

General Information & Health Seeker Guidelines

This document is intended to provide clear guidance to Health Seekers to support safety, therapeutic effectiveness, and informed participation for a harmonious healing environment.

Brahma Muhurtha (Early Morning Routine)

- Brahma Muhurtha occurs between **4:00 AM and 6:00 AM**. You are advised to wake up during this time and retire early at night.
- After waking, rinse & clean your mouth and then drink **100–200 ml of room-temperature water** at least **10 minutes before taking the first medication**.
- An Ayurvedic tooth powder named “**V.T. Powder**” will be provided. You are advised to use this instead of toothpaste.

Daily Routine & Spiritual Activities

- **Dhyanalayam Activities (1:30 PM – 2:00 PM):** Conducted on **Mondays, Tuesdays, Wednesdays, and Fridays**, including Yoga Nidra, guided meditation, Swamiji’s talks, and documentary screenings.
- **Evening Vishnu Sahasranama Chanting:** Held daily at **5:00 PM** in the Dhyanalayam, except on Thursdays.
- **Thursdays:** Bhajans from **5:00 PM to 5:30 PM**, followed by **Prasadam 5:35 PM**.
- **Ganesha Pooja:** Conducted daily around **8:15 AM** near the main gate. Participation is optional. Health Seekers are advised to remain fully protected from cold and wind and to refrain from attending during intensive treatment phases where exposure restrictions have been advised.
- **Ideal bedtime:** Before **9:00 PM**.

Conduct & General Restrictions

- Health Seekers are requested not to engage the staff for personal tasks. In exceptional circumstances, assistance may be sought through the office.
- Smoking, use of tobacco, alcohol, or any intoxicating substances is strictly prohibited.
- Lighting of lamps, agarbathis, candles, or incense inside Health Seeker rooms is strictly prohibited due to fire and property damage risks. The Dhyanalayam or Pooja Room may be used for this purpose.
- Furniture should not be moved from its original position, as this may result in damage and maintenance difficulties.
- Free time is intended for introspection, rest, and relaxation. Gentle Pranayama and Yoga Nidra are encouraged.
- Prior permission from the **Vaidyas** is a must to leave the campus for any reason.

Health Monitoring & Medical Rounds

- Blood pressure will be monitored regularly. Body weight will be recorded on **Sundays**, using the Weighing machines that are available near **Room 104** or with the Portable weighing machines
- Health Seekers with diabetes are advised to bring their own glucometer for frequent monitoring. Alternatively, blood sugar monitoring shall be done at **INR 50 per check**, when required.

- Doctors (Vaidyas) conduct **daily medical rounds**. One of the doctors will meet you once a day. Morning rounds are generally from **9:15 AM to 12:30 PM**, and the health seekers not seen in the morning will be met from **2:15 PM to 5:30 PM**.
 - You are encouraged to share your daily observations during rounds. If there is any other essential or urgent medical detail that needs to be shared before or after the doctor's consultation, the doctors can be met in the consultation rooms, subject to the doctor's availability.
 - Treatment instructions and slips for the following day will be placed in the medicine tray served in the evening. Depending on treatment requirements, doctors may visit Health Seekers more than once a day.

Safety, Facilities & Administration

- You are advised to be cautious of wildlife and to avoid non-illuminated areas, especially at night.
- The campus primarily operates on **solar energy**. Air conditioners and water heaters function on a regular electricity supply, which may occasionally be unstable. Any issues should be reported to the office.
- **Dhupam (fumigation)** is performed daily around **6:00 PM** in the main rooms only (not in bathrooms). This is intended to create a sacred atmosphere, reduce negative energies, and purify the air using natural antimicrobial substances. It is not meant for mosquito control. If you are unavailable at the scheduled time, fumigation will not be performed.
 - Health Seekers are requested to switch off all electrical appliances, including water heaters, after use and before leaving the room.
- **Room shifting:** One room change is permitted free of cost. Any subsequent room shifts will attract a charge of **INR 500 per shift**.

