



KUDRATI UPCHAR KENDRA

Managed By :
Shri Laxmichand Manekchand Charitable Trust



 **Kudrati Upchar Kendra** 
(Nature Cure & Yoga Health Centre)

Address: Near Aadarsh Tower, opp. B.Ed. College, Mundra
Gundala Road, Mundra- Kachchh - 370421 - Gujarat. Mo. 9426212219
Email : Kudratiupcharkendralmct@gmail.com
Website : www.naturalcarekutch.com

Welcome To the Nature Cure Center– Mundra :

Welcome in Natural Environment of 'The Nature Cure Centre' Mundra — Kachchh. This Centre is situated in 10. Acre Property amidst at Mundra City. The Ambience, Serenity with only the sound of the trees and the birds makes our Centre a piece of paradise.

In Nature Cure Centre, We help you for regain your health through the way of ancient healthy life style and therapy which base on five Elements i.e. Fire, Earth, Water, Air & Ether. Nature cure is defined as it is a 'Cure without Side Effect'. Also Naturopathy is not just a Treatment but a way of life. With this mission, this Centre has been functioning since 1984.

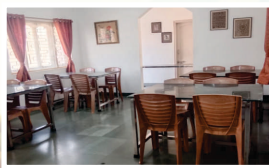
Ailments Treated

All the ailments given below are treated by way of naturopathy and yoga.

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|---------------------|-----------------------|-----------------|
| • Abdominal disease | • Diabetes | • Mental stress |
| • Acidity | • Gas fluctuation | • Migraine |
| • Arthritis | • Headache | • Neck pain |
| • Asthma | • Heart diseases | • Obesity |
| • Back pain | • High blood pressure | • Sciatica |
| • Body pain | • High cholesterol | • Skin disease |
| • Cold-cough | • Insomnia | • Thyroid |
| • Constipation | • Knee pain | • Woman disease |

Ailments not to be treated

Advance Kidney diseases, Bed ridden , Cancer, Epilepsy, Hernias , Leprosy, Pregnant, Recent surgery, Tuberculosis



Accommodation Tariffs

Occupancy (Rs.) is Per Day per Person

Room	Single Occupancy	Double Occupancy
Super ward	800/-	-----
Deluxe non A.C.	1500/-	2000/-
Deluxe A.C.	1700/-	2600/-

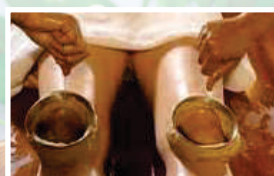
Non Chargeable Treatments Included In Accommodation

Charge Are: (As Per Ailments)

- Enema
- Yoga
- Hip Bath
- Physiotherapy
- Foot & Arm Bath
- Naturopathy Diet
- Hot & Cold Fomentation
- Gastro Hepatic Pack
- Local Steam
- Kidney Pack
- Mud Pack (Abdomen & Eye)
- Various Lappet (Packs)
- Foot & Palm Acupressure
- Jal Neti
- Magnet Therapy
- Eye Wash

Chargeable Treatments Are:

Treatments	Duration (min.)	Charge (Rs.)
Full Body Steam Bath	15	80/-
Spinal Spray	15	50/-
Wax Therapy	15	100/-
Nasya	15	100/-
Local Powder Massage	15	100/-
Local Potli Massage	20	150/-
Mud Bath	45	150/-
Immersion Bath	30	200/-
Mustard Pack	30	200/-
Asthma Bath	45	250/-
Full Body Massage	30	200/-
Relaxation Massage	60	400/-
Full Body Potli Massage	45	400/-



Special Chargeable Treatments:

Treatments	Duration (min.)	Charge (Rs.)
Shirodhara (Oil Charge Extra)	45	500/-
Ayurvedic Massage	90	1000/-
Ayu Face Treatment	60	300/-
Ayu Hair Treatment	60	300/-
Griva Basti	60	400/-
Kati Basti	60	400/-
Janu Basti	60	500/-

Special Beauty Treatments:

Treatments	Duration (min.)	Charge (Rs.)
Aroma Relaxation Massage	45	700/-
Coconut Oil Massage	45	400/-
Almond Oil Massage	45	500/-
Olive Oil Massage	45	500/-
Aroma Gold Facial	60	600/-
Body Brightening Treatment	90	1000/-

- The Above Mentioned Rates Are Per Sitting.
- Use of any equipment such as pack (lapet), oil etc., will be charged as per usage.
- Guests are requested to carry:- All medical report and check-up, current medications, toiletries, napkins, bath towels, walking shoes, and track suit for yoga.

Notes

- Minimum stay at centre is of 3 days. Advance booking is must.
- Tea - coffee, alcohol, smoking, pan masala, zarda, non-vegetarian food and outside food are not permitted to bring in the centre.
- Charges for the all days should be deposited at the time of admission.
- All cancellation must be informed at least 7 days in advance to the office in writing or call.
- Do not bring your valuables & jewellery during the treatments.
- Management will not be responsible for any losses.
- Do not leave the premises without the permission of the doctor.
- All extension is subject to availability of accommodation and CMO's approval.
- All the treatments and diet will be given according to the doctors' prescription.
- Sunday will remain half day.
- Rules and Regulation of Kudrati Upchar Kendra is applying.
- For all disputes, mundra-Kachchh is the jurisdiction.

