

**VAIDYARATNAM VRINDAVAN AYURVEDA CHIKITASALAYAM
VRINDAVAN, BADDI (H P)**

Here at Vaidyaratnam Vrindavan Ayurveda Chikitsalayam, we aim to achieve holistic healing of the body and soul, thus we shall suggest our patients to keep the use of all electronic devices to a minimum and encourage you to walk around the campus, partake in yoga, meditation and spiritual activities.

This guide has been assembled to anticipate your needs for information about Vaidyaratnam. We wish you good health and a peaceful mind.

KNOW ABOUT VAIDYARATNAM.....

Vaidyaratnam Oushadhasala is an Ayurvedic Pharmaceutical company situated in Thaikkattussery, near Ollur (Thrissur, Kerala). It is managed by Thaikkattusseri Eledathu Thaikkattu Family, one among the Ashtavaidya Families of Kerala.

The family of Thaikkattu Mooss, a legend in its own, is engaged in the practice of Ayurveda, the science of life, mastered by ancient Indian saints. The tradition dates back to the days of Lord Parasurama, the sixth incarnation of Lord Vishnu, who is believed to have reclaimed Kerala from the sea, transforming it into a paradise of health, peace and prosperity. .

Thaikkattu Mooss family has contributed significantly to the growth of Ayurveda, the science of holistic healing. The profound knowledge in all the 8 branches of Ayurveda - Kayachikitsa, Balachikitsa, Grahachikitsa, Urdhwavanga chikitsa, Salya Chikitsa, Visha Chikitsa, Rasayanam and Vajeekaranam – gave the masters the title ASHTAVAIDYAN.



Ashtavaidyan Sri Narayanan Mooss

The hoary tradition of Thaikkattu Mooss family begins with Sri. Narayanan Mooss and Ittiravi Mooss of the 19th century. In 1924, Ashtavaidyan Narayanan Mooss was awarded the much coveted title of VAIDYARATNAM by Lord Reading., the then Viceroy of India



Ashtavaidyan E.T. Neelakandhan Mooss,

Vaidyaratnam Oushadhasala was founded in 1941 by Ashtavaidyan E.T. Neelakandhan Mooss, the son of Ashtavaidyan Narayanan Mooss. The Nation conferred upon him Padmasri in 1992 as a recognition of his contribution to the field of Ayurveda



Ashtavaidyan E.T. Narayanan Mooss

Vaidyaratnam institutions have now forayed into new areas, scripting a new saga of success under the able leadership of Ashtavaidyan E.T. Narayanan Mooss, (Padmabhushan awardee)

Vaidyaratnam Group of institutions

Vaidyaratnam Ouushadhasala (P) Ltd, Thaikkattussery, chuvannamannu, Pollachi- With its rich heritage of Ayurvedic Medicine Manufacturing since 1941, is one amongst the leading manufacturers of Ayurvedic Medicine. The three major manufacturing facilities located in the Southern states of India. Vaidyaratnam Oushadhasala manufactures around 500 classical and over 150 proprietary products.

Vaidyaratnam Nursing Home - Vaidyaratnam Nursing Home, an NABH Accredited institution, aims to serve society by providing authentic Ayurvedic care. Situated at Thaikkattussery, Thrissur, it is a haven of tranquility amidst a typical rural ambience yet offering advanced treatment facilities and ultra-modern accommodation comprising Executive cottages, Suite rooms, Deluxe rooms and Economy rooms, with all amenities including high-speed communication network. Vaidyaratnam Nursing Home provides Panchakarma treatments strictly adhering to the revered tenets of Ayurveda, under the strict guidance of qualified physicians.

Vaidyaratnam Ayurveda college - Vaidyaratnam Ayurveda College was founded by the late Shri. Ashtavaidyan E.T. Neelakandhan Mooss on 2nd October 1976. The college is affiliated with the Kerala University of Health Sciences and offers B.A.M.S. degree (Ayurveda Acharya) and MD

Vaidyaratnam Ayurveda Foundation was envisaged by our founder Ashtavaidyan E.T. Neelakandhan Mooss (Padmashree recipient in 1992) to make authentic traditional Ayurveda treatment accessible even to the common man, irrespective of cast, gender, age or socio-economic status. In recognition of the institution's contribution to the advancement of Ayurveda, the Ministry of AYUSH, Govt. of India upgraded it as a '**Centre of Excellence in Ayurvedic Management of Chronic Joint Disorders**' in 2010

