The Ashram library has over 17750 books and more than 30 magazines on health and hygiene in various languages.

A utility store within the premises includes whatever may be required during the stay. The Ashram provides an ambience for stress-free life.

**Diseases treated at Ashram**

Hypertension, Bronchial asthma, Bronchitis, Migraine, Sinusitis, Anemia, Allergies, Psoriasis, Eczema, Metabolic syndrome, Fibromyalgia, Obesity, Digestive Disorders, Post Operative Musculoskeletal / CNS Rehabilitation, Psychosomatic diseases like Type 2 Diabetes mellitus, Gynecological disorders such as Poly Cystic Ovarian Disease (PCOD), insulin resistance, Musculoskeletal diseases like cervical and lumbar spondylitis, early osteoarthritis, rheumatoid arthritis, frozen shoulder, tennis and golfers' elbow, calcaneal spur and others.

**Diseases not treated at Ashram**

Type 1 Diabetes mellitus, Multiple sclerosis, Renal failure, Paralysis, Tuberculosis, Genetic and congenital malformations, Schizophrenia, Severe depression, Leprosy, Advanced stage of cancer, HIV, Thalassemia and Sickle cell anemia, Alzheimer's disease, Motor neuron diseases, etc.

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**Trustees**

Shri. Hrishikesh A. Mafatlal, *Chairman*
Dr. Narayan G. Hegde, *Managing Trustee*
Shri. Girish G. Sohani, *Trustee*
Shri. Dynobha T. Kanchan, *Trustee*
Shri. Shivraj B. Karvande, *Secretary*

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**Seek Your Support for the Ashram**

Ashram also provides services to people from low-income groups at subsidised rates, with generous support from well-wishers. Donations made to the Ashram are exempt from Income Tax under Section 80(G) of the Income Tax Act, 1961.

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**Nisargopachar Ashram**

Our Founder: Mahatma Gandhi

Nisargopachar Ashram established the Nisargopachar Ashram at Urulkanchan on March 22, 1946. Under the leadership of Spiritual leader late Shri. Balkoba Bhave and Social reformer late Dr. Manibhai Desai, the Ashram has made remarkable progress in providing Nature Cure, community health, hygiene and sanitation and is managed professionally by a dedicated team of Naturopathy doctors.

Objective of the Ashram is to promote preventive aspects of Naturopathy in the community especially in rural areas and to educate the people about the correct way of life, while treating people suffering from various ailments.

**Nature Cure- The Science of Living**

Human being is the epitome of the universe. Visualising self in the universe and universe in the self represents the most evolved state of mind. In this state, one identifies self with the universal soul, the trinity of eternity, knowledge and supreme happiness. Looking after the health of the body and mind is the religion of mankind.

Human being is an aggregate of body, mind and soul. Perfect health means attaining physical, mental, social and spiritual health. One acquires physical health by following laws of nature. One develops a...
strong mind by following rules of good conduct. One attains spiritual health by developing a philosophical attitude and practicing Yoga and meditation. By observing laws of nature, one experiences total transformation. Experience gathered over thousands of years in the process of evolution of mankind proves the effectiveness of a holistic approach towards “Nature Cure”.

Naturopathy Treatments
Naturopathy treatments focus on physical, mental and emotional detoxification, using natural treatments.

The treatments are based on five important elements of nature.

- Prithvi (Earth) - Mud baths, Mud packs
- Aap (Water) - Hydrotherapeutic methods in the form of Baths and Packs
- Vayu (Air) - Breathing exercises, Outdoor walking, Open air baths
- Tej (Fire) - Sun baths, Thermoleum baths, Aatapasana
- Aakash (Space) - Fasting therapy

Other treatments include Diet therapy, Yoga, Physiotherapy, Acupuncture, Acupressure and Neurotherapy

Ashram provides a nature friendly environment and a serene atmosphere to restore a long, healthy and natural lifestyle.

Importance of Prayer in Nature Cure
“Perhaps I am right in saying that the potency of Ram-Naam (God) was brought vividly home to me in Urulikanchan. It was there that I asserted that the surest remedy of all our illnesses is “Ram-Naam”. It is an unfailing remedy”.

– Mahatma Gandhi

Therapeutic Yoga
“Yoga chitta vrutti nirodhaha” - Yoga is the cessation of mental modification.

Yoga unites body, mind and spirit in a unique manner. It improves concentration, memory, flexibility and breathing, combating stress and brings peace and harmony within.

There are 4 yoga sessions specifically designed for different disease conditions. We also have kriyas, meditation and trataka sessions. Yoga consultations are also done to give insight on specific disease conditions.

Facilities
- The Ashram is spread over 12 hectares of lush green campus with a capacity to treat 200 in patients and 60 out patients daily. It has extensive facilities for Naturopathy and Yogic treatments, provided by a dedicated team. It has full-fledged Nature Cure Treatment sections for men and women and two spacious Yoga halls for conducting Yoga, meditation and kriyas. Physiotherapy, Acupuncture and Neuro therapy sections facilitate faster recovery from chronic ailments.
- The Ashram offers different types of accommodations such as dormitory and cottages.
- Diet section serves satvik diet for indoor patients daily. Fresh fruit stalls within the campus enrich the overall experience.
- Discourses on Naturopathy, Yoga and various health topics by our experts are held daily. Other facilities include free wi-fi zone, recreation hall for carrom, chess, badminton court, hot water, laundry service and a 800 metre walking track besides orchard and lush greenery.