



SOUKYA[®]

*Dr Mathai's Holistic Health Centre
At the Organic Farm, Bangalore, India*

Holistic Health

The Holistic Health approach is a concept in medical practice that views the person as a whole - mind, body and spirit. It takes into consideration the psychological, nutritional, emotional, social, cultural, lifestyle, environmental and spiritual aspects in health and illness.

A disturbance at any one level can affect the other, as they are all inter-connected. This imbalance caused, results in ill health and prolonged ill health results in disease.

Holistic health, is thus a state of wellness, characterised by a balance of all aspects.

The word SOUKYA is derived from the Sanskrit word 'soukhyam' meaning 'wellness', which is the aim of our Centre.

We help you attain holistic health and a holistic way of living. All this, through safe and natural medicines, traditional and time tested techniques, organic farming and eco-friendly practices.

Our mission is to offer authentic, high quality holistic health and integrative medical services which are personalised, need-based and delivered with a high degree of commitment.

SOUKYA has been honoured with the Government of India's 'Best Wellness Centre' Award in 2010.









Integrative Medicine

Each system of medicine like Homeopathy, Ayurveda, Naturopathy, Allopathy, etc and complementary therapies like Yoga, Acupuncture, Reflexology, Acupressure, Hydrotherapy, Mud therapy, Counselling, Nutrition, etc contribute to wellness.

Integrative Medicine is when different systems of medicine and complementary therapies are combined to treat medical conditions. It can also be used to promote general health and well being.

At SOUKYA, a unique centre and the only one of its kind, a detailed holistic health evaluation by our doctors help design an individualised integrative medical programme.

Our qualified, experienced doctors and highly trained therapists help in the healing and rejuvenation process.

Our medical services:

- Provide safe and natural treatment, prevention of illness and health promotion.*
- Stimulate the healing power within each person.*
- Initiates lifestyle changes.*
- Educates and makes people aware of and responsible for their health.*



Authentic Ayurveda

Ayurveda translated from Sanskrit means the 'Science of life' and is an over 5000-year-old traditional Indian system of medicine.

If there is any imbalance that could create a disturbance in normal health patterns, the aim is to restore one's natural balance to achieve ideal health.

At SOUKYA, we offer authentic and high quality ayurvedic protocols with dietary advice to help maintain a balanced and healthy body.

SOUKYA has its own organic medicinal and aromatic garden, from which fresh herbs are used in treatments and also to prepare the medicated oils and medicines in-house.

Pure Panchakarma

'Panchakarma' (five processes) is an amazing anti-ageing technique in which a thorough detoxification followed by an intensive rejuvenation therapy replenishes and revitalises the mind, body and spirit.





Therapeutic Yoga

Yoga unites mind, body and spirit in a unique manner.

Apart from giving flexibility to muscles and joints, yoga improves breathing, concentration and memory. It is also the perfect way to combat stress.

At SOUKYA, therapeutic yoga is taught by the naturopathic doctor on a one-to-one basis.

Surya namaskars (sun salutations), yogasanas, pranayama or yogic breathing, kriyas, meditation and relaxation techniques are all good ways to achieve ideal health.





Sathwic Food

Sathwic food is that which creates positive vibrations in the body and contributes to a pure, calm mind and is central to the concept of a healthy lifestyle in Indian philosophy.

Freshly prepared, healthy ovo-vegetarian cuisine is served to complement the treatment programme.

The vegetables, herbs, spices and fruits that are grown on the 30-acre organic campus, including our fresh garden honey is served at the dining.



The balanced meals are planned based on the different food groups. The low fat, low salt and low spice diets are personalised and based on your needs.

A long term dietary plan is given based on your ayurvedic body type and your lifestyle, to sustain the health benefits gained at our Centre.

Food is served in an open dining area that connects you with nature.

The entire centre is a tobacco and alcohol free zone.







Spacious Suites

Luxurious suites with private gardens and open air showers are both private and indulgent at the same time.

Apart from a 3 bedroom Presidential suite which has a kitchen and a staff room, there are 1 and 2 bedroom suites.





Deluxe & Super Deluxe Rooms

Warm sandstone accents, handmade tiles and distinctive decor characterise the living spaces.

There are fruit trees in the 1, 2 and 3 sided private gardens attached to all rooms.









Activities

A 2 km walking track inside the campus, allows for both brisk walks or leisurely strolls. Many varieties of fruit and flowering trees, birds and butterflies, add to the whole experience.

Try the reflexology walk or laze in the swimming pool, play snooker or table tennis.

Our library has a selection of books on varied subjects.

Television is restricted to a central area, so as not to hinder the healing process.

