



Minds that cure. Hearts that care.

RAJASHEKARAIYA

Institute Of Ayurveda Medical Sciences & Hospital

ರಾಜಶೇಖರಯ್ಯ

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PRESIDENT MESSAGE

During the last two hundred years, science and technology has become a significant factor in determining our everyday lives. We have to our credit such great inventions and discoveries that have made our lives more comfortable in the material realm. We are witnesses to mobile phones, techno companies, fast food joints, kindles and social networking websites. But little do we know about the side effects. This growth of modern scientific endeavors demands a new form organization of things, a certain different lifestyle from us consumers, which is far more productive in terms of the physical gain that can be had, but is unfavorable to our health and wellness. Our eating, travelling and living habits are sour. Stress is an area of major concern now. Case in point is the alarming increase of non-communicable diseases. They have the potential to be malevolent killers. It is a known fact that our lifestyle is responsible for this; our sedentary lifestyle and our rich diet. So, maybe it will not matter that we have accomplished so much if we put our health at stake. Our health is the most important wealth to ourselves, our families and our nation.

We must preserve it. Looking back, we can see that our ancestors were wise and lived in harmony with nature. They based our civilizations on the five elements of nature, and lived healthy and happy lives for many years. We, must return to our roots. We need to adopt a more natural and healthier lifestyle that adapts to the advancements we have today. Our aim is to restore ourselves to that wellness through Ayurveda.



M. Rajashekaraiyah
President

DIRECTOR MESSAGE

Our health is the most important part of our lives and is often neglected too. It is the richest wealth any of us can possess. There is harmony in being healthy, in functioning well. As they say, a sound mind dwells in a sound body. Every frame of our life achieves coherence only when our physical and mental health is maintained.

In the last couple of years, the disease burden across the world has had a steady shift from communicable diseases to non-communicable diseases. In 2008, five of the top ten causes of mortality worldwide, other than injuries, were non-communicable diseases. Studies note that this might increase to a toll of seven by 2030, with 76% of total deaths caused by them.

A World Bank study estimates an expense of \$35 trillion from 2005 to 2030 on the global economy if suitable measures are not taken to reduce the overpowering of NCDs.

The answer for all these health issues points to the same solution– lifestyle change. Ayurveda can truly benefit us all when well-practiced, applied, and adopted. We aim to make no further intermissions in addressing the root cause of this malady.

To foster with the proper methods, and with conclusive results.

Let us arise in realization and take the right steps.

So let us unlock thriving health with Ayurveda.



Dr. Chethan Kumar
Director & CEO

PRINCIPAL MESSAGE

Today I am happy to say that all staff members of our college and hospital are actively pursuing this motto “Minds that Cure. Hearts that Care” and in this respect, the positive indication is the ever-increasing demands by patients for our services in all spheres of our activities. The guiding philosophy is to provide training in the Ayurveda medical sciences through conscientious education, give professional service to the ailing needy, and strengthen the knowledge base in the relevant field through research. The objective of imparting education to aspiring Ayurveda medical students including human values, professional ethics, and moral virtues being met in an integrated form to groom the upcoming generation to serve the community empathically with a smile, the Institution fosters and individuals capable of making a difference in the field of ayurveda medical science for meeting tomorrow challenges.

Rajashekaraiah Institute of Ayurveda Medical College & Hospital also offers BAMS courses. In addition to academic excellence, students will be encouraged to consistently perform well in different cultural, literary, and sports activities. The institution has a highly qualified and dedicated faculty, both in basic and clinical departments.

In healthcare services, it has set new standards and attracts a large number of patients not only from Bangalore but from the neighboring districts as well. It has well-developed services across all ayurvedic specialties and is now in the process of developing ayurvedic super-specialties to provide comprehensive healthcare facilities.

Rajashekaraiah Institute of Ayurveda Medical College & Hospital is committed to continuous up-gradation to provide the highest standard of Ayurveda medical education and Ayurveda healthcare. We endeavor to develop a model Ayurveda medical institution which is environment-friendly as well as patient-friendly. Total computerization, both for hospital management as well as in the administrative domain, is a step in this direction. I am very pleased and excited to welcome you.

Welcome to the Rajashekaraiah Institute of Ayurveda Medical Sciences & Hospital, an educational hub with many institutions of Bangalore, an undergraduate Ayurveda medical institution that has been fulfilled with the establishment of this institution.



Dr. S Vanishree MD (Ayu)
PRINCIPAL

ABOUT US

RIAMSH (Rajashekaraiah Institute of Ayurveda and Medical Science, Hospital) is founded by MRR groups in the year 2017 located in the midst of nature at serene lush green campus on NH-75 near Bengaluru. We have a super speciality Ayurveda hospital set up to usher the concept of bringing a holistic approach to treatments and therapies. It encompasses addressing the issues of body, mind and soul to maximize results.

We have dedicated doctors who have sustained the reputation of the hospital also deliver quality treatment. We also provide accommodation and nutritious food that play a vital role in holistic healing of a patient.

ABOUT AYURVEDA

Ayurveda is not a medical system that addresses only diseases. The first and foremost aim is to preserve the health of the healthy. The three humours function as pillars supporting the body. The derangement in the humours causes illness. The natural constitution (Prakrithi) of an individual and deranged state of the body in an illness (Vikrithi) are expressed with respect to Vatha, Pitha and Kapha. Medicines and herbs are grouped based on its effects on the humours.

Ayurvedic treatments are classified in two groups broadly: -

1. Shodhana chikitsa
2. Shamana chikitsa

Shodhana chikitsa is Panchakarma therapy; literally meaning fivefold therapy. It gives the long-lasting benefits in the body.



PANCHAKARMA

Ailments treated by Panchakarma OPD - deal with treatment modalities like Vamana (Therapeutic emesis), Virechana (Therapeutic purgation), Basti (Decocotion enema and oil enema), Nasya (Nasal administration of medicine), and Rakta mokshana (Bloodletting).

Former to these modalities there are procedures such as Snehana in the form of Consuming of Ghee/oil and massaging the body with oil and Swedana (Sudation). Other treatments like Udwarthana (massaging in the proximal direction with powders) Avagaha Snehana (Tub oil bath) etc are administered to patients depending on the nature of the illness, the morbidity of Dosha, physical strength, and their Body constitution for the patients suffering from various diseases



Basti



Vamana



Nasyam



Virechana



Raktamokshana

MANASAROGA

Ailments treated by Manasa Roga/ psychiatry OPD- Treatment is offered for Stress, Anxiety, Depression, Schizophrenia, sleeplessness, Alcohol and Drug abuse, Behavioral Disorders, and Senile disorders.

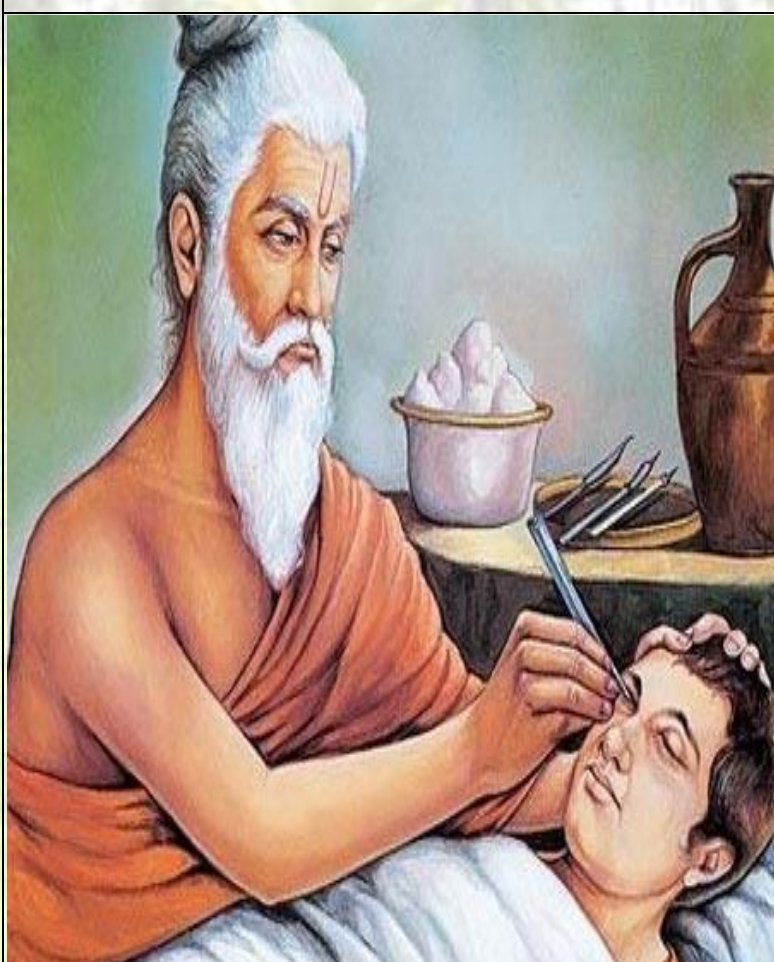
Special treatment techniques like counseling and Psychotherapy are also available.



