

Project Report for Ayurvedic Hospital

COMPANY NAME :- M/S GLR REAL ESTATE PVT. LTD.
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PROJECT :- DISPENSARY / AYURVEDIC HOSPITAL
PROJECT BENEFITS :- EMPLOYMENT
:- HEALTH TREATMENT
:- SOCIAL ECONOMIC BENEFITS

PROJECT COST :- 875.00 Lakhs

DESCRIPTION	AREA in SQ.MT.	COST IN LAKHS
GROUND COVERAGE	1195	-
BUILDING COST		585.00
STAFF QUALIFIES	551	49.00
CANTEEN	20	03.00
OTHER UTILITIES	20	03.00
DEVELOPMENT COST		20.00
SANITATION COST		15.00
EQUIPMENTS		200.00
TOTAL COST		875.00

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PROJECT DESCRIPTION:

1. Objective :

M/s. GLR REAL ESTATE has already set up a hospital for allopathic treatment at GWALIOR. Under, Corporate Social Responsibility (CSR) Company has decided to provide Health care facilities (Naturopathy). Ayurvedic treatment to all age, Social, religion & Group. Currently, there is no primary Ayurveda Health clinic along with Dispensary in the nearby area. Over time, it has been observed that many patients are interested in getting Ayurvedic treatment for its rejuvenation values.

With this background, the objective of the project is to set up an Ayurvedic Hospital at Garm Dongarpur, Gwalior. The location in front of Ohadpur reserve forest in the vicinity offers a serene natural setting.

2. The significance of the project :

Ayurveda is not merely a health care system, but a form of lifestyle adopted to maintain perfect balance and harmony within human existence. With the success rate of the Ayurvedic treatment, there is an increased demand for the same sector especially for people looking for naturopathy as the ray of hope in their treatment.

The location due to poor access and low diversity in resources remains economically backward. Activities of the proposed hospital will result in an increase in the income level of people through employment.

3. Overall Suitability of Site:

The proposed site is a strip of land between Private land & Electricity board Land in a Dongarpur village setting with virtually no developmental activities. Current status of the Land is Open Barren land with limited access from Main Road.

4. Treatment to be offered in Ayurvedic Hospital

- | | |
|--------------------------------|---------------|
| • Neurology | • Piles |
| • Kidney Stone Problem | • Joint Pain |
| • Spinal Disorder | • Back Pain |
| • Skin Problems | • Obesity |
| • Teenage Memory Loss Disorder | • Infertility |
| • Sexual Disorder | • Diabetes |
| • Stress & Strain | • Arthritis |

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- Hair Fall
- Pigmentation
- Migraine
- Kaya Chikitsa
- De-addiction
- Rehabilitation from Spinal Injury
- Brain Stoke

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PROCEDURES FOR TREATMENT:

1. Panchakarma: Ayurveda emphasises preventative and healing therapies along with various methods of purification. Ayurveda is more than a mere healing system; it is a science and art of appropriate living which helps to achieve longevity. It can also guide every individual in the prevention of disease and long-term maintenance of health. To achieve this balanced state of body, mind and consciousness, Ayurveda prescribes Panchakarma Therapy for the cleansing of body toxins. As the name suggests, Pancha in Sanskrit stands for Five and Karma are the therapeutic measures, These are undertaken for the purification of the body and Ayurveda considers it necessary before the start of any other therapy. The Panchakarma therapy of Ayurveda is comprised of five basic types of advanced treatment for the evacuation of vitiated Dosha (toxic materials) from the body. These practices are beneficial in relieving deep seated diseases as well as being beneficial for maintaining and improving physical and mental health. Any panchakarma will begin and end with the following procedures

2. Nasyam: This is a treatment for certain types of paralysis, headaches, mental disorders etc., in which green juices and medicated oils are administered through the nostrils for a period of seven to 14 days.

3. Nethrasekam: This is a process of cleaning the eyes using running medicated water. It is recommended for relaxing and soothing the eyes and the optical nerves that have been subject to stress and strain.

4. Siro Dhara: A thin uninterrupted stream of medicated herbal oils or milk or buttermilk is made to fall on the forehead uniquely for about 45 minutes in a day for a period of 7 to 14 days Effective in insomnia, mental tension, skin diseases and gives relaxation of mind.

5. Thalapothichil: This form of treatment is indicated for stress relief, insomnia and specific mental ailments. A paste made of Emblica officianalis and other herbs along with buttermilk, is applied liberally over the head.

6. Tharpanam: This is a treatment that strengthens the optical nerves, prevents cataract and gives a cooling effect to the eyes. Medicated decoction * ghee is retained around the eyes within a border made of medicated herbal dough. Duration 20 - 30 minutes.

7. Karnapoornam: This is a treatment that cleans the ears and prevents hearing loss and associated disorders. Medicated fumes and herbal oils are applied to the ear in this treatment process. Duration: 20 30 minutes.

8. Kati Vasthi: This is a unique herbal treatment for spinal disorders, back pain, lumbar spondylosis, degenerative intervertebral disk prolapse, sciatica etc. specially prepared warm medicated oil is held for about 45 minutes within a boundary made of herbal paste over the lower back.

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9. Pada Shubhakari: Unique massage, which involves traditional massage techniques of the ancient martial art of Kerala, using Ayurvedic herbal oils. There will be a hand massage

10. Dhanyamla Dhara: This is an effective treatment for Hemiplegia, Paralysis and rheumatic complaints, and consists of an herbal liquid body bath in a unique vessel, with two or three masseurs rhythmically massaging the patient for 45 minutes to one hour during the treatment process.

11. Njavara Kizhi: This is a treatment for Rheumatism, Joint pain, blood pressure, paralysis, cholesterolemia, emaciation of limbs and for certain skin diseases. It also improves blood circulation, softens the skin and enhances the complexion. In this treatment, rice cooked in medicated milk, along with specific herbal infusions, is bundled into a bolus. 1

2. Dhanya Kizhi: This is a form of treatment in which powdered cereals and pulses are bundled into a bolus, warmed and applied all over the body. This helps to reduce joint pains in patients with rheumatoid fever. It also helps in weight reduction.

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Details of Revenue Land of Forest:

Land Area : 0.99 Hectares

Survey number: : 18

Village : Dongarpur

City : Gwalior

GPS coordinate:

Sr. No.	N (LATE)	E (LONG)
1	26° 11' 15.753"N	78°12'20.450" E.
2	26° 11' 15.776"N	78°12'23.147" E.
3	26° 11' 13.475"N	78°12'22.794" E.
4	26° 11' 9.682"N	78°12'21.288" E.
5	26° 11' 10.553"N	78°12'20.353" E.

Details of Land of Company:

Land Area : 0.99 Hectares

Survey number: : 2035/2

Village : Aaron

City : Gwalior

GPS TO SURRENDER:-

Land Area: 0.99 Hectares

Sr. No.	N (LATE)	E (LONG)
A	25° 56' 19.466"N	77° 52'57.165" E.
B	25° 56' 23.896"N	77° 53'2.480" E.
C	25° 56' 22.871"N	77° 53'3.585" E.
D	26° 56' 19.972"N	77° 52'59.663" E.
E	25° 56' 19.035"N	77° 53'0.573" E.
F	25° 56' 17.859"N	77° 52'58.808" E.

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PLAN OF BUILDING ATTACHED:

