

बॉडी सर्विसिंग

सिर्फ 7 घंटोंमें मानसिक एवं शारीरिक थकान मिटाकर पूनःऊर्जा प्राप्त करें

आज यांत्रिक जीवन शैली एवं भोगवादी प्रवृत्ति के कारण मनुष्य के पास अपने तन-मन की सुधि लेने की फुर्सत ही नहीं है। शरीर को स्वस्थ एवं निरोगी तथा मन को शांत एवं संतुलित बनाये रखने के लिए **क्रतिन वेलनेस क्लिनिक** मनीषनगर ने मानव शरीर की सर्विसिंग का एक **दिवसीय** अनोखा कार्यक्रम तैयार किया है जिसमें आधुनिक प्राकृतिक चिकित्सा द्वारा शरीर से विशैले तत्व (टॉक्सिन्स) निकालकर संपूर्ण शरीर की शुद्धि की जाती है ताकि आप उर्जावान महसूस कर सकें एवं निरोगी रह सकें।



क्रतिन वेलनेस क्लिनिक में शरीर की संपूर्ण बाह्य एवं आंतरिक शुद्धि (सिर से पैर तक) प्राकृतिक चिकित्सक के मार्गदर्शन में साफसुथरे एवं आरामदायक वातावरण में की जाती है जिससे आप तरोताजा एवं तनावमुक्त होकर शरीर में नविन ऊर्जा का संचार महसूस कर सकेंगे।

फायदे

- ❖ पाचन शक्ति में सुधार
- ❖ कब्ज, गैस, अंसिडिटी एवं अल्सर की समस्या से दूर रखता है।
- ❖ त्वचा रोग से मुक्ति दिलाता है।
- ❖ तनावरहित जीवन शैली में फायदेमंद
- ❖ उच्चरक्तचाप व कोलेस्ट्रॉल को नियंत्रण में रखता है।
- ❖ पेट के कैंसर को दूर रखता है।
- ❖ कार्यक्षमता बढ़ाता है।
- ❖ तनाव कम करके निरोगी एवं स्वस्थ जीवन जीने में फायदेमंद

आओ बढ़ाये एक कदम स्वस्थ, सुखी एवं तनाव रहित जीवनशैली की ओर

Other Services

Consultation Fees	300
Home Consultation Fees	500
BMI / BP / Sugar Testing	50
Diet Chart	250
Yogic Counselling	200



Home Treatment (upto 5 Km) 1,000 / Day
(For distance beyond 5 Km, Rs. 10/- per Km, will be charged extra.)

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

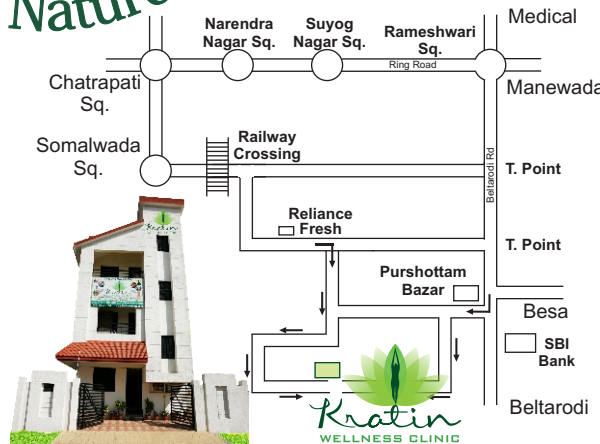
स्वस्थ जीवन के लिये प्राकृतिक चिकित्सा अपनाएँ

**WORLD CLASS
NATUROPATHY TREATMENT
IN NAGPUR**

योग का समय:
प्रातः 5.30 से 6.30

उपचार का समय:
प्रातः 7.30 से 12.30
सायं: 5.00 से 8.00

सोमवार बंद



क्लिनिक का पता:

124, भारतीय गृहसमस्या निवारण संस्थान,
पुरुषोत्तम बाजार के पीछे, बेलतरोडी रोड,
मनीष नगर, नागपूर - 440 025