PRASUTI TANTRA- STREE ROGA

Offers premarital counseling, guidelines for conception, and infertility treatment.

Pregnant women are trained to follow ideal nutrition, special services are extended during the post-natal period for mother and baby. Common problems of women like Dysmenorrhea, Leucorrhoea, Vaginitis, PCOS, Menopausal disorders, etc, and various special treatments like medicated Enema through vaginal Route, Vaginal Suppository, Vaginal douche, and delivery facilities.



SHALAKYA

Ailments treated by Shalakya/ Eye- ENT and Dental Unit OPD tackles problem like disorders of the Conjunctiva, Sclera, Cornea, Eyelid, Glaucoma, Retinal disorders, and Refraction error. Treatment of Eye disorders is unique Kriya Kalpa treatment like Tarpana, Seka, Pindi, etc. various types of Headaches like Migraine, Tension headache, sinusitis, nasal blockage, Tonsillitis, etc, and Ear disorders like Tinnitus, Otitis media and Dental disorders like- oral ulcers, Bleeding gums, etc are treated in this unit.



KOUMARABHRITYA

Ailments treated by Kaumarabhrita

Department/Paediatric OPD – treatment is extended to the common problems faced by children viz; Recurrent Respiratory tract infections, Urinary tract infections, skin ailments, constipation, Mal-absorption syndrome, Neuro- Muscular Disorders, Infantile cerebral Palsy, Autism, Mental Retardation, Growth and Development Disease. We also provide pre and postnatal care

KAYACHIKITSA

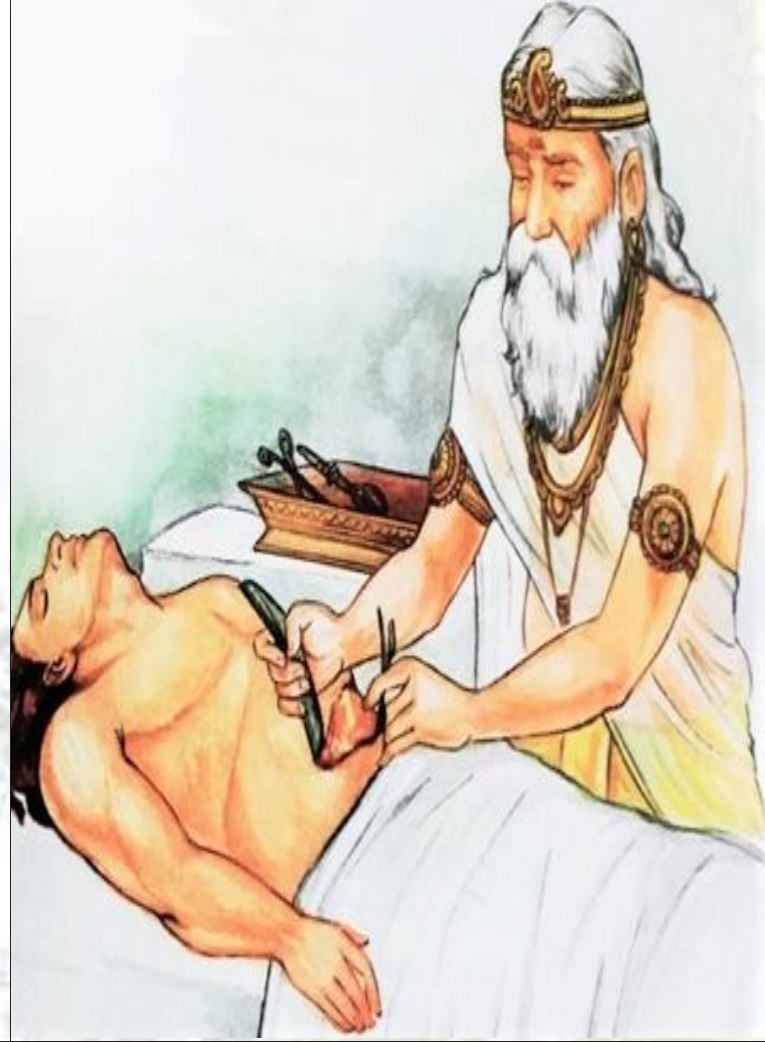
Ailments treated by Kaya Chikitsa /General Medicine OPD- With increasing health conditions such as Diabetes, Metabolic disorders, Respiratory disorders, Neurological disorders, Gastrointestinal Disorders, Hypertension, Thyroid, Obesity, Joint pain, Autoimmune Disorders etc, Kaya Chikitsa helps to treat or control these ailments.

