

TESTIMONAILS

Ms. Pia Hofmann (March 17)

Vienna, Austria

I have just experienced my first 21 days of panchakarma treatment at SDJ Ayurvedalaya and can only recommend this to anyone who is seeking a quiet and peaceful environment in order to give his /her body and mind some rest and attention.

This clinic is located in a beautiful area and is absolutely spotlessly clean and well maintained.

Great attention is being paid to the wellbeing of every patient both by the very competent and mindful doctors, as well as the therapists. Treatments are done in such a loving and careful way that even the not so pleasant parts of panchakarma are actually not unpleasant at all.

The meals that are served daily are a good balance of light and healthy and still rich and tasty. I stayed in a single room, which is the smallest room offered and even that one was spacious and friendly, everything necessary for a comfortable stay. All in all, this is a perfect place for a profound and effective ayurveda treatment.

Ms. Rabia rahim khan (April 17)

Saint Pierre, Reunion

Three weeks filled with moments of happiness, experience, learning, discovery, ancestral Ayurveda medicine, in a wonderful setting, surrounded by mountains where peace, serenity and calm reign. The care available all the time has everything for physical, mental and spiritual wellbeing. I am very happy.

Ms. Rebeca angelica (April 17)

Sao Paulo, Brazil

It is with great pleasure I express my feeling of having renewed my soul, cleansed my body & align my mind with my purpose of life.

And this only happens, due to the competence and dedication of this wonderful team. Competent professionals. But above all, who do their duty with love. From the doctors, therapists, one who prepare food till who keep the place clean. This is a place where Vedic tradition is preserved, faithfully preserving the principals of this millennial medicine. Place where the true purpose of ayurveda treatment is

maintained, body – mind – spirit healthy for the human being to achieve self-realization.

Mrs. Harjinder kaur (June 17)

Punjab, Chandigarh

SDJ Ayurvedalaya is the best place according to me. As their staff and workers are very honest and hard working. As far as “seva bhava” is concerned. The institution is doing good for humanity though. I am really impressed.

I came here with an autoimmune skin disease “Prurigo nodular” and insulin body. I was taking treatments from P.G.I CHD Later on A.I.I.M.S Delhi .SDJ treated me so well that I am going back after 15 days with 75% or 80% done with my problems and insulin level reduced to half of my previous dose. I am very happy now and look forward to seeing her again in the near future. Even the climate and surroundings are so beautiful and healthy.

Mrs. Aparna pandey & Mr Ravi Pande (June 17)

Professor, Michigan Technological University

Houghton, USA

We are extremely satisfied with our stay and our treatment here.

Here everyone including the doctors, the therapist, the kitchen staff, the cleaning crew, is very professional and attentive to details. They all believe in service with a smile. Their punctuality is amazing.

The doctors go to great lengths to patiently address all your queries and explain every aspect of the treatment and lifestyle changes. The Ayurvedalaya is in the middle of lush green forest and mountains which adds to the relaxing experience.

Mrs. Rathnaa dipikaa (June 17)

Salem, Tamilnadu

We came here to the hospital with my mom for 21 days of treatment. The atmosphere and the ambience is super. One is removed from pollution, hustles of the city and can commune with nature and self.

Dr. Parthasarathy, Dr. Saraniya & Dr. Anitha – thank you all very much for being patient with me and answering all my questions. Each treatment was explained beforehand.

The place is run with loving care. Kudos to all the staff who were very courteous and if anything was needed, it was taken care of immediately.

You can tell about the person/s who is in charge of the hospital by the way it is run and the feel of it. In this case, I felt the love, attention to detail, care, and real devotion to the profession they are in. (I would say, for the doctors it is more than a profession).

Pray to god and wish all the very best for continuing this kind of holistic treatment at an affordable cost.

Mrs. Lakshmi Rajappa (July 17)

Coimbatore, Tamil Nadu

It is amazing the way Dr. Parthasarathy is handling my health issues having multiplicity of complications, with dexterity and care. He has built up a team which works as one unit, a great achievement which many institutions would long to achieve.

The dedication, commitment and openness to receive suggestions of the team of doctors, therapists and other supportive staff, would certainly Make Pujya swamiji's vision in starting this Ayurvedalaya a reality! Thank you Doctors for reconnecting people's lives with nature.

Mrs. Shobana murali (July 17)

Chennai, Tamilnadu

My weeks at SDJ Ayurvedalaya helps me to understand and appreciate nature, Tradition and culture.

The belief that "Food is medicine" is strengthened. Kudos to Dr. Saranya and Dr. Parthasarathy and their team of dedicated members – I enjoyed their care and concern in every aspect – be it the garden, the aesthetics of the accommodation and treatment, genuineness of every member of the team – garden, kitchen, housekeeping, pharmacy, office and reception. This gives a good feeling that I am in capable, safe hands.