मो. +91 7057314702 फोन नं. 0712-6601279

वेबसाइट: www.kratinwellness.com

Mob: +91 7057314702 | Ph. No: 0712-6601279 | Email: wellness@kratin.co.in

क्रतिन वेलनेस क्लिनिक में आकर शरीर, मन और आत्मा को नव उर्जा से भरें।

प्राकृतिक चिकित्सा - एक जीवन पद्धति

प्राकृतिक चिकित्सा में पंच तत्वों (आकाश, हवा, अग्नि, जल एवं पृथ्वी) एवं प्राकृतिक आहार सेवन द्वारा बीमारीयों का इलाज किया जाता है एवं लक्षणों का दमन करने की अपेक्षा रोग को जड़ से मिटाया जाता है।

हमारी चिकित्सा पद्धतियां



Refreshing Massages



Abhyangam
*Dur: 75 Min Amt: 1500/-

Massage of the body with large amounts of warm oil, pre-medicated with herbs. Followed by steam bath. It relieves muscle and joint aches, nervousness and sleeping disorders.



Underwater Massage
*Dur: 30 Min Amt: 600/-

Special pressure jets massages your whole body. It relieves muscular pain & tension and helps in arthritis.



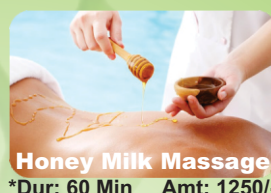
Potli Massage
*Dur: 60 Min Amt: 750/-

Special Ayurveda massage with medicated herbs and oil. Followed by steam bath. Provides nourishment to soft tissues, increases blood circulation.



Swedish Massage
*Dur: 60 Min Amt: 900/-

It is whole body oil massage. Followed by steam bath. It improves blood circulation, releases muscular tension, refreshes and re-energizes the body.



Honey Milk Massage
*Dur: 60 Min Amt: 1250/-

Massage with soothing mixture of honey, rose and warm milk. Followed by steam bath. It makes the skin smooth, moisturized & helps in lighting of skin color.



Salt Glow Massage
*Dur: 60 Min Amt: 1000/-

Scrubs the whole body gently with special mixture of salts. Followed by steam bath. It removes toxins from the body and helps to make the skin smooth and lustrous.



Vibro Massage
*Dur: 60 Min Amt: 650/-

Mechanically vibrations are passed through the body surface. It helps in immediate relaxation, stress relief, de-congestion, weight loss and pain relief.



Nasya
*Dur: 30 Min Amt: 250/-

In nasya treatment the nasal medication reaches all the parts of the head and neck and cures the diseases. e.g. Migraine, headache, Stiffness of the neck, obstruction of the throat.

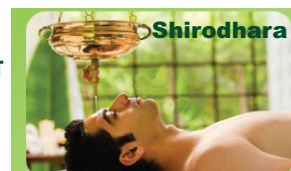
लाभ

- ✓ जीवन की गुणवत्ता में सुधार
- ✓ शरीर से टॉक्सिन्स का निष्कासन
- ✓ रोगनिरोधी शक्ती में वृद्धि
- ✓ उर्जा और ताजगी का एहसास
- ✓ तनाव में कमी

Diseases we manage :-

Arthritis & Knee Pain	Asthma & Bronchitis	Acidity & Constipation	Allergy & Skin care	Headache & Migraine	Depression & Stress
Muscular Dystrophy	Spondylitis & Backache	Liver Disorder	Irritable Bowel Syndrome	Gynec Problems	Prostate Problems
Diabetes	Gastritis	Hypertension	Infertility	Insomnia	Sciatica
Varicose veins	Thyroid	Paralysis	Piles	Kidney Care	Obesity
Alzheimers	Ameobiosis	Sinusitis	Sleep Walking	Re-habilitation	Psoriasis

Natural Therapies



Shirodhara
*Dur: 60 Min Amt: 1000/-

Shirodhara involves gently pouring liquids over the forehead. It is followed by head massage and helps in hypertension, insomnia, hair fall and relaxation.



Colon Therapy
*Dur: 60 Min Amt: 1800/-

Best cure for constipation and other digestive issues. It removes the toxins from colon which increases absorption of nutrients in the body. It also kick-starts the weight loss.



