

OCTOBER 23, 2006

INDIA TODAY

DIWALI SPECIAL

DAY BANGALORE
OF METRO MAS

BEST
OF INDIA



That Healing Touch



PLACE FOR NATURE CURE ♦ **SOUKYA**

It translates to wellness in Sanskrit and that's what everyone from Desmond Tutu to Duchess of York Sarah Ferguson come to experience at Soukya on the outskirts of Bangalore. With Dr Isaac Mathai at the helm of affairs, Soukya is flooded with patients from the West suffering from cancer and heart disease to arthritis and stress-related ailments. Soukya integrates Ayurveda, Homeopathy, Naturopathy and Yunani systems of medicine. The duration of treatments varies from 15 days to six weeks and comprises combinations of diet, physical fitness, yoga, massages and natural medication. "Prevention is better than cure and the best time to take stock is when you are still alright," says Dr

Mathai. The one-mile walking track, for instance, is filled with oddly-shaped sharp stones and water and everyone is encouraged to walk it everyday. "It stimulates the nerve ends and it is very important to learn to walk on this. Ninety per cent of the people who come here are unable to walk this stretch the first day, but by the time they leave all of them manage to do one round everyday," says Dr Mathai. With vegetarian-only meals and smoking and alcohol strictly prohibited in the sylvan sanctuary with its endless water bodies, the nallukettu houses, the relaxing reflexology and *shiro dhara* routines, there is very little that cannot be conquered, including ailments. In all, it's back to the basics—a sort of return to nature—that this place ensures.

by **Nirmala Ravindran**

Soukya means **wellness** in Sanskrit and it has brought Bishop Desmond Tutu and the Duchess of York, among others, to experience the wonders of **natural** medicine