Mr. Arunachalam murali (July 17)

Chennai, Tamilnadu

Any hospital or healing facility greatly gets enhanced in four factors: environment, doctor's expertise, cleanliness and service. SDJ Ayurvedalaya excels in all these four mentioned above.

Built in the midst of nature surrounded by mountains, forests, cool and breezy the environment is perfect for a hospital. Flowering trees, Fruits, herbal plants and peacocks further enhances the enjoyable stay for those who come for treatment.

Dr. Parthasarathy and Dr. Saraniya chosen by Pujyashri Dayananda swamiji to establish the hospital and provide care have great qualities for a doctor- great devotion and dedication and knowledge of the Ayurveda shastra. Not only they follow the shastra in all aspects of treatment, they are excellent communicators with all patients that makes not only me but every one respect and like this approach.

The squeaky clean corridor room and great service provided by the staff is one of best. The therapists not only are professional, are also well trained and know their jobs. I bless and wish Dr. Parthasarathy and Dr. Saraniya continue the great work they are doing and spread this ancient shastra based healing more.

Mr. Devinder Chandhok (August 17)

Lieutenant Colonel, Indian Army (Retd)

Coimbatore, Tamilnadu

Had the occasion to SDJ Ayurvedalaya for the extreme weakness and body rhythm upset. As a result, vitality was very low. Stomach, digestive and evacuation systems had gone out of gear.

With the internal and external treatments by the doctors at SDJ, body rhythm returned after 6 days. It set recovery and elimination of raised complaints.

SDJ is a well-organized, efficiently run Ayurvedalaya. The doctors are extremely capable and dedicated. The staff are well versed in their duties and are always ready to assist you. The staff is alert and does their job very carefully. All in all I enjoyed my stay at SDJ.

Ms. Cornelia Lindner (August 17)

Firenze, Italy

After 21 days of panchakarma. I feel like a different person. My swollen hands and feet are completely gone. I feel light and positive and determined to change my lifestyle. Excellent doctors and wonderful therapists, they were always willing to explain and very patient to listen to all our complaints.

Ms.Mamta Surana (September 17)

Mumbai, Maharashtra

I am grateful to SDJ Ayurvedalaya for treating me and giving me hope and confidence to face my diseases (Ankylosing Spondylitis)

After coming here and staying for 3 weeks have proved to be a transformational experience both on the emotional and intellectual level. It has shown us the path of living with nature and respecting its subtle messages for a harmonious life for one and all. Wishing you all at SDJ Ayurvedalaya from the bottom of the heart, with best wishes on your journey to alleviate pain and suffering of patients from all over the world.

Ms. Sushama Nargundkar (October 17)

Belagavi, Karnataka

Freelance writer & Research coordinator for documentary films

Words are too inadequate to describe my entire stay here at SDJ Ayurvedalaya. This is a healing community, following eco-friendly sustainability, living in harmony with nature.

With expert counseling & Treatments provided, under the guidance of Dr.Parthasarathy & Dr. Saraniya who are very authentic & non – commercial in their treatment approach with ever smiling & cheerful Dr. Anitha & all the staff it is truly a heaven for anyone seeking rejuvenation and proper understanding of health & food.

Margarete Oselame & Carlos (October 17)

Rio Grande Do Sul, Brazil

Few words cannot say all about SDJ Ayurvedalaya. Experiencing this time here made me more grateful to all persons that work together. They do their work with

WISDOM, LOVE and CARE. All in the same rhythm, from doctors to staff, cooks, housekeeping, etc with the spiritual presence of the guru.

Mrs. Radhika srinivas (November 17)

Coimbatore, Tamil nadu

Being a patient in an ambience like here is to die for, amidst a human world

Doctors are immensely confident, profound and compassionately spending time & educating every patient, brings you closest to the BIGNESS, LIMITLESSNESS and ABUNDANCE buried in life !The ambience is nothing but Isvara personified!

The human network here is vibhuti! The doctors Saraniya and Parthasarathy who lead the human network that begins to buzz by 8 am builds up the tempo gradually buzzing till about 6 pm. The kitchen that dishes out a wide range of “health food” is tasty and begins to buzz earlier than the others! Life after 6 pm in SDJ is as quiet as night & the human network very relaxingly, playfully watches over settling the patients at ease with sounds of nocturnal nature around! Words will fall short to describe their commitment and loyalty to the philosophy of ayurveda.