Cryo Therapy
*Dur: 30 Min Amt: 350/-

Cryo Therapy (use of low temperatures) relieves muscle pain, sprains swelling, increases cell rejuvenation, improves skin tone and reduces signs of aging.



Relaxation Program
*Dur: 120 Min Amt: 1000/-

Whole body massage, with enema, mud packs and refreshing steam bath. It reduces stress, relaxes your muscles. after days of hard work or travel.



Beauty Program
*Dur: 120 Min Amt: 1250/-

It includes herbal packs, body massage with (Rose, milk and honey) followed by exhilarating steam session. It elevates you to the world of calmness and glowing beauty.



Natural Face Care
*Dur: 45 Min Amt: 750/-

It cleanses the skin, reduces wrinkles and adds glow to your face. It includes face massage, facial steam and organic face packs which makes skin healthy and shiny.



Human Body Servicing
*Dur: 8 hrs Amt: 1500/-

Cleanse your body from head to toe and removes all toxins. It boosts immunity and helps to control vital health parameters to make you feel physically and mentally relaxed.



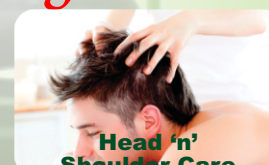
Hot Stone Massage
*Dur: 60 Min Amt: 1000/-

It relieves muscle aches, tension, improves blood circulation and relaxes sore muscles. Excellent for people who cannot tolerate deep tissue work.



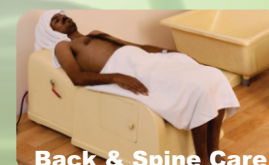
Thai Massage
*Dur: 40 Min Amt: 500/-

Thai Massage combines acupuncture, and assisted yoga postures. It relaxes the whole body and improves the personal outlook, and emotional status.



Head 'n' Shoulder Care
*Dur: 45 Min Amt: 500/-

Special head massage and firm & rhythmic strokes on neck & shoulders followed by steam, irons out the knots and provides total relaxation.



Back & Spine Care
*Dur: 45 Min Amt: 500/-

Revitalizing spinal spray followed by massage of the spine and lower back. It removes back pain, releases stress and improves the flexibility of the spine.



Leg & Feet Care
*Dur: 30 Min Amt: 450/-

Warm oil massage of calf and feet using specialized pressure points of the body. It is followed by a relaxing hot foot bath.

Kratin Wellness Clinic at a Glance



Kratin

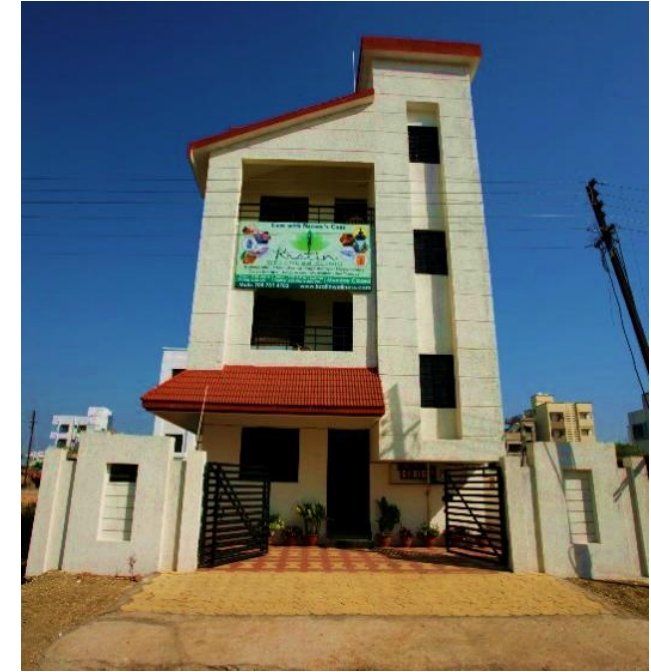
Kratin wellness Clinic has been established at **Manish Nagar, Nagpur (10 km from Railway Station and 3 km from Airport)** to promote Yoga and Naturopathy under the aegis of **Kratin Education Society**.



