

High-profile Ayurveda Centre in City

Indus Valley Ayurvedic Centre near K.C. Layout boasts of integrated approach to your health

By N. Niranjan Nikam

Fundamental questions like what is life all about racked him and by the time he was 15, had read books published by Ramakrishna Mission.

"It was my destiny that I was a year short to enter the Mysore Medical College. I spent the most wonderful year with my Guru

was visiting India and a Forest Range Officer, whom he knew

centre."

Applying the principles of

physiotherapists.

In the words of Medicine Hunter, Christ Kilham in his book 'Tales from the Medicine Trail' — "India's Ayurvedic treatment centres run from the wholly ghastly to the sublime. Some Ayurvedic clinics and spas are so filthy, unsanitary, and run down as to be truly scary. But Indus Valley Ayurvedic Centre, was deep into the realm of the sublime."

The catchy name 'Indus Valley Ayurvedic Centre (IVAC)' came in a flash to Dr. Krishna. Not very convinced about the earlier name of 'Dhanvantri Centre for Mind, Body and Medicine,' he was tossing different names

With many ancient medicines in our country lost to modern civilisation the other countries are picking them up and even patenting them. One such is the 5,000 year old Ayurveda — the science of life — which considers body, mind and soul as one entity in understanding the disease process.

To give a new dimension to Ayurveda and to create an innovative centre of excellence in holistic medicine, Dr. Talavane Krishna, who after completing his MBBS from Mysore Medical College went West for more than 20 years, came back to set up an Ayurvedic centre called Indus Valley Ayurvedic Centre at the foot of Chamundi Hill.

The suave, softspoken, Dr. Krishna in this revealing story unfolds to Star of Mysore his dreams, trials and tribulations in setting up a Five-star Ayurvedic centre, meant for the well-heeled and where young boys and girls are trained in the art and science of Ayurveda. — Ed.

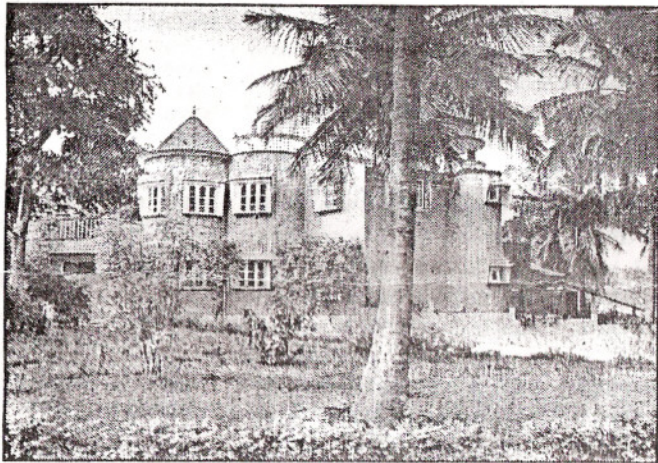
Vaastu to his newly-constructed 10,000 sq. ft. house with a roof top swimming pool, Dr. Krishna revealed "I have written a book 'Vaastu work book,' to be published in United States shortly."

Simultaneously, his

Nestled at the foot of Chamundi Hill is a 'dream' on a 15-acre plot and as one lies on the magnificent, exquisitely designed teak-wood table and gives into the divine luxury of well trained hands and nimble fingers finding every stress point, the body and the mind slowly relaxes, and one is transported to a world of fantasy.

"One day, I was walking with my Guru on Sayyaji Rao Road and as we neared the K.R. Hospital Circle, he pointed at the two

cal College)—and said you should study here as you should know the enemy territory before



Indus Valley Ayurvedic Centre at the foot of Chamundi Hill.

embarking on your mission," recalled the tall, well-built, fair-complexioned, handsome doctor, with the receding hairline and added "I remember every word of what my Guru told me."

"Further my Guru told, they throw stones from the top and you throw stones from below (meaning you lay the foundation for Ayurveda)," he said.

Born into an agricultural family at Megoor, a village near Sringeri in Dakshina Kannada, Dr. Talavane Krishna, 52, was deeply inclined to spirituality from early childhood as he was exposed to Veda, Ayurveda and Sanskrit.

"At 13, I met a spiritual master Guru Sriranga and the next three-and-half-years, which were the most valuable years in my life, I spent with him. He not only shaped my life then, but even today, when he has left his body, he is shaping my life," revealed Dr. Krishna.

everything down when he insisted that I should first know about Allopathy before moving

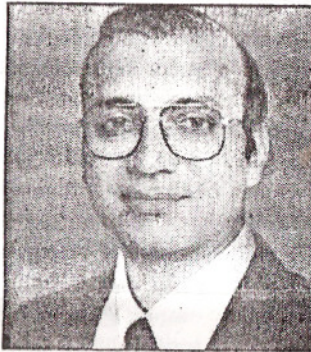
on to Ayurveda. Subsequently, I lost the whole notes," he sadly reflected.