A very distinct feature I noticed here was how the patients ``complaints “ of aches, discomforts, pains, etc are received by the doctors . I was rather welcomed by the doctors because it gives them reinforcement on the line of treatment chosen by them & further strengthens their diagnosis. Keeping the patients fully informed about the treatment and diagnosis, effects of the treatments is indeed an amazing and very soothing aspect of healing for the patient. Their educating & reeducating the patients on Ayurveda, food, lifestyle is remarkable and speaks only about their commitment to the vision of Ayurveda & their compassion – true vaidika vaidyas.

Ms. Maria Ferreira Ferrazzo (December17)

Santa Catharina, Brazil

The treatment is being transformative in my life. I feel myself every day in a state of surrender, trust and gratitude. I came with an open heart and purpose. With diagnosis of recurrence of breast cancer the same type of nodule in the same breast that I treated 6 years ago with allopathy. I have been taking oral chemotherapy for more than a month. The medication was causing side effects swelling in the lower center ovary, uterus and sensitivity in the stomach. With Ayurveda treatment even continuing to take the chemotherapy every day the side effects are gone. This for me is already a blessing and I am grateful to all the team of Doctors and therapists who are always loving and dedicated to each of us here, seeing us as a whole and not a part that is sick.

Gratitude to the protection of great masters makes me feel that they take care of us all the time.

Ms. Tanvi Mehta (December 17)

Nanyang view, Singapore

What makes SDJ Ayurvedalaya a great Ayurveda treatment center is first & foremost the deep knowledge of the doctors and their impressive diagnosis. But what makes it superlative is the warmth and humanity with which the doctors treat you. It goes beyond “bedside manner”

And to end, what makes the place so endearing is of course, the people. The incredibly professionally trained staff are all smiles, no matter the language divide.

2018

Mr. Roshan baguant (January 18)

Curepipe, Mauritius

I had heard a lot about the benefits of the treatments at SDJ Ayurvedalaya from my friends.

Dr.Parthasarathy, Dr.Saraniya and Dr. Anitha took good care of me and were always at my disposal to answer my queries and to attend to any of my needs. The doctors are very passionate about the work and this becomes apparent on the treatment progress. Each patient gets a different set of the treatments depending on their needs. All treatments are very authentic and are based on the sastras . The therapists were very caring and attentive to all details. The treatment rooms have a calm and serene atmosphere that help to relax both the mind and the body.

If you are into bird watching, I would suggest you bring a pair of binoculars as there are so many species to observe all around.

Mrs. Vibha Parthasarathy (January 18)

New Delhi, India

It is an immensely pleasant experience to be here, to be treated here and to see the doctors and most others work with a sense of mission which makes them automatically

go that extra mile. All in all an excellent team that functions in an integrated and very well coordinated way. The place has a very warm heart, a knowledgeable head and most competent hands. Would aim to come here every year for a soulful upliftment.

Ms. Florence Pellacani (January 18)

Bristol, England

Coming to SDJ, I was dealing with chronic insomnia and I feel the treatments have helped enormously. I feel blessed to have had the opportunity to be in such a wonderful environment, and I can see it is a place of healing. I am so grateful!

Mr & Mrs Lackraz Chintaram (March 18)

Flic – En – Flac, Mauritius

Once you step in the SDJ, You feel the sincerity, calmness and positive vibrations of the environment. Situated in a remote area, Far from Coimbatore city it offers an ideal place for meditation, relaxation and rejuvenation.

We have been delighted during our stay and treatments at the SDJ. Our thanks go to the dedicated doctors and staff who have shown a lot of professionalism and expertise in their tasks.

An unforgettable experience and look forward to come back again soon with relatives and friends.

MS. Padma Ramaswami (APRIL 18)

INDIA

It's a very much needed place in modern times! I am happy we have a place like SDJ to rest, relax & rejuvenate. Quality care at an affordable price.

Thanks to pujya swamiji for his vision to create this facility with caring, dedicated people who are inspired by him. You are very well cared for by Dr. Parthasarathy, his wife & entire staff team working in harmony to maintain quality, time & hygiene. My blessing to them to keep up the good work. Money does not drive this place, but a vision to share the knowledge & serve. After the treatment, you leave the place satisfied & look forward to visiting again.

Ms. Ramya Sathpuruch (APRIL 18)

INDIA

The 21 day panchakarma treatment has been Excellent. Less than a week into the treatment I felt active and invigorated without any feeling of lethargy.

The doctors go into every aspect of the diagnosis and treatment in detail. The doctors do not compromise on the treatment as is seen in many commercially run centers. They are also upto date on the latest research done in Ayurveda. The therapists, house-keeping staff and all the other support staff were excellent and made my stay here enjoyable. The cottages have a great view of the mountains and the greenery surrounding the place. I plan on coming here every year for a panchakarma.