Objectives:

- Ensuring wellness for all by treating diseases through yoga & naturopathy.
- Creating awareness about Yoga & Naturopathy through workshops and seminars.
- Organizing Yoga & Naturopathy classes/camps to educate the mass.

Location Plan



Clinic Address:

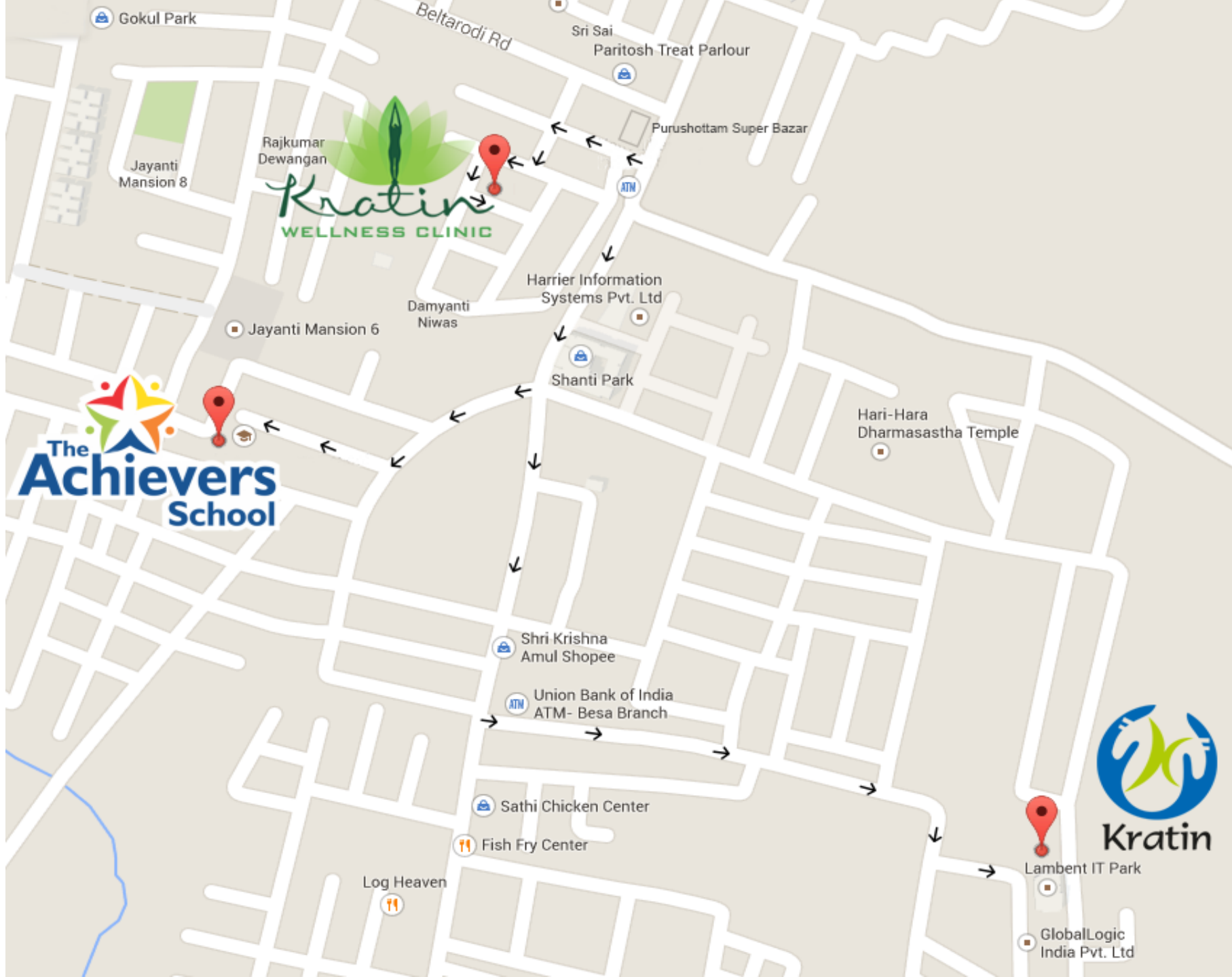
124, Bhartiya Gruhasamasya
Nivaran Sansthan,
Behind Purushottam Bazar,
Beltarodi Road,
Manish Nagar, Nagpur - 25

