."



☉ *Insects are a part of the eco-system and need to be protected to help maintain natural balance. It is our endeavor and desire not to kill insects. While all the rooms are provided with insect screens, there may be a few that still find their way into the rooms. Please do let us know and we will find ways to deal with them appropriately.*



☉ *Patients are generally advised to stay indoors through the entire treatment process. Protection from nature's elements forms an important part of the treatment program. If you desire to move around and the physician permits you, we request you to carry a torch and an umbrella and to take care as there are many insects and reptiles in our campus, lest they be harmed.*



☉ *If you need a mosquito net over your bed, please inform us and we will certainly arrange the same.*

Sound



यथा रथो वाह्यमानो न्यायेन क्रमशः क्षयम् ।
यायादात्मवतामायुस्तथान्येषां निपर्ययः ॥

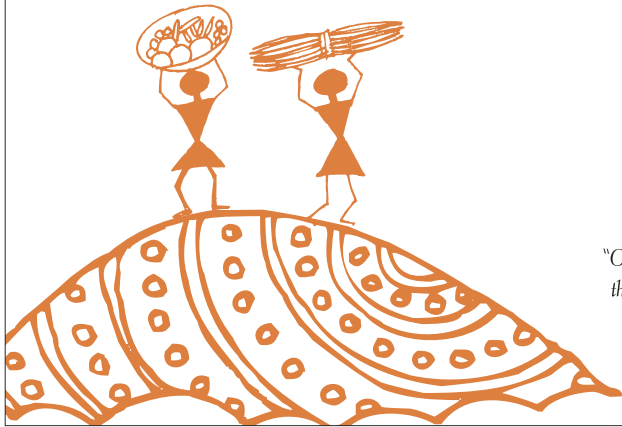
"Just as a chariot used in the proper manner undergoes slow decay only after (expiry of) its expected life, so is the life of disciplined persons; whereas that of others will be opposite (meets with untimely death)."

☉ *Minimum exposure to artificial noise is advised during the treatment – while the sound of a cow mooing or a baby crying is music to most ears, vehicle noise, loud music and other such noise is not really good. We are trying our best to minimize your exposure to any such noise; in fact at a particular stage of development, we will be keeping all vehicles completely outside the healing space.*

☉ *We encourage you to listen to healing music, discourses, instrumental music, mantras and chantings, it will certainly help the process of treatment. We suggest that you avoid the use of earphones as much as possible.*

☉ *By talking less and in soft tones, you are being respectful to the other patients as also to your own self. Let us all keep reminding ourselves of the need to keep noise levels to the minimum.*

Food



षट्त्रिंशत् सहस्राणि रात्रिणां हितभोजनः ।
जीवत्यनातुरो जन्तुर्जितात्मा संमतः सताम् ॥

"One, taking wholesome food with controlled self, lives healthy for
thirty six thousand nights (100 years) liked by the good men."

☉ Food at vaidyagrāma is generally simple and easy on the stomach. Do not allow your mind to get distracted by the lack of variety in food; while "variety may be the spice of life", we prefer to follow the principle "eating to live rather than living to eat". All of us at vaidyagrāma are trying to adopt this principle - do help us in this effort.

☉ You can be assured that you are getting all the nutrition you need from the herbs and other internal medicines that are given to you.

☉ Ideally we would like to give you rice 'kanji' (rice soup) with a small quantity of steamed vegetables right through your stay here – the results are very effective and if you are game for it, please do inform us and we will do the needful.

☉ We are also moving towards cultivating most of what we need in our kitchen. Over the next few years we aim to become as self-sufficient as possible.



Surrender



मोक्षो रजस्तमोभावात् बलवत्कर्मसंक्षयात् ।
नियोगः सर्वसंयोगैरपुनर्भव उच्यते ॥

*"mokSa is possible by the absence of rajas and tamas, destruction of potent past deeds, and detachment from all the sources of conjunction.
It is also said as the absence of rebirth."*



☉ *Last but not the least, do surrender yourself to the treatment.*



☉ *Please bear in mind that there is nothing mystical or ethereal about this process. Allow your physician to take complete charge and see the effect.*



☉ *For some, the effect will come sooner than later. Remember that the abuse of a lifetime is not easily mitigated and hence the effects vary from person to person.*



☉ *Become aware of what is happening to you and allow the shift to take place. The healing will automatically follow.*



Pathyam

Observances to be followed during treatment

For our patients to fully benefit from the treatments and experience optimum healing, we sincerely advise that you observe the following 'pathyam' or observances. Healing occurs best in an environment free of physical, mental and spiritual disturbances and many of the distractions we have grown to accept in our lives.

At vaidyagrāma, we continuously strive to make your healing a positive experience. The healing village is designed and operated so as to return you to optimum health, as early as possible. Our entire staff is trained to care for you with the professionalism, nurturing care and warmth you deserve. This is our commitment to each one who enters our healing space.

[You are requested to observe the 'Pathyams', both during and after the treatments (For an equal number of days following)]



- ☉ Use only warm water for all activities including drinking, ablutions, baths, etc.
- ☉ Use only those foods which are prescribed by your physician.
- ☉ Avoid suppressing the natural urges of urination and defecation.
- ☉ Avoid physical exercises, including long walks.
- ☉ Strictly maintain celibacy.
- ☉ Engage in gentle pranayama, meditation and creative visualization if inclined.
- ☉ Avoid exposure to sunlight, breeze and cold.
- ☉ Avoid smoke, dust and pollution.
- ☉ Avoid traveling in vehicles and on animals.
- ☉ Avoid sitting in difficult postures for any length of time.
- ☉ Sleep only on a low pillow.
- ☉ Rest during the day but do not sleep.
- ☉ Dwell on positive thoughts and feelings. (Avoid negative and sad thoughts, feelings etc.)
- ☉ Wear a smile both on the face and in the heart.
- ☉ Listen to mantra chanting, inspiring talks and healing music.
- ☉ Speak softly and as little as possible. We strongly advise that you try to observe silence (mounam) as much as possible throughout your treatment and concentrate on returning yourself to optimum health.

