



### GENERAL INFORMATION / ADVICE FOR ALL TREATMENTS AT VAIDYAGRAMA

| Procedure   | Do's  | Don't's  |
|---|---|--|
| you will be taken to the treatment room by the therapist at appointed time                                    | remove all jewellery and keep under lock & key in room itself                                   | do not eat food for at least 90 minutes before the treatment   |
| only male therapists do treatments for male patients; and female therapists do treatments for female patients | wear a simple gown or easy-to-remove clothes when you go for treatment                          | do not drink any liquid for at least 30 minutes before the treatment                                     |
|   | do relieve yourself (of the urges for urination and defecation) before you go for treatment     | do not drink cold water during your stay; please use only warm water for all your needs here             |
|   | during the treatment, if you need to relieve yourself, do not hesitate to inform the therapists | do not hold back the urges of urination and defecation at any point during your stay here                |
|   | wear the disposable loin cloth during treatment   | do not engage in conversation with therapist during treatment  |
| he / she will request you to remove clothes and wear the loin cloth   | relax and close your eyes during entire process   | do not request for additional pressure or hard massage; the therapists deliberately use minimum pressure |
|   | try to stay positive during entire process  | do not take bath on your own in your room for entire duration of stay here                               |
| if you need help, he / she will help you to wear the loin cloth   | if you can go into meditative state, that will be good  | do not venture out of room for at least 1 hour after completion of treatment                             |
|   | inform therapist if you have any discomfort at any point of time                                | do not be exposed to sun, wind, rain etc. for the entire duration of your stay here                      |



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| treatment is for duration between 45-75 minutes (or less or more) as decided by physician   | also keep physicians informed after treatment   | do not shave or cut hair; do not cut nails   |
|   | keep the physicians informed of every detail, small or big, that you feel uncomfortable with    | during bath, do not use green gram paste to clean the inside of the ears                           |
| after treatment, the therapist will give you a bath   | feel free to ask the physicians regarding any aspect of your treatment, herbs, etc.             | do not ask the therapists about the treatment, herbs etc.; they may not have the right information |
| generally hot water is used for the body; and lukewarm medicated water is used for the head; a scrub made of green gram paste is the cleaning agent | do cover your head, ears and neck with a shawl or soft cloth when you move out of your room     | do not use chemical products like soaps and shampoos as far as possible during your stay here      |
|   | do mild asana practice, pranayama or yoga nidra only with the permission of your physician here | do not use any substance like tobacco, alcohol and drugs during your stay here                     |
| after bath, he / she will apply a powder (Rasnadi Chooranam) to your scalp and also request you to sniff the powder gently                          | do try to be as meditative and stress free as possible during this treatment program            | do not eat food other than what is served to you   |
|   |   | do not sleep during daytime or stay awake late into the night                                      |
| he / she will then apply sandal on your forehead and take you back to your room   | do listen to good healing or spiritual music  | do not read, use computer  |
|   | do drink sufficient warm water through the day  | do not talk too much   |
| some treatments may require the cutting/shaving of hair; the physicians will inform you and then arrange accordingly                                | do go to bed early at night say by 9pm  | do not use mobile or telephone in excess   |



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| most treatments are done between sunrise and sunset; thus generally the last treatment starts at around 4.30pm                                      | do pass on any concerns / worries that you may have to your physicians; and then remain stress free | do not do exercise or any other physical activity without the permission of your physicians |
|   |   | do not get stressed on any account during this program                                      |
| <b>if you need to, do ask your physicians for explanations regarding any of these dos and donts; they will be happy to give you the information</b> |   |   |