Mob: +91 7057314702,

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Email: wellness@kratin.co.in

Website: www.kratinwellness.com



Treatments Available at KWC

Ailments we treat:

- **Acidity & Piles** (अम्लपित्त कब्ज व बवासीर)
- **Arthritis & Knee pain** (गाठियावात व घुटनों का दर्द)
- **Asthma, Bronchitis & Sinusitis** (दमा श्वासनलीशोथ व साइनसाइटिस)
- **Atrophy of muscles & nerves** (मांसपेशियों / तंत्रिकाओं का अपक्षय)
- **Depression & Stress** (निराशा व मानसिक तनाव)
- **Diabetes & Hyper Tension** (मधुमेह व उच्च रक्तचाप)
- **Gout, Varicose Veins** (गाउट—वैरिकाज—वैंस)
- **Gynaecological Problems** (स्त्री के मासिक धर्म से संबंधित समस्याएँ)
- **Head ache & Migraine** (सिरदर्द व अधकपारी)
- **Infertility & Sexual debilities** (निष्फलता एवं कामी कमजोरी)

Ailments we treat:



- **Insomnia** (अनिद्रा)
- **Kidney & Urinary Infections** (गुर्दों की बीमारिया व मूत्र संक्रमण)
- **Liver Disorder** (लिवर विकार)
- **Obesity & weight management** (मोटापा व वजन प्रबंधन)
- **Paralysis** (लकवा)
- **Parkinson's Disease** (पार्किन्सन रोग)
- **Sciatica & Slip Disc** (सायटिका व स्लिप डिस्क)
- **Skin Diseases & Psoriasis** (चर्मरोग व सोरायसिस)
- **Spondylitis & Back ache** (कशेरुकासंन्धि शोथ व कमर दर्द)
- **Thyroid & Prostate Problems** (थायरॉयड व प्रोस्टेट समस्याएं)

Treatment therapies available at KWC



- Yoga & Meditation (योग एवं ध्यान)
- Diet & Fasting Therapy (आहार एवं उपवास चिकित्सा)
- Hydro therapy (जल चिकित्सा)
- Steam & Heat Therapy (भाप एवं उष्मा चिकित्सा)
- Massage Therapy (मालिश चिकित्सा)
- Mud therapy (मिट्टी चिकित्सा)
- Shatkarmas (Neti, Kunjal, Dhoti, Kapalbhati, Nauli, Tratak)
- Acupressure (Manual & acupressure Bed)
- Acupuncture (एक्युपंकचर)
- Colon therapy (कोलोन चिकित्सा)
- Physiotherapy (फिजिओ थेरेपी)
- Panchakarma (पंचकर्म)
- Ion Detoxification (आयोन डिटॉक्सिफिकेशन)

Hydro Therapy

Hip Bath

Benefits:

- ❑ Digestion related disorders,
- ❑ Irregular menses,
- ❑ Gynecological problems, constipation,
- ❑ Obesity, diabetes,
- ❑ Kidney related problems,
- ❑ Hypertension, Migraine,
- ❑ Prostate enlargement
- ❑ Urine related problems.



Spinal Spray

Benefits:

- Mental confusion
- Paralysis, spinal stenosis
- Insomnia
- Mental disorder
- Cervical spondylosis
- Hip joint osteoarthritis
- Schizophrenia
- Rickets
- spinal degeneration.



Arm and foot Bath

Benefits:

- Asthma
- Congestion in chest
- Cough and cold
- Sinusitis, osteoarthritis
- Foot and arm pain
- Ischemia



Circular Bath

Benefits:

- Varicosity
- Muscular weakness
- Body pain
- Stress
- Improved blood circulation



Underwater massage

Benefits:

- ☐ Obesity,
- ☐ Paralysis
- ☐ Poliomyelitis
- ☐ Rickets
- ☐ Muscular weakness
- ☐ Disability
- ☐ Depression
- ☐ General weakness.