Ms. Sasikala Prasad (APRIL 18)

INDIA

I have heard about Ayurveda. I have visited a couple of facilities in Kerala and Chennai. I am touched by the attitude of the doctors and their staff, devotion and respect and humanity to the work they do. Importance is given to the patient and the treatment. It is rooted in tradition and true to its concepts of Ayurveda. I think I am going to keep coming back here for as long as I can. I will surely recommend my family and friends to come here. SDJ is a rare jewel in India for Ayurveda treatment.

With deep
gratitude,

Sashikala Prasad

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Ms. Asako Sano (JULY 18)

JAPAN

I highly recommend SDJ Ayurvedalaya for anyone who seeks an authentic ayurvedic treatment for body and mind. The treatments are carefully chosen according to your condition. It is all customized only for you. Unlike what you may find on the internet about ayurvedic treatment being a “suffering detox

program”. Here at SDJ ayurvedalaya there is nothing suffering treatment at all. In fact all the treatments are pleasant to receive.

The doctors explain the contents of the treatment, the procedure very well to make sure you understand what you are getting. So you can be relaxed and be sure.

The therapists, the kitchen staff, cleaners, general staff are all very kind, polite and friendly. This makes you stay much more comfortable.

Its location is another great thing about SDJ Ayurvedalaya. Surrounded by the mountains, there are many wild birds, peacocks, fresh air, and pure clean water.

I really like that SDJ is nice and compact in its size and number of patients. This way you will get a nice home feeling too. Last but not least, the food they serve is pure love. I enjoyed my stay so much. Thank you.

Mr. Rapaela Steha (AUGUST 18)

EGYPT

SDJ Ayurvedalaya is a place full of positive energies. I can't be thankful enough for having made this wonderful experience. In the course of three weeks the doctors brought us back to the status of physical & mental wellbeing I have never experienced for years.

Thank you so much Dr. Anitha, Dr. Saranya parthasarathy & Dr. Parthasarathy for your daily care and for changing my general condition considerably!

This would not have been possible without the qualified therapists they treated us so gently. Their smiles filled my heart with joy & peace every single day.

Not to forget the amazing kitchen staff whose delicious food I am going to miss.

Ms. Paule Quinchel. U (SEPTEMBER 18)

CHILE

On my first day, I doubted if I would endure 3 weeks without the daily hustle and bustle. However, it was a wonderful time. You have treated me with great care and respect, allowing me to carry out the healing process in the best way. I

feel renewed body and soul. Thank you very much for everything, totally recommendable the experience.

Dr. Sajani Sukhadia MD (SEPTEMBER 18)

Developmental-Behavioral and General Pediatrician

U.S.A

The worry that I will not get better is gone. I have come here to restore my health. This is my second visit. All significant details from the 1st treatment were recalled by the doctors. In every aspect these very experienced doctors helped me understand and gave me an insight to the inner workings of this body.

And so my mind is strengthened. The body with medicines + treatment has gone through the purification process. The seed is planted and it will grow. I feel so because just by having the opportunity to come here means grace is there.

Ms. Mariana Kupfer (SEPTEMBER 18)

U.S.A

I came to SDJ Ayurvedalaya at a very difficult moment in my life. I was aware I needed help. But not only especially from the doctors or the medicine treatment, but from a source of connection. I reconnected with the shastra here and through the shastra; I received the knowledge of the Doctors and the benefit of medicine. They work in a very serious and deep way. I really appreciated the love and care of therapists and Doctors during my moments of pain. And I appreciated the smile on the face of all the staff.

Ms. Lynn Pacifico (OCTOBER 18)

NYC, USA

This has been my first stay at SDJ Ayurvedalaya and after only 3days here I was able to stand straight up after rising from a chair and after only a week back, both things I have not been able to do for a very long time.

I have complete faith in the knowledge and sincerity of the SDJ doctors and will follow their advice when I leave as such, I am looking forward to continued improvement as a result of my stay and in conjunction with the herb supplements SDJ has recommended.

I will miss this place in many ways and look forward to returning.

Mr. Vinod R. Nambiar (OCTOBER 18)

DUBAI

I have visited many renowned Ayurveda centers in Kerala but I can confirm that SDJ is different from them. The treatment is different and the results are very good. It is still following traditional Ayurveda culture which is dying slowly due to commercialisation. The ambience is fabulous. I wish them the very best.

Ms. Helena Maegioni (OCTOBER 18)

BRAZIL

The hospital SDJ Ayurvedalaya is in a beautiful and special place and the result of the treatment is wonderful, the doctors and staff are very attentive, the food is delicious and whenever I come I feel enlightened because this way of health care opens my mind to new experiences this is a process of spiritual as well as physical healing. I recommend this special place as it is completely unique and I believe it is the best ayurveda temple in India. Thank you for all SDJ Ayurvedalaya. I'll be back next year.

