

NATURE CURE HOSPITAL

Nature Cure Hospital at Hyderabad was established in the year 1949 it is well known all over the country and it is one of the oldest Institution in this field with (60) years of significant service. The Nature Cure Hospital Complex is located in an area of about 10.00 acres with a lot of greenery around. Accommodation is provided for the patients in three categories i.e., 1) General Ward (Male-40 & Female-40) 2) Special Ward (Male-24 & Female-24) and 3) Cottages (56 beds). The total bed strength of the Hospital is 184. Annually about 39874 in-patients are treated at this hospital and bed occupancy is an average 113 (i.e.61.41%) patients per day.

The common diseases which are treated in the Hospital are:-

a) Essential hypertension. b) Non-insulin dependent - Diabetes Mellitus. c) Digestive Disorders: - (i) Hyper acidity/ Peptic Ulcer, (ii) Amoebiasis (iii) Constipation d) Respiratory allergic diseases i.e., Sinusitis, Bronchitis/ Bronchial Asthma. e) Cervical and lumbar Spondylosis, f) Skin allergies and other chronic ailments g) Addictions h) Obesity i) Under weight j) Menstrual disorders k) Nervous Diseases and other diseases.

Treatments available in the hospital: (i) Manipulative therapeutics (Massage therapy) (ii) Hydrotherapy (iii) Mud therapy (iv) Chromotherapy (v) Yogotherapy (vi) Pranayama (vii) Physiotherapy (viii) Magnetotherapy (ix) Diet therapy etc. These therapies are attended by the experienced persons with the supervision of Doctors.

Special Programmes: (i) Stress Management and Counseling programme (ii) Pregnancy care and Child Health Program (iii) Natural rejuvenation programme. Facilities like Physiotherapy, Chromo-therapy, Hydrotherapy, Magneto-therapy, Diet therapy and Yoga & Meditation are available in this Hospital.

SCHEDULE OF DAILY ROUTINE FOR IN-PATIENTS

5.00 a.m.	-	To wake-up-Ushapanam
5.30 to 7.00 a.m.	-	Yoga & Pranayama / Natural therapeutics (if any)
7.00 a.m.	-	Prescribed Natural drink
7.00 to 11.00 a.m.	-	Natural therapeutic treatments
10.30 to 11.30 p.m.	-	Brunch (Naturopathy Diet)
11.30 to 1.30 p.m.	-	Rest, Relaxation & Swadhyaya
2.00 p.m.	-	Prescribed Natural Drink
2.00 to 5.00 p.m.	-	Natural therapeutic treatment and Yoga
5.30 to 6.30 p.m.	-	Dinner
7.00 to 7.30 p.m.	-	Prayer & Satsang
7.30 to 9.30 p.m.	-	Doctor's visit / Natural therapeutic Treatments
9.30 p.m.	-	To bed

Timings : ***For consultations and admission 9.00 a.m. to 1.00 p.m. on all working days.***

Visiting hours : ***4.00 p.m. to 7.00 p.m.***

**Nature Cure Hospital, Dharamkaram Road, Ameerpet,
Begumpet (post), Hyderabad – 16, Ph. 040-23731786.**