Steam & Heat Therapy (भाप एवं उष्मा चिकित्सा)

Hot Foot Bath

Benefits:

- ❑ Asthma,
- ❑ Insomnia
- ❑ headache
- ❑ osteoarthritis
- ❑ sciatica.



Steam bath

Benefits:

- Obesity
- Osteoarthritis
- Asthma
- Rheumatism
- Sciatica
- Nervous breakdown
- Skin diseases
- General weakness.



Hot & Cold fomentation

Benefits:

- ❑ Stomach pain
- ❑ Knee joint
- ❑ Osteoarthritis
- ❑ Lumbago
- ❑ Rheumatism
- ❑ Asthma
- ❑ Body pain.



Local steam

Benefits:

- ❖ Knee arthritics
- ❖ Gout
- ❖ Backache
- ❖ Frozen shoulder
- ❖ Eczema
- ❖ Acne.



Face steam

Benefits:

- Cold
- Bronchitis
- Asthma
- Acne
- Sinusitis
- Cough.

Sun Bath

Benefits:

- ☐ Osteoarthritis
- ☐ Rheumatism
- ☐ Obesity
- ☐ Psoriasis
- ☐ Malnutrition
- ☐ Warts
- ☐ Indigestion
- ☐ Rickets
- ☐ Strength.





Kratin

Chest pack

Benefits:

- ☐ Cough & Cold
- ☐ Bronchitis
- ☐ Fever
- ☐ Hypertension
- ☐ Asthma
- ☐ Heart disease



Abdomen Pack



Benefits:

- ❖ Constipation
- ❖ Indigestion
- ❖ Ascetic
- ❖ Liver disorders
- ❖ Flatulence
- ❖ Acidity
- ❖ Obesity.



Knee pack



Benefits:

- Osteoarthritis
- Rheumatism of knee.

Sauna Bath

Benefits:

- Asthma, Bronchitis
- Pain & rheumatism
- Psoriasis
- Skin itching
- Hormonal problem
- Low blood pressure
- Obesity



Stone therapy

Benefits:

- Relaxation of muscles
- Stress reduction
- Release of toxins
- Pain reduction
- Improvement of Blood Circulation
- Insomnia
- Anxiety & Depression



Massage Therapy



Oil Massage



Powder Massage



Hot Stone Massage

Benefits:

- Improves
- Activities of muscles & glands
- Hypertension
- Hypotension
- Joint disorders
- Paralysis
- Depression
- Local pain
- Weakness
- Indigestion and obesity.

Mud Bath

Benefits:

- Skin diseases like eczema,
- Psoriasis
- Mental confusion
- Stress
- Headache
- Insomnia
- Hypertension
- Diabetes
- Migraine
- Mental disorders
- Digestion related disorders.



Shat-karmas

Benefits of Kunjal:

- Indigestion,
- Acidity,
- Gas/flatulence,
- Bronchitis,
- Bronchial asthma



Benefits of Sutra Neti:

- Deviated nasal septum.
- Cold & Cough
- Sinusitis
- Allergic rhinitis.

Benefits of Jal Neti:

- Bronchial asthma
- Sinuses,
- Bronchitis
- Cold,
- Allergic rhinitis,
- Migraine,
- Anxiety,
- depression,
- Insomnia



Acupressure (Manual & Acupressure Bed)



Benefits:

- Diabetes
- Asthma
- Bronchitis
- Disorders of heart & blood circulation
- Sciatica
- Cervical spondylitis
- Stiff neck
- Tennis elbow
- Mental tension,
- Anxiety,
- Special problems of women
- Insomnia
- Migraine.



Acupressure Bed



Enema



Colon Therapy (कोलोन चिकित्सा)

Healthy Colon Toxic Colon



Benefits:

- ▶ Improves digestive system
- ▶ Prevents constipation
- ▶ Increases energy
- ▶ Improves absorption of vitamins & nutrients
- ▶ Improves concentration
- ▶ Kick starts weight loss
- ▶ Decreases risk of colon cancer
- ▶ Increases fertility
- ▶ Maintains PH balance in the blood stream
- ▶ improves whole body wellbeing

An average person, by the age 40, has about **5 to 10 kg** of hard compacted fecal matter lodged in his intestine.