You could try your hand at gardening or even milking the cows!



Unique Programmes

Each treatment protocol is individually designed to suit your needs and there is a constant review. Follow-ups and medicine despatch are possible.

Medical Programmes

- Arthritis
- Cardiac Hypertension
- Diabetes
- Asthma
- Smoking Cessation
- De-addictions
- Rare & chronic diseases

Wellness Programmes

- Stress Management
- Life Management
- Detoxification
- Rejuvenation
- Anti-ageing
- Weight Management
- Ayurveda Special



Your day at SOUKYA

- | | |
|---------|---|
| 7.30 am | Surya namaskars and Yogasanas |
| 8.30 am | Breakfast |
| 9.30 am | Consultations / Treatments |
| 1.00 pm | Lunch & Rest |
| 3.00 pm | Treatments |
| 4.30 pm | Breathing, Meditation & Relaxation techniques |
| 5.30 pm | Walk/Swim/Recreation/Lecture/Cooking demonstration/Indian classical cultural programmes |
| 7.30 pm | Dinner |
| 9.00 pm | Early to bed |



SOUKYA Foundation

Established in 1996, the Foundation runs several clinics (charitable, free and mobile clinics) and free medical camps. With the Department of AYUSH, Ministry of Health & Family Welfare, Government of India, we have set up a Centre of Excellence.



SAHAYA

Started in 2009 as a residential/non-residential facility in the city centre, SAHAYA which means 'HELP' provides most of the treatments available at SOUKYA to all sections of society.

SAHAYA Holistic Integrative Medical Centre also offers free treatment for those who cannot afford it.

Founders



Dr Issac Mathai M.D.(Hom), M.R.C.H. (Lond)
Chairman, Managing and Medical Director

Dr Mathai hails from a family with a tradition of homeopathic practice spanning five decades. He completed his M.D. (Homeopathy) and M.R.C.H. in London and worked in Europe's first and largest holistic health care clinic for over 10 years. He has a patient network in over 60 countries. He is a visiting consultant at holistic centres in London and in the US.

Dr. Mathai studied Chinese Pulse Diagnosis and Acupuncture at the W.H.O. Institute of Traditional Chinese Medicine, Nanjing, China. He also participated in the Mind-Body Medicine training programme at the Harvard Medical School in Cambridge, MA in the US.

He established the Bangalore Holistic Medical Centre in 1989, the SOUKYA Foundation that runs several charitable and free clinics in 1996 and the SALLAYA Holistic Integrative Medical Centre for treatment for all sectors of society in 2009.



Suja Issac M.Sc., M.Phil. (Foods & Nutrition)
Executive Director

Suja Issac did her M.Sc. and M.Phil. in Foods & Nutrition at the Women's Christian College, Madras University. She is currently pursuing her Ph.D. in Nutrition. Both her M.Sc. and M.Phil. dissertation work, conducted at the Madras Medical College and the Kilpauk Medical College, were awarded the 'Best Thesis' from the University of Madras.

Having taught Nutrition at the Women's Christian College, Chennai and the Mount Carmel College, Bangalore, Suja also heads the Foods & Nutrition Department at SOUKYA.

She is the Managing Director of SALLAYA Holistic Integrative Medical Centre and a Trustee of the SOUKYA Foundation.

General Information

SOUKYA is located in Bangalore, which is the capital of Karnataka State in South India. It is located 21 kms from the city centre and 50 kms from the international airport. There are direct international flights to Bangalore from all major cities in the world.

Bangalore is the fastest growing city in India and is known for its cosmopolitan character and temperate climate.

Climate of Bangalore (World Meteorological Organization)

City	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Max C/F	27/80.6	29.6/85.3	32.4/90.3	33.6/92.5	32.7/90.9	29.2/84.6	27.5/81.5	27.4/81.3	28/82.4	27.7/81.9	26.6/79.9	25.9/78.6
Min C/F	15.1/59.2	16.6/61.9	19.2/66.6	21.5/70.7	21.2/70.2	19.9/67.8	19.5/67.1	19.4/66.9	19.3/66.7	19.1/66.4	17.2/63	15.6/60.1
Rain mm	2.7	7.2	4.4	46.3	119.6	80.6	110.2	137	194.8	180.4	64.5	22.1



SOUKYA International Holistic Health Centre

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Guest Experiences

"What a wonderful experience! We go away rejuvenated and feeling a great deal better than when we came. Thank you for the warm welcome and friendly hospitality. Wonderful place of serenity and healing with friendly, caring people."