Mrs. Latha Chandramohan (NOVEMBER 18)

INDIA

Extremely happy & satisfied with the experience & strongly recommend this place for personal attention by the Dr. Parthasarathy and Dr. Saranya make one very comfortable. An eye opener for many little things one can avoid for better and healthier living. I really appreciate the eye for details taken by the Ayurvedalaya core group. I have recommended my family members and friends and all of them have gone back feeling healthier and also felt rejuvenated.

Ms. Olga Kovaleva (NOVEMBER 18)

RUSSIA

It was good to experience a true ayurveda treatment. Doctors and therapists are very attentive to patients' needs, knowledgeable and caring. One feels at home. I think that this treatment is for those who can or may want to stay with oneself. I Am very thankful to all doctors and personal for addressing my health issues. I'am observing positive changes in a body already.

Mr. Jose Casas (NOVEMBER 18)

BRAZIL

I felt so blessed to have the opportunity to undergo treatment here. The doctors, staff are very serious and well prepared, they answer all your questions which give a lot of confidence. The therapists are very well prepared and did all therapies with proper attention and heartfelt dedication. The entire environment helps you to go back to your state of health again.

The performance of daily pujas, ceremonies and bhajans were very important to involve the spiritual aspect in the treatment, which helped me to go through the difficult moments.

Keeping all traditional methods and values in perfect combination with modern technology and lifestyle is what makes this place and the Vaidyas so special. Thanks so much for all that I received.

Ms. Maria Euliala (NOVEMBER 18)

BRAZIL

SDJ is not just a health treatment center. It is a place of welcome in love. Here we can give ourselves to care without fear.

Everyone is very serious and loving. This place is first and foremost a school of humanity & wisdom. I had body and soul treatments.

Ms. Meenakshi Natarajan (NOVEMBER 18)

U.S.A

SDJ is a very comforting & clean healing center. Doctors are very knowledgeable, caring and friendly, and therapists were very kind and sincere. Food was too good and tasty, fresh and mostly organic. Most importantly, it is very healthy. Assisting staff squad is very friendly and efficient.

Surroundings are green, peaceful and tranquil. I thank each and every one who is a part of this, to make it possible to enjoy and heal.

Mrs. Sheela (DECEMBER 18)

LONDON

Nestled amongst the hills of the Western Ghats this Ayurvedic facility is a hidden gem. Offers good quality Ayurveda treatment which is enhanced by the passion of its ayurvedic physicians and very welcoming, skilful and dedicated staff. The grounds are beautifully tended and teeming with birds, butterflies and fragrance laden flowers, a balm for the body, mind & soul.

Mrs. Rama Joshi (DECEMBER 18)

U.S.A

This place reminds me of an Ashram and not a hospital and has a Spiritual vibe to it. That contributes to the well-being of patients in addition to the treatments, food and care.

Everyone here is always smiling and attending to your every need, medical and otherwise. The Doctors are very knowledgeable, very caring and explain every procedure that you undergo. That makes you very comfortable to undertake the treatments. The staff and therapists are very prompt to attend to your needs. The therapists work with love, dedication and respect and are really good at what they do. They have been well-trained. Everything is done with a smile and with heartfelt warmth, so it makes you feel right at home. This place is blessed by swamiji and that is evident from all the stories of recovery and well-being many patients and repeat patients have told me. All in all we had a great stay and experience both the times. Thank you for all your help and guidance.

Mr. Chandrashekhar P. Joshi (DECEMBER 19)

Department Chair and Professor, Biological sciences, Michigan Technological University, U.S.A

This “ASHRAM” has been blessed by pujya swamiji so anyone who comes here goes back cured. The treatments are top notch and so are all doctors, therapists and support staff. The doctors are amazing and caring. All the therapists are sincere, punctual and full of sevabhav. I felt that I was part of this family

The nature here is just beautiful. I will certainly come back again to gain peace of mind & maintain good health. You make miracles happen. Overall I recommend this place to everyone who wants to get better or wants to rejuvenate. You will be in the best hands!

Mrs. Denise Kuperman (DECEMBER 18)

BRAZIL

My experience here was the best possible. All the staff is so lovely, the doctors make us feel so secure through their vast Ayurvedic knowledge and their sincere availability with the patients. Everything is very clean, the food is delicious, and treatments are unbelievably amazing.

All my time here I felt really cared for, and very comfortable and secure. This opportunity was a big blessing in my life. I’m going back home with the power of healing in my body and mind.