Administrative Support & Non-Medical Requests

- For all non-medical requirements, Health Seekers are requested to contact the office via **Intercom No. 227** or visit the office located behind the reception. The reception desk may not be able to address such requests.
- A **Non-Medical Complaints/Requests Register** will be circulated weekly. Health Seekers are requested to record concerns clearly in English, and the respective personnel shall address them promptly.
- Essential purchases may be requested using the **Purchase Requisition Slip**. A service charge of **INR 50** applies for each purchase. Assistance is limited to items that support the treatment process. Non-essential personal purchases may not be supported.
- **Internet access** is available at a charge of **INR 50 per day**.

Laundry & Ironing

- Self-use washing machines are kept on the ground floor, first floor & all cottages
- Washing powder or liquid is provided in the Essentials Cabinet. Please do not use any other soap powders or liquids in these machines. Each wash is charged at **INR 50**.
- Covered cloth lines and drying racks are provided around the Laundry area.
- Ironing boards and irons are available in the Laundry Room. Health Seekers are requested to ensure that irons are switched off after use.

Bedding & Towels

- Bed linens and pillow covers are changed **twice weekly**:
 - **Rooms 101 to 109:** Tuesdays and Fridays

- **Upstairs rooms and cottages:** Wednesdays and Saturdays
- Mild oil-related odour may persist due to therapeutic use.
- Health Seekers may bring personal linens if preferred.
- **Four new, pre-washed towels** for each health seeker are kept in the wardrobe

Treatment Guidelines & Expectations

- During treatment, temporary fluctuations may occur in energy levels, blood pressure, blood sugar, sleep, appetite, bowel movements, and menstruation.
- The extent of improvement and time required varies based on individual constitution, nature and chronicity of illness, associated conditions, adherence to medical advice, mental disposition, faith, and other influencing factors.
- Ayurveda is a holistic medical science and does not guarantee instant or complete cure for all conditions. Improvement is commonly observed **up to three months after completion of treatment**, as the body gradually returns to its natural rhythm.
 - At times, symptoms may temporarily aggravate or new symptoms may surface as part of the healing and detoxification process, wherein aggravated doshas are mobilised and eliminated. Health Seekers are advised not to panic and to keep the Vaidyas informed.
 - Continuation of allopathic medications may be required during and after Ayurvedic treatment. Health Seekers must ensure adequate supply for the entire duration of stay.
 - No specific outcomes or results can be guaranteed or predicted.
 - Health Seekers are encouraged to observe the treatment process rather than analyse it. Detailed discussions on complex Ayurvedic concepts (e.g., Prakriti, Dosha, treatment plan, etc.) are discouraged during treatment.
 - Maintaining a calm, positive, and receptive mindset is essential. Health Seekers are advised to avoid emotionally disturbing topics or activities.
- The type of treatment, timing, treatment room, therapists, and oils used are determined solely by the Vaidyas and may not always align with personal preferences. Treatment sessions generally occur between **9:05 AM and 5:30 PM**.
- If scheduled treatments are cancelled after confirmation due to menstruation or illness, **50% of the treatment charges** will be applicable to cover preparation costs, material wastage, and loss of the treatment slot.
 - Strenuous physical activity, including intense yoga practices, is not recommended. Only very gentle asanas, regular Pranayama, and meditation are permitted.
 - Sexual activity is contraindicated during the treatment period.
 - Energy-draining activities such as excessive gadget use, internet browsing, reading, writing, or intense discussions should be minimised.
- Assisted baths after treatment should be limited to **15 minutes** to avoid delays for subsequent Health Seekers.
 - Additional baths in personal bathrooms are generally discouraged due to susceptibility to the common cold during oil-based therapies. If required, complete the treatment-room bath within 15 minutes and continue briefly in the personal bathroom.
 - If absolutely necessary, a quick morning body wash (avoiding the head) may be taken, though this is not ideal.
 - External treatments may be temporarily discontinued if symptoms such as cold, flu, sinus congestion, or fever develop.

