



दीर्घारामा गंगा



# Holistic Health Care

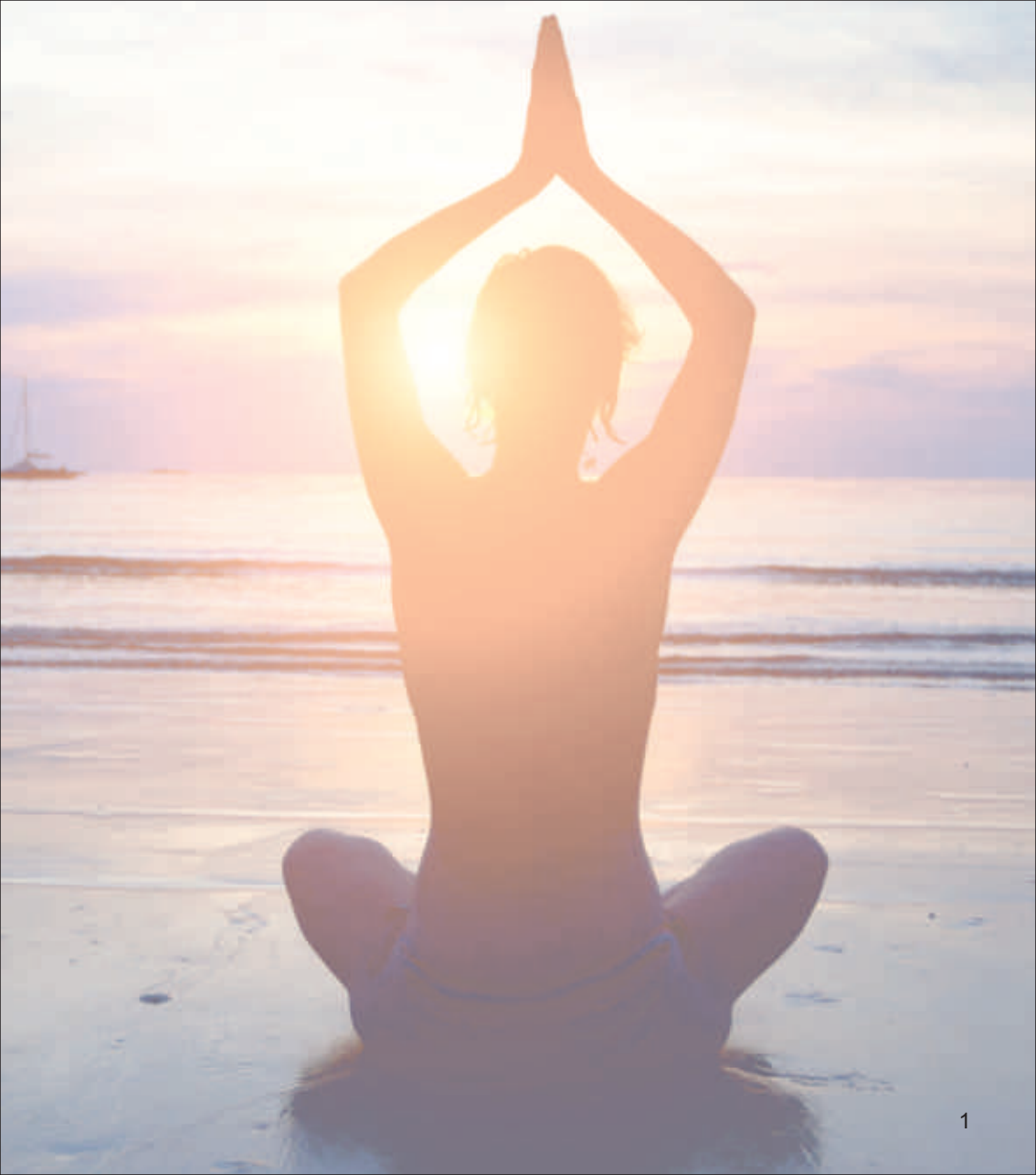


## **Parmarth Ashram**

Parmarth Ashram is one of the most beautiful ashram complex in Haridwar, India. It is part of Swami Sukhdevanand Trust, a non profit spiritual organisation dedicated to spirituality, culture and service to all.

