

Arth gives new meaning to traditional healing method

EXPRESS NEWS SERVICE

Bangalore, Aug 24: It is unique, this centre. All forms of traditional healing are offered here at the Atreya Resorts for Traditional Healing (ARTH), which was inaugurated on Tuesday.

Arth offers ayurveda, homeopathy, unani, reiki, naturopathy, pranic healing, music and aroma therapy, yoga, pranayama all under one roof. Located in Indiranagar, the centre celebrates the healing of 'body, mind and soul'.

The stress is on the treatment and cleanliness of the treatment.

Dr S Prashanth, who set up the centre along with Dr S Sanjay, said what people need more than anything was advice on food habits and ways of exercise.

The rejuvenation packages promise to relieve you of all stress.

The centre will also shatter



A traditional oil bath can help revitalise the patient.

myths about food.

For example, Dr Sanjay said, people feel it is ghee that increases their weight. "But we will encourage the consumption of ghee because it is unsaturated ghee that increases cholesterol levels and makes one fat," he

said.

The cost of treatment, however, is 30 per cent more than that in similar centres in the country.

"That's because our USP is thorough cleansing of the system," Dr Prashanth said.