 *Indus Valley Ayurvedic Centre*
(IVAC)

Ancient wisdom-Modern concept under one roof

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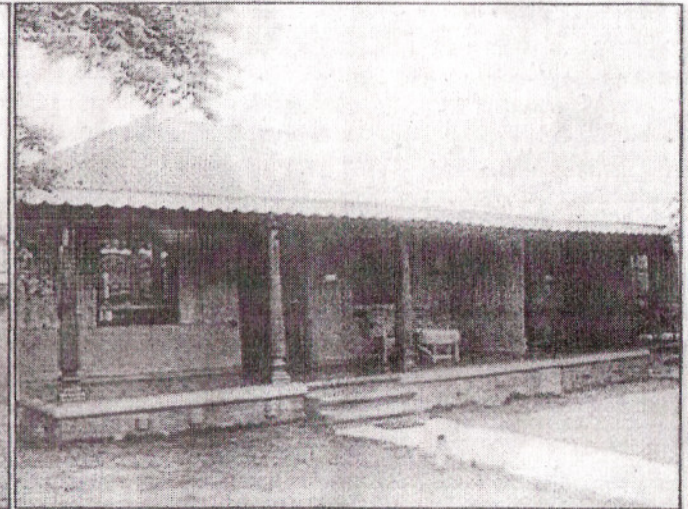
Ayurveda is the world's most ancient yet uniquely futuristic system of healing and good health as Ayurveda relies completely on herbs and natural substances to heal to promote well being and prevent illness it has no harmful side effects and the result is long lasting good health.

Indus Valley Ayurvedic Center established in October 22, 1999 by Dr. Lalavane Krishna at the foothills of Chamundi Hill in Mysore is providing medical and beauty treatment based on Ayurveda.

The centre has been designed on the ancient principles of Vasthu, the Indian science of building construction. Antecedent of feng shui the functional aspects of IVAC is fashioned in a way to accommodate life's basic elements through various traditions like Earth represented by herbs used for therapies, Fire as of ethnic lamps wind through aromatherapy and Water in the form of decoctions and the tempting swimming pool reflecting the sky above. Around 120 employees are working



The entrance to the Indus Valley Ayurvedic Center.



View of the exterior of a cottage at the IVAC.

a fully comprehensive treatment of body, mind and spirit.

IVAC is dedicated to practicing Ayurveda the ancient medical science of India in its pristine form by integrating the knowledge of modern medicine in diagnostics and laboratory investigations (in house research). The modern concepts of treatments and healing modalities that are adopted at IVAC are in accordance with the traditional Vedic wisdom.

therapy, Vastu ,yagna, Homa, meditation and Ayurvedic cuisines is encouraged at IVAC.

IVAC offers three kinds of a treatment

1. Rejuvenation treatments: Rejuvenation treatments at IVAC are designed to revitalize the body tissues, remove accumulated stress and toxins from mind and body which are usually a result of unhealthy lifestyle. These therapies are employed for on-

a.Obesity, b.Stress, C.Insomnia, d.Migraine, e.Sinusitis, f.Anemia, g.Anxiety/Depression, h.Cholesterol disorders, i.Hypertension, j.Sciatica, k.Diabetes, l.Paralysis, m.Osteo and Rheumatoid Arthritis, n.Neck and back pain.

3. Beauty and Skin care treatments: IVAC doctors believe beauty is more than skin deep. Many problems with skin and hair today are due to stress and unhealthy lifestyle.