Thus, the General Medicine/ Kaya Chikitsa Department will look into treatment modalities like De- Toxification Therapies, External Panchakarma Procedures, Yoga, diet, and internal medications. In addition to this, we perform unique therapies like Rasayana (Rejuvenation and Immuno Modulation Therapy) which is essential in the present era of immune-compromised conditions, and Vajikarana (Aphrodisiac Therapy) which helps in curing sexual problems and helps in creating a healthy progeny.



SHALYA TANTRA

Ailments treated by surgery OPD-treatment is available for Urinary Calculus, Piles, fissures in the Ano, Fistula, Recurrent abscesses, traditional para surgical procedures like, Agni karma, Kshara Karma, kshara Sutra, Jalukavacharana.



SWATHAVRITTA YOGA

Therapeutic Yoga is the application of Yogic principles to a particular person to achieve a particular spiritual, psychological, or physiological goal. Along with components of Ashtanga Yoga, which includes yama, niyama, asana, pranayama, pratyahara, dharana, dhyana, and samadhi, the application of meditation, psychological counseling, chanting, and prayer are also included. Yoga therapy respects individual differences in age, culture, religion, philosophy, occupation, mental and physical health.



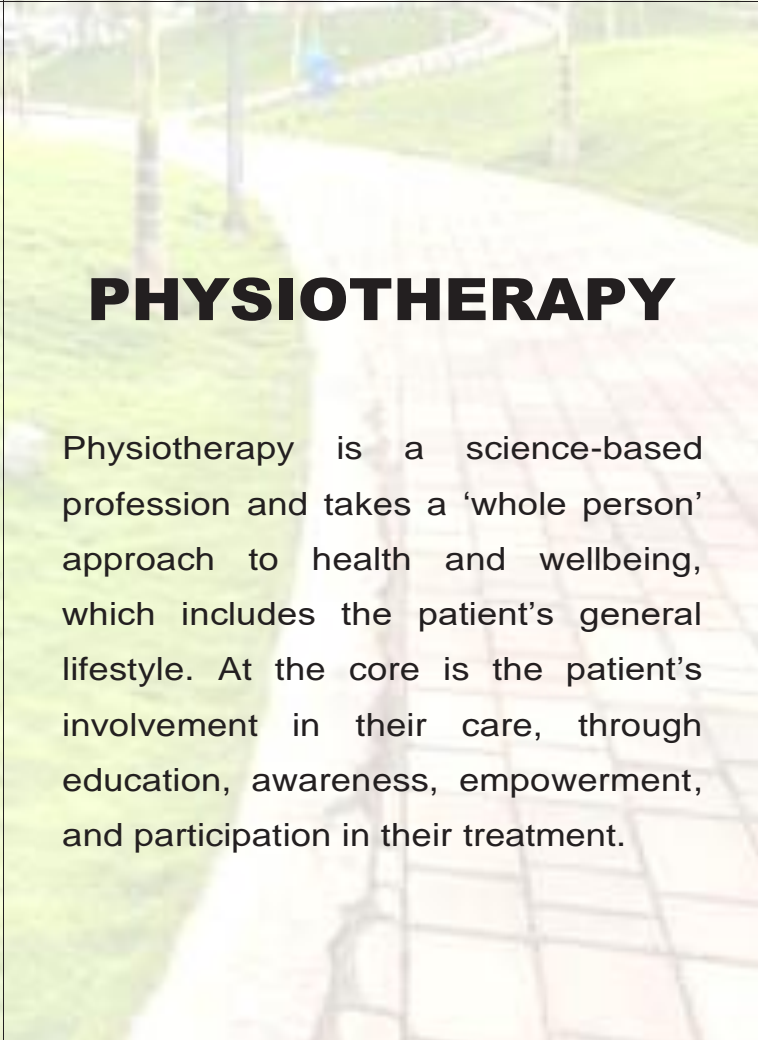
SWATHAVRITTA DIET

The branch of dietetics is concerned with the use of foods for therapeutic purposes. Diet therapy is a method of eating prescribed by a physician to improve health. Treatments involve including foods that improve specific health conditions while avoiding foods that may make the condition worse. Some health conditions require temporary therapeutic diets & also supplementation of naturally available nutrients which will ensure a complete and adequate supply of nutrients needed for health and longevity.



