



SERENITY WELLNESS INSTITUTE
AYURVEDA HEALTH CARE & RESEARCH
AFFILIATED TO VYASA

SERENITY FOCUSES ON
INDIAN TRADITIONAL
HEALTH CARE
APPROACH TOWARDS
BOOSTING IMMUNITY
POWER

BOOST YOUR IMMUNITY THROUGH



- AYURVEDA MEDICINES
- MENTAL STRENGTH USING COUNSELLING
- YOGIC PRACTICES

At present, there is no specific medicine to cure corona virus, so

PREVENTION IS BETTER THAN CURE!

It is proven that Coronavirus will not affect in persons with good immunity.

As we all are well aware of the primary effect of coronavirus is on lungs and respiratory system so,

- Let us focus on Immunity boosting for these parts through Ayurvedic medicines like **Chyavan Prash, Agastya Rasayanam, Haridra khanda, Amalaka Rasayanam, Gudoochyaadi kashayam, Amruthaarishtam, Dashamoolarishtam**, etc... which has to be taken as per the Ayurveda doctors suggestions depending on their individual Prakriti and other parameters.

Nasya karma can be practiced at home with 2 to 3 drops of **Anu Tailam** everyday.

- Calming the mind through various mindful practices and Counselling techniques to be free from anxiety or stress related issues.
- Using the voluntary control over involuntary functions of our respiratory system by various Yogic breathing practices and pranayama to get the full utilisation of all the lobes of lungs.

Now, let all of us embrace wholeheartedly one of the core principle objective of our ancient wisdom of Ayurveda,

Swasthasya Swaasthya Rakshanam

meaning to protect and maintain the health of the healthy individual.

Consult us further to collect immunity boosting medicines or to get list of yogic practices or even in case counselling for anxiety in need, we are certainly there to serve you wholeheartedly anytime.

Phone to get online appointment with doctors or counsellors:

080 41456667

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