- After treatments, Health Seekers must dry their hair thoroughly using towels or hair dryers. Hair dryers are available in common areas on a use-and-return basis.
- Exposure to sun, wind, rain, mist and cold should be avoided. Leisure walks may be taken at suitable times in covered spaces; night walks are discouraged due to cold weather and wildlife.
- Health Seekers are advised to attend to natural bodily urges promptly without suppression or force.
- Use of air-conditioning should be avoided for at least **2 hours before and after major treatments** and used conservatively at other times.
 - External treatments are not administered during menstruation. Female Health Seekers are advised to plan their treatment schedules accordingly.
- After discharge, Health Seekers are advised to take adequate rest at home before resuming normal routines.

Food & Dietary Guidelines

- Health Seekers are required to adhere to prescribed meal timings and adjust the quantity based on hunger, and the meal timings are as follows
 - Breakfast: 7:30 AM (Ground Floor) | 7:45 AM (Upstairs & Cottages)
 - Lunch: 12:00 PM (Ground Floor) | 12:20 PM (Upstairs & Cottages)
 - Snack: 3:30 PM (Ground Floor) | 3:45 PM (Upstairs & Cottages)
 - Dinner: 7:00 PM (Ground Floor) | 7:15 PM (Upstairs & Cottages)
- Breakfast and dinner are light meals; lunch is the main meal. Snacks are also light.
- Avoid overeating, eating rapidly, or eating before the previous meal has been digested. Stop eating when comfortably satisfied.
- Meals are served in your rooms to encourage mindful and meditative eating. Health Seekers are requested to avoid conversation during meals.
- We do not provide customised diets, including zero-sugar or low-carbohydrate diets, even for diabetic Health Seekers. Our dietary approach focuses on addressing root imbalances, and many diabetics observe improved glycaemic control during treatment.
- The standard diet may occasionally include onion and garlic. Health Seekers who wish to avoid these may do so when served.
- Portion sizes are fixed but may be adjusted after discussion with the Vaidyas.
- If required, fruits such as apples, guavas, or pomegranates may be arranged through the office with prior notice of one to two days.
- If buttermilk (yellow) is served at lunch, it shall be consumed at the end of the meal.

Water Intake Guidelines

- Water should be consumed according to thirst. Overconsumption is discouraged.
- Sip **100–200 ml** of water during meals. Avoid drinking water for approximately **50 minutes after meals**.
- Health Seekers are advised to drink **boiled water** (warm or cooled to room temperature) as part of the treatment protocol. Water that is boiled and stored overnight can be avoided.
 - Purified hot and normal water is available on the ground floor & upstairs areas.
 - Water jugs, thermoses, and electric kettles are provided. Dishwashing soap and scrubs are available in the amenity box, as utensils are not replaced until discharge.

Post-Meal Routine

- After each meal, take a gentle walk of approximately **100 steps** (not more)
- Rest comfortably for **20 minutes** thereafter.
 - Sleeping after meals is discouraged, as it contradicts treatment principles.
- If extremely fatigued due to inadequate night sleep, a short nap of up to **one hour** may be taken around **11:00 AM or 4:00 PM**.

Medications

- Medications should be taken with a calm and prayerful mindset.
- Used medicine containers shall be placed on the tray outside the room by **11:00 AM**.
 - Ayurvedic herbal medicines are prescribed based on holistic principles and do not follow a direct one-to-one disease model. Therefore, detailed explanations for each medicine may not always be feasible.
 - Common formulations may include Kashayam or Kwatham, Kashayam tablets, Arishtam, Asavam, Choornam, Ghritam, Gulika, Vati, Guggulu, Lehyam, and Rasayana.
 - If you wish to reduce the discharge medicines and procure it elsewhere, it shall be informed to the vaidyas well in advance. Changing the quantity after it has been sent to the room is a cumbersome process.

Staff Gratuity

- Individual tipping of staff members is discouraged to ensure fairness and impartiality in care.
- Health Seekers who wish to offer gratuity may place it in an envelope with their name in the **Staff Gratuity Box** at the office. The amount will be distributed equally among non-managerial staff.
- If a Health Seeker wishes to acknowledge a specific staff member with a particular amount, this may be mentioned in a note enclosed within the envelope.

