

# Naturopathy Chikitsa Kendra

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धर्मार्थकाममोक्षाणामारोग्यं मूलमुत्तमम्।

*“Health is the supreme foundation for Dharma (Righteousness), Artha (Prosperity), Kama (Fulfilment of Desires), and Moksha (Liberation).”*

प्रकृतिः परमं भेषजम्

*“Nature is the Supreme Medicine.”*

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The Naturopathy Centre at Shri Krishna AYUSH University, Kurukshetra, is dedicated to promoting holistic health and wellness through natural healing therapies and healthy lifestyle practices. Based on the fundamental principles of Nature Cure, the Centre focuses on restoring health by addressing the root cause of diseases rather than merely treating symptoms.

Naturopathy is a scientific system of healthcare that emphasizes the harmonious balance of the five elements—Earth, Water, Fire, Air, and Space—to maintain physical, mental, and emotional well-being. The Centre provides safe, effective, non-invasive, and drug-free therapies designed to enhance the body’s inherent healing capacity.

Our services include naturopathy consultations, hydrotherapy, mud therapy, massage therapy, reflexology, acupuncture, acupressure, fasting therapy, chromotherapy, yoga, pranayama, and various detoxification procedures. These therapies are complemented by guidance on nutrition, stress management, and healthy lifestyle practices.

The Centre aims to create awareness about preventive healthcare and empower individuals to adopt natural and sustainable approaches to health and wellness. Through a combination of traditional wisdom and modern understanding, we strive to improve the quality of life and promote long-term well-being.

We acknowledge the valuable guidance and continuous support of the Hon’ble Vice-Chancellor, Registrar, and Medical Superintendent, whose vision and leadership have been instrumental in establishing and strengthening the Centre.

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**Nature Heals, We Guide.**

Dr. Chakarpani Arya  
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