Vaidyaratnam Ayurveda museum - The Vaidyaratnam Ayurveda Museum is one amongst Vaidyaratnam Oushadashala's multifarious ventures, meant to enlighten the public about the rich heritage of Ayurveda at large, and the Group in particular. It is a landmark undertaking ingeniously designed, to provide an audio-visual tour of the age-old history of evolution of this science to the visitors. The Museum, the first of its kind in the history of Ayurveda, narrates the evolution through a multimedia experience including artifacts, sculptures, scriptures and pictures. A 3D gallery is an added attraction to showcase the developments in the manufacturing of Ayurvedic medicines and treatment techniques evolved over the ages

Vaidyaratnam Ayurveda Research Institute - Vaidyaratnam Ayurveda Research Institute is an establishment for exploring the rich ancient literature and is a knowledge hub for proximate analysis of the same with multidisciplinary research. Key functional areas of Vaidyaratnam Ayurveda Research Institute are Process validation, New product design and development, product modification, Standardization of Raw materials, Medicinal plants management, Insilico analysis, Metabolomics, Analytical method development and capacity building programme in Ayurveda pharmaceutical science.

PATIENT ASSISTANCE

Please contact the respective services at the following

AREA	SERVICE NO.
RECEPTION	4000
HOUSEKEEPING	5000
KITCHEN	4017/4018
PHARMACY	4009
OPD REGISTRATION	4002
Dr. GOPAL MENON/DR. AKANSHA SONI (ROOM NO.3)	4006
ADMN/ACCOUNTS	4003
TREATMENT AREA MALE	4013
TREATMENT AREA FEMALE	4014
MAIN GATE SECURITY	4011
EMERGENCY NO.	7901778899
EMERGENCY NO. (RAKESH)	7063609053

FACILITIES

▪ TEMPLES

There are 3 Temples located on campus. Near the entry porch is a Temple dedicated to Lord Dhanwantri, described in the Vedas and Puranas as the physician of Devtas and the founder of the Indian medical tradition of Ayurveda.

Located on the highest points of the site, overlooking the entire campus are Temples dedicated to Lord Krishna and Goddess Kali.

Timings for Arti at

Dhanwantri Temple:- Morning 5.30 a.m. and Evening 6.45 pm

Krishna Temple:- Morning 7 am and Evening time 6 pm

Kali Temple: - Morning 6.30 am and Evening 6.15 pm

To arrange private homas and havans at any of the Temples please contact Reception.

▪ COW FARM

A huge piece of land has been dedicated to a Cow Farm, which includes Desi Cows. This milk is cent percent natural and richer in calcium because of no impurities. Special care has been taken to provide a healthy atmosphere for the cows for a healthy yield of milk. Sahiwal breed of cows are a part of the farm since their milk, ghee and buttermilk are used for preparation of fresh Ayurvedic medicines.

We include herbs such as Alsi, Taramira, Ajwain, Methre, Rock salt, Jaggery and Binola to the cow feed so as to enhance the medicinal properties of the milk.

For assistance to visit the Cow Farm please contact Reception.

TREATMENT SCHEDULE:

Each patient may get one treatment schedule in the morning and one in the evening, which may vary after Doctor Consultation.

Schedule will be decided by the Physician.

MORNING SESSIONS

1. 8.15 am to 9.15 am
2. 9.30 am to 10:30 am
3. 10:45 am to 11:45 am

LUNCH:-12 pm to 1 pm

AFTERNOON SESSION

1. 2:45 pm to 3:45 pm
2. 4 pm to 5 pm

EVENING ACTIVITY- Walk/Prayer/Spiritual activities: 5:30 pm to 7:00 pm

DINNER:- After 7 pm

Diet and timings are advised by the Physician according to the condition.

All patients are advised to go to the dining hall for fresh food, however if any patient is unable to do so due to some reason, the food shall be delivered to their room.

Medicines prescribed as part of treatment will be served to your room time to time by Nurses.

LAUNDRY

Laundry has been outsourced for our patients. All patients are requested to keep laundry ready for pick up in the laundry bags provided in the rooms. Laundry shall be picked up around 7pm and returned next day at same time. This service is available daily except on designated holidays.

Laundry charges are as per actual. Please contact House Keeping at intercom No. 5000 for this facility

We shall not be responsible for any damage or loss of articles by the laundry.

HOUSEKEEPING

The following items are available upon request:

Toothpaste, Toothbrush
Extra linen/blankets
Foam pillows
Chappal

Daily Newspaper- Hindi/ English

TRAVEL ENQUIRY

The nearest city from the Hospital is Chandigarh, about an hour's drive away.

AIRPORT: The nearest airport is Chandigarh International Airport about 1 hour 30 minutes from the Hospital.

RAILWAY STATION: The Nearest Railway station is Chandigarh Railway Station about 1 hour 15 minutes from the Hospital.

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TAXI/CABS

Taxi can be arranged on payable basis by contacting the reception.

DRINKING WATER

All floors have centralized RO drinking water for the patients in all residential blocks near the elevator.