As we begin the journey...

रजस्तमोभ्यां निर्मुक्तास्तपोज्ञानबलेन ये ।
येषां त्रिकालममलं ज्ञानमव्यहृतं सदा ॥
आप्ता शिष्टा विबुद्धास्ते तेषां वाक्यमसंशयम् ।
सत्यं वक्ष्यन्ति ते कस्मादसत्यं नीरजस्तमाः ॥

"With immense concentration and knowledge, the wisdom of Ayurveda was conceived in minds which were free from passion and ignorance; thus this knowledge is true for the past, the present and the future, and is without blemish. The words of our teachers are without doubt; they speak only the truth; for being free from passion and ignorance, how can they even utter a lie?"



Vaidyagrama is an experimental green Ayurveda healing community born of the desire to "live simple, live well, live healthy and live happy!" While this desire seemed to be easy to achieve, it is only at the commencement of this journey in the year 2008 that we learnt how challenging it can be.

Nature was with us; the plants, the animals, the forces of nature. But amongst other obstacles, we discovered a disconnect within our own selves – it was easy to talk about living life in tune with the principles of Ayurveda; but difficult to practice them.

Now, several years later, after wading through various challenges, we have reached where we are now. We are still in the process of creating the connect within our own selves and nature, and as we progress, we are sure that this connect will become more evident in the response of the land to our efforts. We also look forward to involving the surrounding villages in this endeavor to live simple and happy!

We believe that the creation of a self-sustained natural farming community built on the principles of Ayurveda is an ideal way forward in the interest of Mother Earth; and we have taken our first steps in this direction. We seek your cooperation in the achievement of this process by understanding and respecting the following:

- ☉ *Vaidyagrama does not offer any readymade solution to your health issues; we only offer a conducive environment to create a space within yourself whereby you can commence the process of healing and benefit from it at multiple levels.*
- ☉ *There is no climate control in nature; through the year, there will be occasions when the breeze is strong, when the heat is high, weather is damp and so on. When we choose to live in tune with nature, we must endeavor to be in tune with the flows and sways of the environment around us.*

- ☉ *None of us are perfect. We all make mistakes – some elementary; some complex. Similarly some take longer to learn, some take lesser time. But we assure you that we will continuously learn from our mistakes and grow; please be patient and help us to learn. We assure you that we would like to be “lifelong learners”. But please do not attempt to teach us to go away from nature. By being more patient, perseverant and persistent, we are becoming a more tolerant, forgiving and humane community!*
- ☉ *Here conventional paradigms may not be the solution. When we are attempting to move away from chemicals, synthetic, and machines as far as possible, how can a paradigm that works for the conventional community work in this space? We have explored multiple paradigms and solutions before we reached where we are today; and continue to explore and adopt that which would be most suitable to enrich the vaidyagrama space.*
- ☉ *This is an opportunity for you to change patterns and to see the benefit of the changed pattern. For all you know, you may choose to adopt many aspects of this new lifestyle when you go back home.*
- ☉ *We are trying to create healing relationships here; not transactional ones. Our purpose for being here is to help ourselves heal, grow, and evolve, and in the process help others also to heal, grow and evolve. Let us gently keep reminding ourselves that we are not here to change others.*
- ☉ *We are a group of simple and dedicated people. Some of us may not have much education, may have had minimum exposure to the outside world or may not be very fluent with English. But we are constantly learning to make your stay beneficial and comfortable. There may be occasions when your needs are not understood or met, please be patient and share your needs and discomfort with those who can understand you better (eg. our physicians). They will communicate the same where needed.*

- ☉ *Please do teach us but please do not get angry with us for then you will not achieve the purpose for which you came to this space.*
- ☉ *Please come to this healing space as a family member; and leave as a family member. If your desires are simple, lesser would be the expectations, and greater the benefits you would carry with you. Make Vaidyagrama your home for a few days and leave happy, rejuvenated and lighter!*
- ☉ *We pray for your all round well being; we pray that we are able to serve to the best of our capacity; we pray that Vaidyagrama is more a home and less a hospital for each and every one who experiences this space. We pray for your support in this journey.*

*Yours in the service of humanity & Ayurveda,
The Vaidyagrama community.*



शुचितैलदशो दीपः कीटवाताद्यपीडितः ।
दीप्तिमान् वर्तते सम्यक् यथैवास्नेहसंक्षयात् ।
स एवातो यथा च स्याद्धिपरीतो विपर्यये ।
हिताहितोपचारेण तथैव पुरुषो ध्रुवम् ॥



“Just as a lamp provided with clean oil, and wick and not disturbed by insects and wind, continues to burn till the oil is used up fully, so also is the life. The opposite of these will cause the opposite kind of life (short life), similarly is the (effect of) indulgence in healthy and unhealthy things.”



*vaidyagrāma is a Punarnava initiative.
With a Vision that states, 'Authentic
Ayurveda for universal wellbeing',
it is Punarnava's endeavour to see how
authentic Ayurveda can be
made contemporary without tampering
with its core values.*