PHYSIOTHERAPY

Physiotherapy is a science-based profession and takes a 'whole person' approach to health and wellbeing, which includes the patient's general lifestyle. At the core is the patient's involvement in their care, through education, awareness, empowerment, and participation in their treatment.

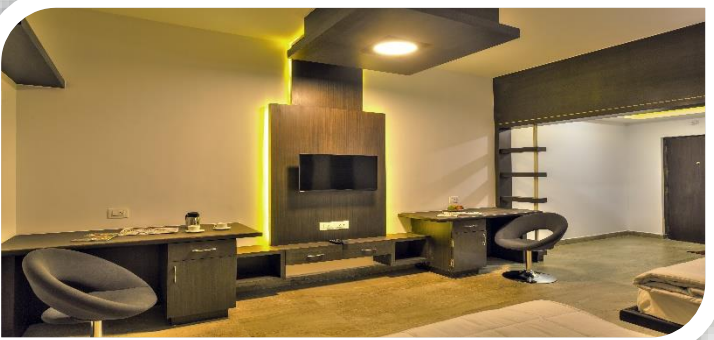


TYPES OF ACCOMMODATION

3 SHARING ROOM



2 SHARING ROOM



SEMI DELUX ROOM



DELUX ROOM



EXECUTIVE ROOM



TREATMENT MODALITIES

1. Sarvanga Abhyanga With Sweda
2. Adhoshaka Abhyanga
3. Kati Basti
4. Greeva Basti
5. Lepa - Single Leg
6. Lepa - Double Leg
7. Anuvasana Basti
8. Kashaya Basti
9. Shirodhara - Taila
10. Shirodhara - Takra
11. Pilchil
12. Udwarthana
13. PPS + Sarvanga Abhyanga
14. Agni Karma
15. Virecha (7 Days)
16. Nasya
17. Marma Lepa
18. Physio Therapy

19. Leech Therapy
20. Ekanga PP Sweda
21. Ekanga P P Abhyanga
22. Jambheera PP Sweda
23. Svarnga kashaya Sheka
24. Pichu
25. Shasvkashali – P P Sweda
26. Ekanga Udvardhana
27. Upanah Sweda
28. Ekanga Valuka Sweda
29. Shiro Pichu
30. Shiro Basti
31. Tailadhara
32. Nethra Tarpana (Without Ghee)
33. Kayasydgara / Sheka
34. Sarvanga Lepa
35. Marma Massage
36. Karna Vishesa Chikitsa (Ear)

RAJASHEKARAIHAH INSTITUTE OF AYURVEDA MEDICAL SCIENCES & HOSPITAL

Our Vision with a Mission

सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः।
सर्वे भद्राणि पश्यन्तु मा कश्चिद् दुःखः भाग्भवेत्॥

May everybody be happy, may everybody be free from diseases,
May every one of us, see to it, that nobody suffers from any pain or sorrow.

