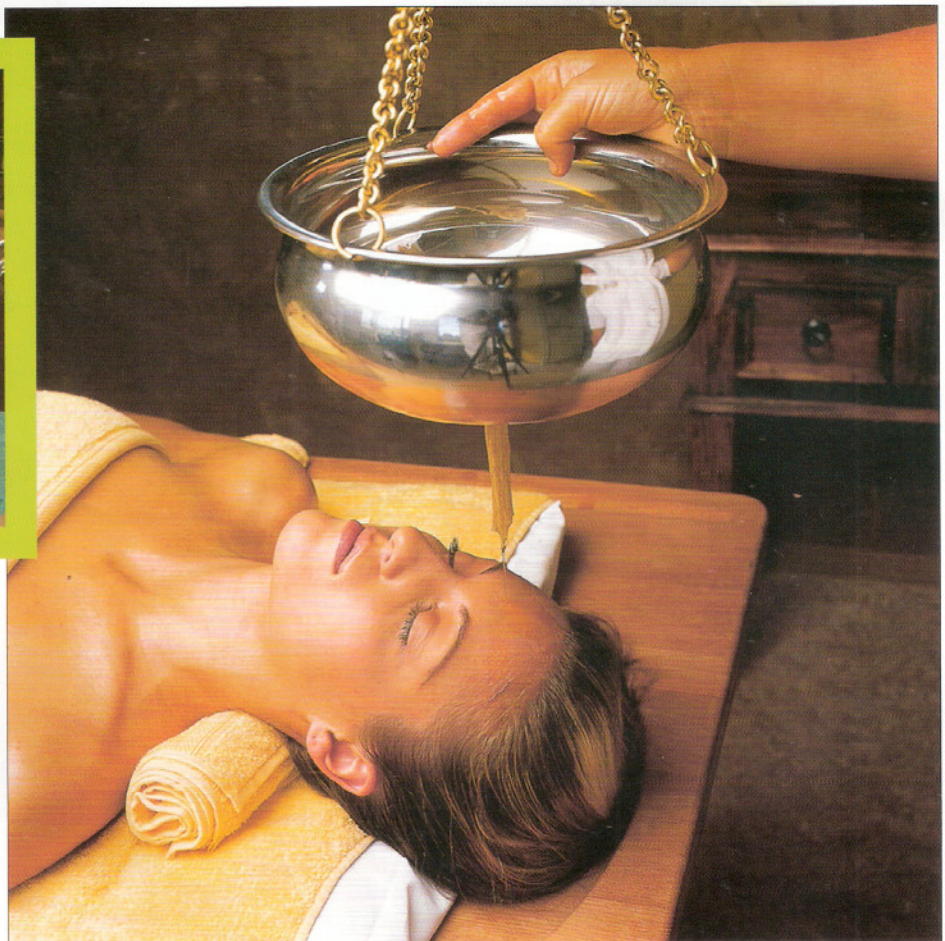




Indus Valley Ayurvedic Centre & Ayurveda incorporates ancient wisdom with modern medicine and aims to bring the benefits of Ayurveda to humanity at large.



Katibasti

In this treatment, medicated oil prepared by a special method is kept in the round wall area on the lower back. It is specially used in all types of low back pain for a soothing effect.

Special features and facilities at IVAC

- **Unique Membership:** A policy that offers a holiday package packed with health and Happiness.
- **Advisory Board:** Updates clients with diverse dietary facts and analyses as to which diet suits them the best.
- **Lifestyle Management Skills:** Yoga, *asanas* and *pranayama* are taught at the centre and further encouraged to incorporate in the lives of their clients and also provides broader vision as to which kind of physical workout would be best suited to a particular body, resulting in better outcome.
- **Manufacturing Unit:** A unit which is dedicated to attend to the needs of its guests specifically.
- **Other facilities:** Guests can avail many other facilities like the swimming pool, herbal garden, yoga room, tennis court and some

indoor games while in the premises of IVAC.

Some tips for day-to-day problems

- **Hair fall:** Prepare a powder of *amalaki* (Indian Gooseberry) and soak it in water. Keep this overnight. In the morning, mix the powder with water till you get a mild pasty consistency. Then squeeze the juice of a lemon or two. Use this vitamin-rich solution to wash your hair. The solution will foam. Work your hands into the roots of the hair till the foam is profuse. After fifteen minutes of this treatment, you can wash it off. This kind of treatment will not only treat hair loss, but will also make the hair blacker, denser, longer and softer. A month of this treatment on a daily basis will give you positive results.
- Boil some *urad daal* (lentils) in water. When boiled enough, let them cool. Then mash the *daal* and apply it vigorously on the hair, working at the roots. This treatment provides proteins to your hair, which is very necessary for their proper growth. Within a few days of this continuous treatment, your hair loss problems will begin to dwindle.
- **Dandruff:** Apply a paste of neem leaves on the scalp and leave for an hour. A lukewarm shower to follow will help remove dandruff.
- **Cough:** Equal parts of honey and juice of lemon or 10-15 drops of betel leaf juice with honey three times a day will ease your cough.

