



*Cure with Nature's Care*

**Yoga Timing**

5:30 AM to 6:30 AM

**Treatment Timing**

Morning: 7:30 AM to 12:30 PM

Evening: 5:00 PM to 8:00 PM

**Monday Closed**



**Naturopathy | Panchakarma | Yoga | Physiotherapy | Acupressure  
Meditation | Colon Hydrotherapy | Diet Therapy**

[www.kratinwellness.com](http://www.kratinwellness.com)

## Wellness - Our Belief

Kratin wellness clinic is a Naturopathy Clinic, first of its kind in Central India, based on the approach which integrates 'CURE' for the disease and 'CARE' for the soul of the affected person, thus sealing the gap between the diseases a doctor perceives and the suffering that the patient

Being healthy or fit doesn't mean, just being physically strong and absence of explicit symptoms of diseases or deficiencies in the body. Rather, Wellness is a state of equilibrium among all dimensions of life resulting in an overall feeling of well-being of a person.

A deeply inherent relationship exists between body, nature and socio emotional environment around it. Disturbance in anyone dimension of life affects the others as they are interconnected and long ignorance or suppression of these disturbance results in build-up of toxins in body which manifests in various forms like as mental stress, headache, overweight, fatigue, ailments, early ageing and others diseases.

We help you to attain wellness by offering authentic high quality integrated medical services which are personalized, need based and delivered by qualified and experienced team with high degree of commitment.



### Holistic Approach

- Curative & Preventive approach
- Rejuvenation of body, mind and soul



### Integrated Medicine

- Required mix of various medical systems and therapies
- Individualized integrated medical program for every age & stage



### Team & Facilities

- Blend of best medical practices with latest technologies
- Well qualified, experienced & professional team
- Clean and hygienic environment

We encourage you to come along and let the nature rejuvenate and heal your body, mind and soul at every age and stage of your life.

## Integrated Medicine – Our Approach

With a unique Integrated Medicine system by amalgamation of various medical sciences and life style practices like Naturopathy, Ayurveda, Yoga, Physiotherapy and others to work either simultaneously or in tandem for curing the ailment of the patient and restore the long term wellness in life. Even though each one of them have certain strengths and limitation but when used collectively, miracles can be done.

Life style and other habits are also major contributors in wellness of a person hence, along with providing medical treatment (Curative approach), we also mentor patients through the life style interventions thus igniting the healing power in each individual (Preventive approach).

We handle all kinds of medical issues and ailments, particularly Chronic, Rare and Incurable conditions. Listed below are some of our medical programs, please call us to know more about them.

- ❖ Arthritis & Paralysis Treatment
- ❖ Asthma & Sinusitis Treatment
- ❖ Cardiac & Hypertension Management
- ❖ Chronic disease Management
- ❖ De-Addictions & Smoking Cessation
- ❖ Detoxification
- ❖ Diabetic Management
- ❖ Gastro-Intestinal Disorders
- ❖ Gynecological problems
- ❖ Infertility and Sexual debilities
- ❖ Pain Management & Rehabilitation
- ❖ Psychosomatic Disorder
- ❖ Rejuvenation
- ❖ Skin diseases
- ❖ Spine and Neck Care
- ❖ Spondylosis Management
- ❖ Therapeutic Skin Care
- ❖ Weight Management

Our doctors go through a detailed evaluation of all dimensions of patient's life like physical, mental, spiritual, emotional, nutritional and sociological wellbeing along with his lifestyle, which helps him in deciding the best course of treatment for the patient.

We firmly believe that prevention is better than cure and in long term wellness can only be achieved by preventive approach.

## Therapies & Treatment - Our Facilities



# Naturopathy - Within nature lies the cure for humanity

## Massage Therapy

Ease away your tension & nurture yourself



## Hydro Therapy



Unifying water cycle and life cycle



## Mud Therapy

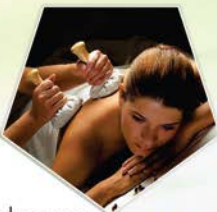


Mud doesn't soil us, but can cure us

## Diet Therapy



Healthy outside starts from the healthy inside



## Panchakarma

Release toxins,  
feel reborn



**Panchakarma** is Ayurveda's primary purification and detoxification treatment. Panchakarma means "five therapies" which eliminate toxins from the body. They are Vamana, Virechana, Nasya, Basti and Raktamoskshana.

**Physiotherapy** take a holistic approach, looking at the body as a whole rather than focusing on the individual factors of an injury or illness. Various techniques used in Physiotherapy are Exercise, TENS, Ultrasound, IFT, Traction and others.



Physiotherapy  
improves  
mobility, stability  
& strength



## Acupressure & Acupuncture



**Acupressure and Acupuncture** believe that diseases in the body are caused by an imbalance or blockage of energy flow in the body. These techniques restore the flow of energy to improve health and well-being by applying pressure to specific points on the body to relax trapped nerves and release blockages.



Timeless art of  
self-healing.

**Yoga** unites mind, body and spirit in a unique way. Apart from giving strength and flexibility to muscles and joints, it improves breathing, concentration and memory of a person.

It has eight fold path for development and achieving ideal health, i.e., Yama, Niyama, Asana, Pranayama, Pratyahar, Dharana, Dhyana and Samadhi, which are based on deep psychological understanding of human personality.



Yoga  
is the journey  
of the self,  
through the self,  
to the self



## Team

Kratin Wellness Clinic, a whole new world of wellness experience, is supported by well qualified and experienced Doctors (BNYS), professional therapist (DNYS) and expert staff. Our team has more than 50 years of collective experience at some of the best and largest Naturopathy centers in India. They have been specifically trained and groomed by veterans of the industry and are committed to serve the people.



For us, it is not profession but a service at heart.



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124, Bhartiya Gruhasamasya Nivaran Sansthan,  
Behind Purshottam Bazar, Beltarodi Road,  
Manish Nagar, Nagpur – 440 025

Mob: +91 705 731 4702

Email: [wellness@kratin.co.in](mailto:wellness@kratin.co.in)

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