Situated in the foothills of Himalayas, overlooking Ganges, it is the picturesque place where seven great sages or Saptarishis namely Kashyapa, Vashishtha, Atri, Vishwamitra, Jamadagni, Bharadwaja and Gautama meditated. As per mythology, Ganges split into seven streams at this place so that the Rishis would not be disturbed by the flow. The powerful energy generated by the then meditating Rishis pervades the environment and can be felt. It is the place that will leave you charged with the enchantment of its surroundings. The place is true combination of nature, energy, spirituality, peace and tranquillity.

Parmarth Ashram situated here is the spiritual pathway to the ultimate, discovered through the union of body, mind and soul.



## **Dharmaganga – HERC**

Conventional approach of medical science has all along focused upon treatment of body, its organs, molecules and cells that compose the body and organs, at the physical level.

New research shows that it is the quantum energy below the cellular level that makes the cells exist and function, and if that energy is weak or obstructed, the cells become vulnerable and illness strikes.

Dharmaganga -HERC a part of Parmarth Ashram, Haridwar, India and Swami Shukdevanand Trust, as such, in order to restore health, and prevent sickness, focuses upon that energy and restore it to its optimum level. That enables the cells, the molecules, the organs, and the body systems to revive and regain optimum health. This is based upon a fully integrated approach that combines Magnetic resonance system, Yoga & Meditation techniques, Nature cure therapies, and Energy based dietary supplements.





## **Dharmaganga – HERC**

The holistic healthcare plan focuses upon the human energy flows in relation to the following:

- ~ The bio-energy field (also known as Aura) – its mapping, analysis, and applications for diagnosis and treatments.
- ~ Chakras, Meridians and the overall system of human energy flow – its screening, stimulation and balancing, more specifically in relation to healthcare and rejuvenation.
- ~ Brain and its neurological processes – their correlation with consciousness and energy levels, and relationship to yoga & meditation.
- ~ Other vital organs – their functioning and energy-based treatments for prevention and cure of ailments, for healthcare and rejuvenation.

Following equipment is utilized for the above purpose:

1. Magnetic Resonance technology system
2. Chi-charging and Music Hypothermia systems
3. Nature Cure systems

## **Holistic Health Care Package**

To help you overcome lifestyle diseases like, Sleeplessness, Mental Strain, Depression, Fatigue and Breathing Problems, Dharmaganga – HERC offers 3, 5 & 7 days packages which will help you restore your energy to optimum level.

A Holistic Health Care Packages takes you through the following:

- o Entry & exit mapping of Energy Flow within the body and Aura by Magnetic Resonance Equipment.
- o Correction of energy flow by Chi Charging & Music Hypothermia.
- o Nature Cure Therapies
- o Yoga & Meditation
- o Health Diet
- o Dietary Supplements

## **Accommodation**

- o Cottages are on the bank of River Ganges, surrounded with farms of vegetables, fruit orchards and herb gardens, ideal to relax, detox and indulge in nature.



## Facilities

- o Dharmaganga Café ~ Here healthy vegetarian food is served to resident guests on the bank of Ganges. In front of it is courtyard, where one can sit and admire flow of Ganges and flying birds from all parts of the world. Ideal to relax, meditate, paint or indulge in photography.
- o Dharmaganga Nature Cure Centre ~ Here therapies are given to rejuvenate resident guests.
- o Dharmaganga Yoga & Meditation Centre ~ Yoga & meditation sessions under guidance of Yoga Gurus.

## Travel

**Air:** There are frequent flights from Delhi and Mumbai to Jolly Grant Airport, Dehradun, from there, a 45 minutes drive to Parmarth Ashram.

**Road:** The drive to Parmarth Ashram from Delhi may take between 5 to 6 hours depending on traffic conditions.

**Train:** It is a 4 to 5 hour journey from Delhi to Haridwar. There are many and frequent trains from almost all parts of India..

**Helicopter:** Parmarth Ashram has its own private helipad. Personal choppers can land right within the Ashram compound.

## Location

**Air :** There are frequent flights from Delhi and Mumbai to Jolly Grant Airport, Dehradun followed by a 40 minutes drive to Parmarth Ashram.

**Road:** The drive to Parmarth Ashram could take anywhere between 5-6 hours depending on traffic from Delhi.

**Train :** It is a 4 hour journey from Delhi - Haridwar. There are many and frequent trains from almost all parts of India..

**Helicopter :** Parmarth Ashram has its own private helipad. Personal choppers can land right within the Ashram parameters.





*“ O Lord ! Neither I wish Kingdom,  
Nor I wish pleasure of Heaven,  
The Only thing I wish is to remove,  
The miseries of suffering Humans ”*

For booking and more information please contact:

## Parmarth Ashram

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