INFORMED CONSENT FOR AYURVEDA TREATMENT

I, the undersigned, voluntarily consent to undergo Ayurveda treatment at **SDJ Ayurvedalaya** after having been fully informed about the nature, scope, benefits, limitations, risks, responsibilities, and institutional policies governing my treatment.

1. Nature of Treatment

Ayurveda treatment is individualised and may include clinical assessment, diet and lifestyle counselling, internal medicines, external therapies and detoxification procedures (including but not limited to abhyanga, shirodhara, pizhichil, navarakizhi, vasti, nasya, virechana, vamana, raktamokshana), breathing practices, meditation, and prescribed restrictions. All treatment decisions shall be taken solely at the discretion of the attending Ayurvedic physicians.

2. Disclosure of Information

I confirm that I have provided complete, truthful, and accurate information regarding my medical history, medications, allergies, and health conditions. I understand that withholding information may compromise treatment safety and outcomes.

3. Compliance With Medical Advice

I understand that treatment may require complete physical and mental rest, including abstinence from physical activity, walking, travel, work, reading, internet usage, smoking, alcohol consumption, unprescribed food, shopping, and temple visits, unless expressly permitted in writing by the physicians. I agree to strictly adhere to all medical advice, instructions, and restrictions.

4. Non-Compliance

I understand that deviation from prescribed advice may adversely affect treatment results. SDJ Ayurvedalaya and its physicians shall not be held responsible for consequences arising from non-compliance. Repeated non-compliance may lead to modification, suspension, or discontinuation of treatment in my best medical interest.

5. Treatment Outcomes

I acknowledge that Ayurveda treatments require time, and benefits may manifest over weeks or months. No guarantees of specific outcomes have been provided.

6. Discharge Medicines – Mandatory Component

I understand that discharge medicines prescribed for a minimum period of **three (3) months** are an essential and inseparable part of Ayurveda treatment. Most cases require external application oils as part of post-treatment care. I acknowledge that non-consumption of prescribed discharge medicines compromises treatment efficacy, and if I am unwilling to take them, there is no therapeutic rationale to undergo treatment.

7. Emergency & Allopathic Care

I understand that SDJ Ayurvedalaya is not equipped to manage medical emergencies or surgical conditions. If required, I may be transferred to an allopathic hospital at my own expense. Continuation or discontinuation of allopathic medications shall be done only under my allopathic physician's guidance.

8. Post-Treatment Care

I agree to observe minimal physical activity for at least **four (4) weeks** after treatment and to avoid travel or tourism during this period.

9. Possible Adverse Effects

I understand that mild and temporary effects such as dizziness, nausea, fatigue, loose stools, or similar symptoms may occur depending on my health condition.

10. Financial Responsibility

I confirm that I have been informed of all charges related to accommodation, food, treatments, medicines, consultations, and incidental services. I agree to settle all dues before discharge and accept the hospital's cancellation and refund policy.

11. Voluntary Consent

I confirm that I am undergoing treatment voluntarily, without inducement, assurance, or promise. This consent applies to all medical decisions taken by the Ayurvedic physicians during my course of treatment.

12. Guests, Bystander & Insurance

Guests are not permitted. One bystander may stay for the **entire treatment duration** solely for assistance, and one cannot stay for just a few days as a guest. Insurance documentation, if required, must be provided upon arrival and will attract additional documentation charges.

Declaration

I confirm that this consent is in a language I understand. I have had the opportunity to ask questions and have received satisfactory answers. I agree to abide by all medical advice and institutional policies of SDJ Ayurvedalaya.

SDJ Ayurvedalaya is a simple Ayurveda treatment facility/hospital; hence, please do not expect the facilities of a resort.

Please tear off and hand this portion to the Vaidyas during your first consultation

I confirm that I have read and fully understood all the information provided above.

Heath Seeker's Name : _____

Date: _____

Signature _____