Mrs. Jayanthi Yashvanth Kumar (DECEMBER 18)

INDIA

I was here for two weeks and did not realize how fast it went. Doctors listen very carefully to analyze and give the treatment and are detail oriented. The staff who treat you are very caring and do an excellent job without any inhibitions.

. The food is always fresh and of great quality On the whole every one of them has a “SEVA” mindset. Would definitely recommend it to family and friends. For me it's like a home away from home.

2019

Ms.Laura Lopez (JANUARY 19)

URUGUAY

It was the first time in my life I stopped almost a month to rest and receive the best quality treatments. I am more than grateful with the SDJ Ayurvedalaya family; you make me feel as if I was at home.

Additionally, I have the opportunity to access to swamiji's teaching and book and understand a little bit more about traditional Ayurveda thanks to the teachings of Dr.Parthasarathy.

Ms. Chitra Bhatia (JANUARY 19)

INDIA

Coming to SDJ Ayurvedalaya was one of my most memorable & a never to be forgotten experiences. It was my first time & these days I felt the pampering, the care, the smiling faces. Treatments given were excellent and both rejuvenating. Doctor's sincerity is par excellence. They answered all my questions to my satisfaction and with unimaginable patience! I congratulate both Dr. Parthasarathy & Dr.Saranya, & Dr.Anitha for doing commendable work for the wellbeing of humanity.

Ms. Yamu Rana (FEBRUARY 19)

NAIROBI, KENYA

The doctors and staff are very attentive and the treatments have felt authentic. It's a nice and quiet place and well organized. The cleanliness and food is excellent. I hope SDJ Ayurvedalaya stays a simple, authentic place for Panchakarma Treatments.

Mrs. RANI RAMASAMY (APRIL'19)

REUNION

My gratitude to pujya SWAMI DAYANANDA SARASWATI for creating this space. My stay has been wonderful and enriching. This location is just perfect for an ayurvedic treatment by its exceptional environment amidst forest .It is unique for its quietness & peaceful atmosphere in the most spectacular and magnificent scenery. This surrounding landscape offers a magical & breathtaking view.

The treatments are just great and nourishes the body, mind and soul. I personally see it a must for any individual to undergo an ayurvedic treatment as it heals the body from the source. I will definitely come back and recommend it to others. I have really liked the way the treatment goes on day after day, the approach, the process and the results. Each one gets a personalized treatment with the close observation and consultation done by the doctors. The whole staff is really at the service of the patient and is ready to help at any time. They are really devoted, kind and pleasant. The therapists are excellent and make the patient feel comfortable and relaxed. The treatment room is truly sacred and there is a great discipline. SDJ is just unbeatable on all aspects. It is a real blessing to be in SDJ.

Mr. Nagaraja Shashidhar (AUGUST 19)

U.S.A

It is our second visit for 21 day treatments. we thoroughly enjoyed the experience. A great location, moderate climate, very scenic, amidst forest like nature, the dancing peacocks & decent food. We came here a second time because the treatment time was very effective to boost the overall health.

My wife and i had ailments that could not be treated by American medicine which sdj ayurvedalaya successfully treated and improved quality of life. As the food is an important part of the treatment, there are restrictions of what ingredients one can use but the kitchen staff have really excelled with preparation from the limited ingredients and the food is still enjoyable.

Ms. Bowe perine (SEPTEMBER 19)

FRANCE

SDJ ayurvedalaya is the best ayurvedic hospital. Doctors, therapists and all the staff are very professional, friendly and always caring for us. Everything is perfectly organized, accommodation is wonderful with mountain views and the food is amazing with wonderful taste. I highly recommend this place if you wish to take care of yourself. I feel blessed and incredibly lucky to have spent 25 days in the hospital. I couldn't have dreamt of a better location to take a break and restore my health.

MS. Shanthi Srinivasan (OCTOBER 19)

INDIA

I landed here with lots of physical problems and little idea of ayurvedic treatment. Hospital ambience is excellent. I enjoyed my stay here with peacocks around and with a lot of greenery. Treatment here is excellent. The room here is clean and hygienic for treatment. The therapist here is really good, sincere & excellent in their work.

All the doctors who took care of me are approachable like family members. Now I feel my body is light, pains are relieved and a new life has been given to me. I thank all the doctors who gave me a new life and I am eager to come next year also.

Mr. Aurelien Lemaunier (NOVEMBER 19)

FRANCE

For the first time in India and my first ayurvedic care, I simply could not have a better choice. Everything was perfect: the welcome, the quality of care, the friendliness of the team, they managed all the patients with great humanity. Big thanks for everything.

