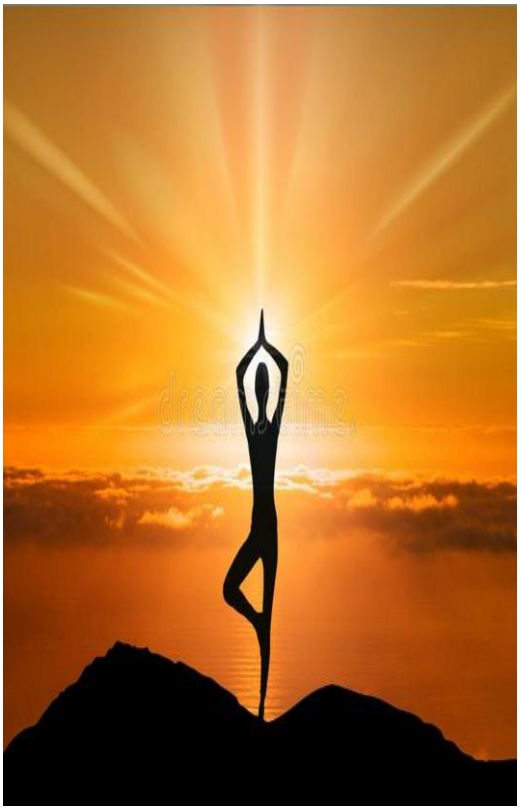
Swasthavritta Department

OPD No. 112

Swasthavritta is the branch of Ayurveda, that deals with prevention of diseases through healthy food and healthy life style. This department believes that health status depends on 4 levels – physical, mental, social and spiritual. Physical & Mental Health depends on Dinacharya, Rutucharya. The Department is well equipped with visual aids of Yogasana, Pranayama and charts for demonstration. Department has Swasthrakshana OPD in Hospital with practical approach towards Yoga, Nisargopachara and Pathyapathya , Ahar, Vihar.

Our strength

S. N.	Name of Doctor	Designation	OPD Day	OPD Time
1	Dr . Sonali Thakare	Consultant	Monday – Saturday	10:00 am to 03: 00 pm