To prepare compassionate, professionally competent, and ethically sound physicians through excellence in education, training, and research for providing promotive, preventive, curative, and rehabilitative healthcare services of the highest standard with special concern for the differently abled, disadvantaged, and the undeserved.



Welcome to the Rajashekaraiah Institute of Ayurveda Medical Sciences & Hospital, an educational hub with many institutions of Bangalore, an undergraduate Ayurveda medical institution that has been fulfilled with the establishment of this institution. Started in 2023 with an annual intake of 100 BAMS students. Students are selected solely based on merit through a competitive exam. Our emphasis is to provide teaching and training facilities of an exceptionally high standard to the ayurveda medical students. This young institution is now recognized in the region for its quality of education. It has become a preferred institution for undergraduate Ayurvedic medical education for students seeking admissions through All India Quota and NEET.



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LECTURER HALL

A lecturer hall is excellent for focusing the attention of a large group on a single point, either an instructor or an audio-visual presentation, and modern lecture halls often feature audio-visual equipment. The acoustic property of lecture halls has been the subject of numerous international studies, some even antedating the use of electronic amplification.



LIBRARY

The main function of the medical college library is to provide resources and research support for students and faculty of the medical course, specific course-related resources are usually provided by the tech library, such as copies of textbooks and articles regarding held on reserve.

DIGITAL LIBRARY

The digital library provides a gateway for students and researchers to access various resources, both print/physical and digital. Our institute is subscribing to electronic journals databases, providing research and scholarly writing software, and usually provides computer workstations or computer lab for students to access journals, library search database and portals, institutional electronic resources, internet access, and course or task related software.



HOSTEL

The college has separate Boys and Girls hostels located in calm and serene surroundings, providing a conducive natural atmosphere for the students to study. Utmost care is taken to maintain hygiene during the preparation and serving of food by dedicated staff. A hot water facility and high-speed internet are provided.

FOOD ZONE

A Spacious and hygienic canteen at the Institute provides fresh snacks items, tea, coffee, juice drinks & daily need items to students & visitors, food is prepared under the direct supervision of the messing committee comprising of management, faculty, and student representatives.



TRANSPORT

The college provides transport facilities for students, faculty, and staff from all surrounding cities, towns, and villages. The buses are GPS-enabled with a speed governor. Keeping the security of the students under priority, the college buses have CCTV cameras installed inside for surveillance.



GYM FACILITY

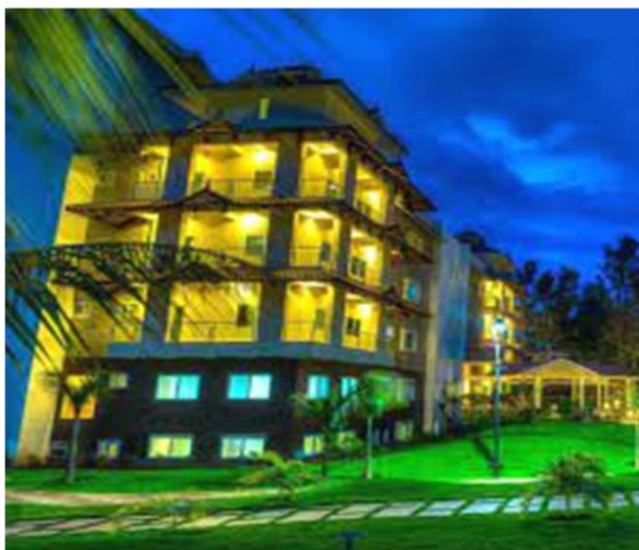


SWIMMING POOL

PLAY GROUND



GALLERY





Repurpose your life with Ayurveda



Minds that cure. Hearts that care.

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