- Arch Bishop Desmond Tutu & Leah Tutu (South Africa)

"Dr. Mathai's Ayurvedic and medical center, Soukya in Bangalore is an extraordinary place for nurturing and healing. India should be proud to have a world class facility that offers the best integrated approach to well being. Dr. Mathai is one of the most competent and brilliant holistic doctor in our world today."

- Dr. Deepak Chopra (USA)

"Soukya is as close to "paradise on earth" as it gets. The attention to every detail and sheer professionalism have no equal. My eyes have been opened to possibilities in healing that I never imagined. Thank you for such an inspiring, liberating and enjoyable experience."

- Dr. Michael Dixon (UK)

"I had made the decision that I wanted to find a sanctuary to chill out and it had to be holistic and ayurvedic. I scoured the world and zeroed in on Soukya. I got a couple independent references on Dr. Mathai. They were all excellent. I had high hopes but after four weeks - it far exceeded on every count - the panchakarma was dream like, the people dedicated and the place is magical. I left feeling fabulous. SOUKYA is now in my DNA and I will be there every year without fail - there is nothing more important than good health."

- Mr. R J Brandes (USA)

"It was such a long time I wanted to come to see what Issac Mathai and his wife had realized. SOUKYA was the most wonderful surprise 'a work of art' in one of the most ancient art in the world."

- Mr. Guerrand Hermes (France)

"The International Holistic Health Centre will be a landmark for local and international health, as it combines modern medical practice with ancient systems. It is a visionary concept in health management. Holistic medicine is being viewed by the W.H.O. as a model of health care and advocacy. I was most impressed with the whole programme of treatments. The overall holistic approach to health and well being, as well as the individual attention. Excellent!"

- Dr. Roberta Ritson (Switzerland)

"I am in Bangalore to find out more about the International Holistic Health Centre, a spiritual quest to explore what it has to offer to a person's body and soul. To learn about the different traditional systems of medicine it has to offer and the different ways of helping a person to wholeness and harmony of body."

- Ms. Sarah Ferguson, The Duchess of York (UK)

"Impossible to find fault from the staff to the treatments, to the food. I asked my wife to find me the best Holistic Health Center in India and she sure did. See you again sometime next year."

- Mr. Mal Emery (Australia)

(P.T.O.)

"SOUKYA truly creates an amazing healing environment with the celebration of life though heart touching experience ? I hope more Japanese people will come and experience the world of SOUKYA."

- Dr. Koshiro Otsuka (Japan)

"Dr. Mathai and Mrs. Mathai - You should be proud of SOUKYA. Once again SOUKYA did it for me. My health transformed. Sure SOUKYA has become absolutely blissful. I came back to SOUKYA after a few years. Always they are raising the bar higher and higher of professionalism - of Dr's, therapists, chef and staff. Certainly these will not be achieved without the vision and value and belief of Dr. Issac Mathai and his wife Suja. God bless you. Keep up the great work. Keep up the little heaven always nice and clean as usual. I will come again and leave a new person. Trust me I have with your help professionally accomplished all my goals. I came for it. It is a magical place."

- Mr. Khalid Al Khateb (Bahrain)

"Many thanks to the whole Soukya Family. I had a great experience and will be back for sure. Thanks to all of you am very ready and healthy to continue, my journey. God bless! And see you soon."

- Ms. Ana Cecilia Alvarado (Republic of Panama)

"I am here second time and I want go here again and again because I don't know the same place in all over the world. The magic place where I feel God in my heart and I can support balance between my body and my mind..."

- Ms. Elena Mijoshnichenko (Russia)

"A unique island of tranquility on the edge of an intense city. A place where the mind calms and adjusts, thanks to the miracle of ayurvedic treatments combined with wonderful caring staff, excellent food (the best I had in India) and a beautiful environment."

- Ms. Frances Kazan (USA)

"After visiting various Ayurvedic Resorts during the last years we came to Soukya Resort due to high recommendation. Our high expectations were topped by what we found here: beautiful accommodation, well maintained and large gardens, very friendly staff, good food and last but not least, a treatment centre of high and friendly professionalism. We did enjoy our daily treatments, we are returning home with lots of energy and less weight: The only question that remains - who will pamper us back home? THANKS A LOT!!!!!!"

- Mr. & Mrs. Christian Trachsel (Switzerland)

"Our stay at SOUKYA is like a dream. We are very grateful to Issac and Suja for these so relaxing, excellent and friendly days and are very impressed by the care taken by all the doctors, therapists and all the staff at the reception, restaurant, gardens... Thank you so much. All our love."

- Dr. Francois & Sylvie Chefdeville (France)

(More on www.soukya.com)