Ms. Baboo semmentee (DECEMBER 19)

MAURITIUS

Grateful to the universe for having made me come to this “VAIKUNDA” in the pursuit of my discovery and connecting with my wiser self. The peace, calm, serenity and purity of the center are priceless. My ayurvedic treatment enables my inner and outer body to reconcile. I am rejuvenated- physically, mentally and spiritually. My heartfelt thanks to DR. Parthasarathy, DR. Saranya and DR. Anitha for their support, dedication & patience in their duties. My humble thanks to all the therapists and those attending to our well-being. Hats off to the center for being so eco-friendly and preserving nature. All the best and many years of success and prosperity. It is like a global village where you meet people from different countries and cultures, such an enriching experience.

Dr. Thiruvengadam, MD (DECEMBER 19)

U.S.A

I admire the professional knowledge, dedication and commitment of the physicians. They continuously strive to improve the patient care and I am impressed and I have planned to come next year also. All therapists and the staff work hard and make sure that the patients are comfortable during the treatment. The food has varieties and tastes like homemade. The hospital runs like a well-oiled and maintained machine. In brief I would like to say this hospital exceeds the international standards.

2020

MS. Sanne Andre (JANUARY 20)

REUNION

I know why I came back here every year for 4 years, that too three weeks. Every year my body reacts differently to the cure and each time I am closely followed by DR. Parthasarathy who changes my treatments, during the treatment according to your reactions which I am extremely grateful for. ALL MY GRATITUDE. I go home in better health and with more and more confidence in AYURVEDA.

Mr. Joao Goulart (JANUARY 20)

PORTUGAL

I was amazingly surprised with these three weeks here. I have never seen a hospital/clinic (not even a school) like this. The environment around the alayam is beautiful. The facilities are perfect, everything is simple and clean. All therapists are very professional creating a great environment during treatment the way they daily deliver the medicines are organized and superb. All the attention the staff has with the patients is amazing. I don't even think I am giving a compliment but only stating facts. The doctors seem amazingly knowledgeable. I like to thank everyone from the alayam for the care, professionalism, and life lessons learnt here. This is for sure not a business, a family working together towards a healthier world. Thank you!

MS. Hema CHAURASIA (FEBRUARY 20)

INDIA

Everything including the year round moderate weather and far from city location, employees, therapists, doctors, food and accommodation is superlative. This is a perfect place to cure illness, heal and rejuvenate. Thank you for all the thoughtful ways in making these places a sanctuary for mind and body.

Mr. Gerard sanspeur (FEBRUARY 20)

MAURITIUS

I have enjoyed my 20 days in SDJ ayurvedalaya. It was not just a cleansing of the body but the treatments, food and care purified the mind too. I think SDJ Ayurvedalaya is a rather UNIQUE ayurvedic centre that is not tainted with a commercial attitude and one can feel spirituality all through the treatment.

Mr. CHITTUR VENKATASUBBAN (December'20)

DALLAS, U.S.A

I came for 2 weeks, basically to feel the place, get Ayurvedic Treatment and live in a calm atmosphere. SDJ is a wonderful place in Sylvan, with wonderful mountain scenery and cool clean air. Dr.Parthasarathy and His Wife Dr.Saranya are one of those rare couples who have dedicated their life to the cause of spreading the knowledge of Ayurveda. Those who come under their attentive and loving care in the SDJ Ayurvedalaya are indeed blessed like my wife and I were.

Mrs. REMA VENKATASUBBAN (December 20)

DALLAS, U.S.A

This is my second visit, a blessing in life! It felt like “Home away from home” at the feet of Pujiya Swamiji . Excellent leadership in running the place smoothly. All the employees are soft spoken but very alert and attentive to our needs.Ayurvedic Knowledge is excellent in the doctors and they are amazing!

Mrs. NILAM KOTHARI PATEL (December 20)

INDIA

What a wonderful Ayurvedalaya this is! The doctors are exceptionally knowledgeable and the staff are very efficient along with being very well mannered and polite! Love each of them and I thank each of them from the bottom of my heart for making my stay so smooth and comfortable!

Apart from being exceptional doctors, Dr.Saraniya and Dr. Parthasarathy, you manage the Ayurvedalaya so well.That not for a single day, I felt that I am here for my Treatment! These 21 days have been a wonderful time of my life and I thank each of you for that Experience!

2021

Mrs. RAMA PEDDAKOTLA (MARCH 21)

INDIA

I came walking on pillows and going back with feet firmly planted on the ground. No kidding. I feel I am born again with a new enriched well-nourished body and brain.

While you are soaking in the serene atmosphere, the doctors and their team are working wonders on your body, mind and spirit. My feet go numb once I start walking with the sensation of walking on pillows with a danger of losing balance. A fall is deadly at my age.

