

"Our first duty is to make our body healthy  
Without health, nothing can be achieved  
Not only higher goals, but even worldly  
Success is based on our health"

"Our thoughts are manifested  
Only through our body  
We can fulfill desires  
Only through our body"  
-Swami Satchidanand

Welcome to Ananddham Nature Cure  
Center as its name insinuates, is truly  
a center for happiness... Anand.

Our main goal is to provide you reliable  
service for chronic health problems  
through the blessings of Naturopathy,  
Ayurveda, and Yoga



ANCC is set up in serene, peaceful, and  
pollution free surroundings

Healthcare destination ...that's  
Ananddham Nature Cure Center  
For Reliable Healthcare...

Naturecure



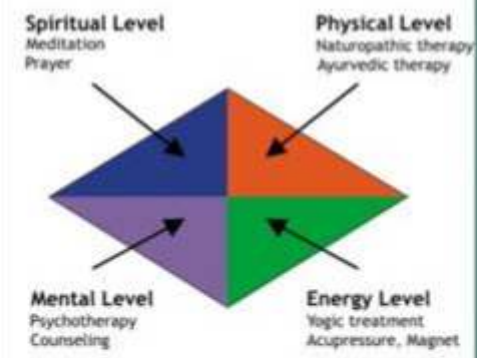
Naturopathy began in the 19<sup>th</sup> century  
simply known as 'the nature cure'. It  
believes that 'Nature itself is a doctor'. It  
believes that the human body possesses  
inherent self-constructing and self-  
healing power. Naturopathic  
treatments include dietary changes,  
exercise, bodywork and natural  
remedies that support the body's  
capacity to heal.

**Ayurveda**  
Ayurveda is considered  
to be the oldest  
healing science. It  
places great emphasis  
on prevention and  
encourages the maintenance of health  
through close attention to balance in  
one's life, positive thinking, diet,  
lifestyle and use of herbs. Knowledge of  
Ayurveda enables one to understand how  
to create this balance of body, mind and  
consciousness according to one's own  
individual constitution and how to make  
lifestyle changes to bring about and  
maintain this balance.



**Yoga**  
The word "yoga" originates from the  
sanskrit root 'yuj' which means union.  
Yoga, with its emphasis on the "union"  
of the total person, is considered a form  
of mind-body-soul, an approach to heal  
that integrates and harnesses the power  
of the physical, psychological, and spiritual  
aspects of a patient in order to enhance  
health and treat illness.

Ananddham pathway for treatment



Ayurveda

Naturecure

Yoga

Ananddham pathway for treatment

Ananddham Nature Cure Center



"Whether you need to revive,  
revitalize, or simply rejuvenate, there  
is no better option but Ananddham at  
Kharoi" The center offers respite to  
the body, mind and soul.

This is the time to experience a new  
refreshing Ananddham that includes  
freshly furnished deluxe rooms,  
soothing lake area with a bird atoll,  
newly constructed walkways, all to  
facilitate to make your stay  
memorable. The center stretches  
across 18 acres with beautiful lawns  
and own organic farm for fruits and  
vegetables.

However, our uniqueness lies in  
providing you best healthcare services  
through qualified doctors, reliable  
treatment methodology, experienced  
therapists, and a holistic approach to  
health

We welcome you to

Revive  
evitalize  
ejuvenate

Your Self

A day at Ananddham

Treatment

At Ananddham we provide treatments for  
chronic diseases and disorders through  
integrated treatment approach of  
Naturopathy, Ayurveda and Yoga.  
Methods of treatment are chosen to work  
with patient's vital force respecting the  
intelligence of the natural healing  
process. All treatments are given in the  
guidelines of well-qualified and  
experienced doctors and executed by  
well-experienced and trained therapists  
with the help of advance equipments.



- Therapeutic Yogic treatments and Pranayama
- Meditation
- Hydrotherapy
- Spinal jet spray
- Under water massage
- Full body oil massage
- Pottli massage
- Powder massage
- Vibro massage
- Panchkarma therapies



- Shirodhara
- Karnapooran
- Nasyam
- Wax treatment
- Acupuncture
- Physiotherapy
- Enema
- Electro Physiotherapy
- Colon Cleansing therapy
- Herbal treatment
- Mud therapy
- Food & Dietetic: Fasting, Juice / Fruit diet, Raw food diet, Mono diet, etc.