Physiotherapy



Benefits of Electrotherapy:

- ☐ Hemiplegia
- ☐ Paralysis
- ☐ Lumbar spondylitis
- ☐ Cervical spondylitis
- ☐ Back ache
- ☐ Frozen shoulder
- ☐ Muscular atrophy
- ☐ Varicosity

Benefits of Exercise therapy:

- ❖ Muscular Pain
- ❖ Back ache
- ❖ Paralysis
- ❖ Hemiplegia
- ❖ Stiffness
- ❖ Blood Circulation
- ❖ Stress

Panchakarma

Benefits:

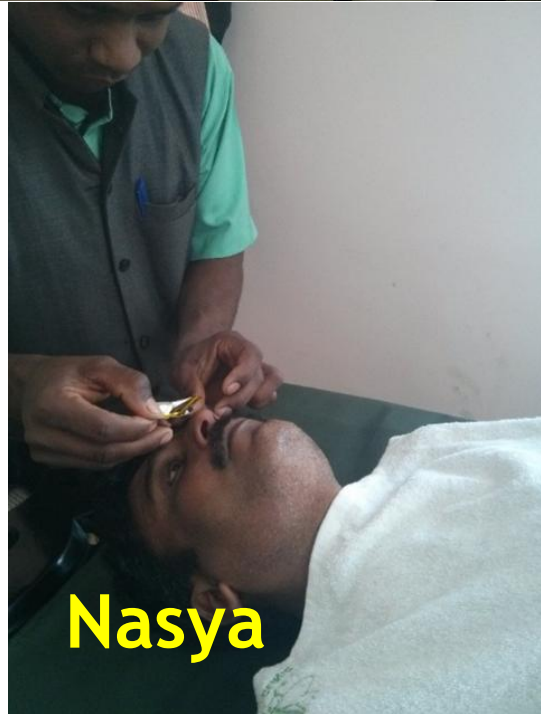
- Improves Blood Circulation to brain
- Improves Memory
- Nourishes hair and scalp
- Improves digestion
- Sharpens the sense organs
- Improves the quality of voice
- Gives strength to the neck & head
- Improves the health of the skin

Shirodhara (शिरोधारा)

Benefits: Slip-disc, lumbago, sciatica, cervical spondylosis, neck-pain, osteoarthritis, knee pain, rheumatism, hip joint pain, spinal stenosis.



Kati Vasti



Nasya

Benefits:

- Bronchitis,
- Dryness of nose,
- Facial paralysis
- Migraine,
- Inusitis,
- Onsilitis,
- Cataract,



Janu-vasti

Benefits:

- Osteoarthritis
- Osteoporosis
- Knee pain.

Benefits:

- Obesity
- Joint pain
- Muscle Pain
- Arthritis
- Hypertension
- Constipation
- Gastric problem
- Improves Blood Circulation.

Herbal Friction

Ion Detoxification

Benefits:

- Increased joint movement
- Pain relief from arthritis
- Better sleep
- Better wellbeing
- Increased energy
- Muscle pain & spasm



Facilities Available at KWC

For Outdoor Patient:

- Once a day treatment.

For Day care Patient:

- Twice a day treatment (morning & evening).
- Nutritious balanced breakfast & lunch as recommended by doctor.
- Relax at our Indoor facility during the day

For Indoor Patient:

- Pickup & drop from railway station or airport.
- Accommodation (A/C Room).
- Daily morning yoga.
- Twice a day treatment (morning & evening).
- Nutritious balanced food and juices as recommended by doctor.



Yoga Classes:

We conduct yoga classes at Kratin Premises & at other locations.



SMS Infrastructure Ltd. Nagpur



Global Logic, Mihan, Nagpur



Lambent IT park, Nagpur.



Veterinary college Nagpur.

Home services-

For the patients who are unable to visit
Clinic.