What an illuminative experience. The Treatment and the result are unique and rooted in scriptures. The approach is systematic, scientific and logical, and every time when predicted outcomes resulted, my jaw dropped to the floor in wonderment. I never realized the medicinal powers hidden in everyday ingredients and how they can be drawn out, made use of to restore health.

Will I come back? Wrong question. Do I want to go back? Is this the right question?

Mr. Chandrasekar (NOVEMBER 18) (Nov 17)

INDIA

My wife Nalini and I have come here for the second time. We were here 12 months ago and we felt extremely healthy and energetic. We had come again this time and the treatment was fantastic. The doctors are very approachable, able to communicate to us extremely well and understand our issues perfectly. The staff are neat, cheerful, punctual and very prompt to attend to all our needs. The facility is Spick and Span and ambience is excellent and beautiful It is like a home away from home and We will keep coming here every year to feel good, energetic and healthy.

Mr. Bruneau Woomed (December' 17)

Bornes, Mauritius

Two years ago, I came for the first time to SDJ Ayurvedalaya and I liked it .However, I must admit that after the first 2-3 months, I relapsed into the old habits and my health has not improved.

This time my experience has been different. I reflected more on myself and with my wife; we resolved to bring significant changes to a lifestyle. I must say that Ayurveda principles made more sense and I feel really motivated to have a real change happening to my health – and I know that it is completely up to me.

I dream that SDJ Ayurvedalaya becomes even more well- known worldwide. I Salute the passion, the commitment of Dr.Parthasarathy & Dr. Saraniya They are role models Who need to be encouraged .My gratitude extends to Dr Anita & All the therapists & Staff They all contribute to creating a safe, welcoming place for health change to take place. Thank you Thank you Thank you

Mr. Bruneau Woomed (DECEMBER 18)

Acclaimed Meta-Coach, International Neuro-Semantics trainer & entrepreneur

MAURITIUS

I am continually impressed with the dedication of care of the doctors in my third visit now. Under the leadership of Parthasarathy and Dr. Saranya this Ayurvedala can only improve and become the best kept secret for those who are keen to look after their health. I am also impressed with the excellent standards followed by all the staff in the execution of their duties.

Thank you from the bottom of my heart. I wish SDJ Ayurvedalaya to continue to improve and be a model for all.

BRAZIL

This is the 4th time I come to SDJ Ayurvedalaya since 2015 and I am sure I'll be here next year too. It is a magical place and is my home and family in India. Each time I come, i learn and enrich myself with the experience and my health gets so much better that diabetes, High blood pressure and weight go down.

The doctors are not only excellent professionals and caring persons but also they know you so very well. The place itself is an experience! Gratitude to all for this wonderful experience.

Ms. Julia Sarraf (OCTOBER 18)

BRAZIL

Its my third time here. I feel healthy again, after being diagnosed with multiple sclerosis. I have no words to thank enough SDJ's Doctors and staff. Everybody so attentive to the patients needs, Everything is done with so much care, love and attention. It's a special place and I wish to come back every year even though its so far from Brazil. Thank you SDJ for giving me my health back and teaching me that life is much simpler than I thought.

Mrs. Rashmi Anand (January '17)

Mumbai, Maharashtra

This is my second visit. In Sdj there is a holistic approach to health. There is a spirituality that permeates everything. The doctors, the treatments, the food, the medicines, this is not a wellness clinic or a spa, this is an authentic Ayurveda institution. The expertise lies in the doctor's vision. In 2014 November, my first visit here, I came with urticaria. I had been suffering for 3 months. I had tried allopathy, naturopathy, homeopathy but was disappointed. The doctor reassured me I would be fine in 3 months, but I was better in a month. And since then, there has been no sign of the skin eruptions.

Mr. Shreefal Mehta (DECEMBER 18)

U.S.A

I made a second visit to SDJ as the first visit a year ago had outstanding results. My G.I. inflammation was cured, all symptoms cleaned up about 6 months after the treatment and I stopped all my anti-inflammatory pills. The most important outcome was actually the better understanding of how to apply ayurveda principles in my daily life and adopt a lifestyle that will keep me in better health as I go through the midlife period. My faith in the doctors and their understanding of my body has been strongly reinforced throughout my second visit, not only from my positive outcome in cleaning my disease/disorder, but also from the details they shared about their systemic view of the nature of the body and its physiology. I really came to appreciate the role of the mind and psyche in the process of healing and mind and maintaining health. Hari om namaha to the vision of pujya swamiji to start this and to the doctors and the sweet caring staff that made the stay here a very blessed one.

The devotion of the doctors and strong spiritual focus from the founder's vision is evident in practice