Passing out of the Mysore Medical College in 1973, Dr. Krishna, specialised in Anaesthesiology in London and later was in Canada for two years for further training.

In 1978, he moved to California in US and specialised in Paediatrics anaesthesiology and later moved to Nevada and till 1994, he practised his profession there.

"By this time, I was getting tired and as it was a stress-related job, I had health problems. In 1992, the word Ayurveda was resounding across US. I used to go and listen to Maharishi Mahesh Yogi and Deepak Chopra's lectures, he said of his initial foray into Ayurveda and "I saw the movement taking shape and as my Guru's words echoed, I jumped into the bandwagon."

Way back in 1981, Dr. Krishna



Dr. Talavane Krishna

plot with good ground water and coconut trees and it was the day before he was getting back. Initially, he refused. But instinct told him to just have a look and "My heart went out to it when I saw the property," he said.

"I came back to India with a very vague idea of doing something about Ayurveda. However, when the idea started crystallising, I started reading a lot on the subject," he said and added "**Work for Ayurveda and bring it to forefront** became my mission."

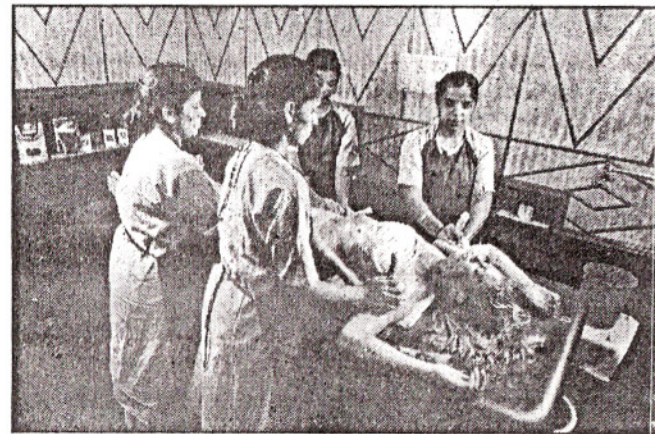
Initially, the problems seemed to be unsurmountable. "Everything was going wrong. My wife Anita's (a Chartered Accountant, born in Uttar Pradesh and educated in Canada) health was going haywire. That was the time we turned to *Vaastu* — the science of proper building construction with each and every room in the house facing proper direction."

Dr. Krishna and his wife delved deep into the study of *Vaastu* when a *Vaastu* consultant told them what had gone wrong with the house. "We carried out all the corrections in the old house which now houses the Ayurveda

going on. "I wanted to build a centre of excellence of international standard in a very fine atmosphere and importantly conduct research to bring validity to this ancient system of medicine by integrating it with modern medicine in the new millennium," he said.

According to Dr. Krishna, it was the most challenging period of his life as it was a new field. "When we wanted to hire cooks, nobody could cook according to Ayurveda principles. Ayurvedic doctors had no knowledge of *Naadi Vijnana*, *Vaastu*, Yoga, Meditation or Astrology," he said of his initial hiccups and "not only human resource was a problem but there was also another difficulty — there was no set design pattern for an excellent Ayurvedic centre."

A tremendous amount of think-



Body massage at the Centre.

ing and time went into the setting up of the centre where everything was unique including the equipments. The treatment rooms were designed by Dr. Krishna and training programmes designed for therapists and

"After all, Ayurveda originated during the vedic culture in the Indus Valley and what better way to revive it than recalling its name," said a proud Dr. Krishna.

To help him set-up the best Ayurvedic Centre, Dr. Krishna turned to an acclaimed teacher Dr. U.K. Krishna, conducting Ayurvedic courses both in Japan and India and to Prof. M.N. Shivaram of SJCE-STEP, with assistance from Dr. N.V. Krishnamurthy.

"For *abhyanga* (Ayurvedic oil massage and steam bath) we decided to recruit PUC and SSLC passed students and to my surprise there were 600 applicants for 10 posts. We recruited five males and five females," he said and "Dr. U.K. Krishna, Dr. Krishnamurthy and myself designed a training syllabus which included theory and

practice."

This was a totally new culture for the trainees and it was very important that they led a proper life style so that they could be true to healing. They were im-

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