Treatment

Ananddham Nature Cure Center

### Accommodation:

We provide you comfortable, pollution free, peaceful atmosphere to give you feel of rejoice. We provide accommodation with all basic facilities.

- General room - Sharing
- Special room - Single/Twin sharing
- Semi Deluxe room - Single/Twin Sharing
- Deluxe room - Single/Twin Sharing



### Food:

We provide you natural & nutritious food. As we believe "you are what, you eat", we use best quality ingredients to serve you healthy & hygienic food.



We plan customized diet for individuals as per their dietary needs to support healing process. We have an organic vegetable & fruit garden in our campus to serve best quality health giving food all the time.

### Consultation hours & Outdoor treatment (appointment basis):

- Morning - 9:00 am to 1:00 pm
- Evening - 3:00 pm to 7:00 pm

### Advance booking

For advance booking, please send in Rs. 1000 By DD / cash payable to 'Swas Healthcare Pvt Ltd' to Ananddham Nature Cure Center or to our Bhuj / Ahmedabad / Mumbai office along with the following information.

- 1) Personal information  
Full name, address, ph no., E-mail ID
- 2) Medical information  
Brief description of health problem, Details of treatment / minor surgeries / operations, Details of medicines
- 3) General information  
Date of arrival at the center, accommodation type

## Services & Facilities

## Our Team

## How to reach

## Advance booking

### Medical team

Team is led by internationally renowned naturopath Dr. Jay Sanghvi BAMS from Ayurveda University, Jamnagar. He has more than 30 years of experience in Ayurveda and Naturopathy. He has conducted several camps in various countries to educate people and treat them. Our CMO, Dr. Jayant Joshi, BSAM also has more than 30 years of experience and has run cancer hospital based on Ayurveda and Naturopathy.

### Treatment team

Team of execution comprises of experienced and qualified therapists, Panchkarma specialist, yoga instructors.

### Management team

Swas Healthcare Pvt. Ltd. manages the center A health care services company focused on traditional medicine system based health care centers and hospitals. We do this by providing professional services to traditional medicine system based health care centers. We are a team of professionals with expertise in various areas of health care and services management.

For further details please visit us at [www.swashealthcare.com](http://www.swashealthcare.com)

### How to reach

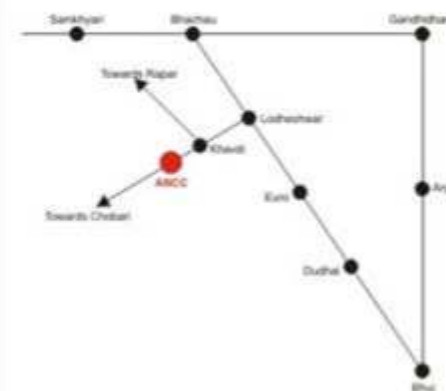
Situated in historic, colourful region of Kutch on India's west coast, Ananddham - Kharoi rests 20 Km for Bhachau. The site is accessible via state transport, private buses, and taxis from Bhachau. By prior information we can arrange for pickup facility from railway station / airport.

### Nearest Airport

Kandla Airport (60 Km)  
Phone: +91-2836-320808

Nearest Railway Station  
Bhachau (20 Km)

### Location map



For further information & reservation

### Bhuj office

39, Jubilee colony, Bhuj - Kutch, Gujarat - 370 001  
Phone: +91-2832-221437 / 226088

### Mumbai office

C/O Mahavir NRI Consultancy, 2<sup>nd</sup> floor, Akhalwaya building, 42-44, Agiyari Lane, Fort, Mumbai-400 001  
Phone: +91-22-22696992

### Ahmedabad office

C-1 Aurobindo Society, Vastrapur, Ahmedabad-380 015  
Phone: +91-79-26766654

### Ananddham Nature Cure Center

Village Kharoi, Tal. Bhachau, Dist. Kutch, Gujarat-370 140.  
Telefax: +91-2837-286812 / 82

### E-mail us at

[info@swashealthcare.com](mailto:info@swashealthcare.com)  
[drjaysanghvi@yahoo.com](mailto:drjaysanghvi@yahoo.com)

## Location map

## Contact us



"Our mission is to help people lead healthier life through use of traditional medical knowledge"



Ananddham  
Nature Cure Center

Website: [www.ananddham.com](http://www.ananddham.com)  
[www.swashealthcare.com](http://www.swashealthcare.com)

