



SOUKYA

- A holistic way of living

Experience true healing with holistic health and integrative medical services at Soukya

Writer | **Saroni Roy**



Spread over a sprawling 30 acres of lush organic farms, Soukya, a residential health centre, is nestled 21 kms away from the bustling city of Bengaluru. The name is derived from the Sanskrit word Soukhyam which means well-being as well as 'being in the harmonious state of the mind, body and spirit', which happens to be the prime mission for this health centre.

At Soukya one's natural balance is restored with the integration of diverse traditional systems of medicine like Ayurveda, Naturopathy, Homeopathy

and complementary therapies like Yoga, Acupuncture, Hydrotherapy, Mud therapy, etc. from around the world, which is not exclusive of Allopathy or Western medicine and modern medical advancements. The focus is on health promotion, early intervention, and the treatment of illness.

INCEPTION OF SOUKYA

SOUKYA was conceived by Dr. Issac Mathai and assisted by his wife, Suja Issac, who reside on the property and are personally involved in running it. Dr. Issac Mathai, Founder Chairman, Managing & Medical Director of SOUKYA International Holistic Health Centre had over 25 years of holistic medical practice, and a patient network of over 10,000 from over 60 countries, when he established Soukya in the year 2003.

"I was based in London for 8 years and also practised in New York and Washington where they follow holistic treatment. While treating patients in London from around the world, I realised that the treatment resources are all sourced from India and not London! So I thought of coming up with a medical facility in my own country where all the resources and skills are readily available and attract people from worldwide to India. I wanted to project India in a different light – (prove)

that we can provide world class quality treatments in our country which are not available anywhere else in the world!" says, Dr. Mathai.

THE SOUKYA PHILOSOPHY

Soukya treats the person as a whole - mind, body and spirit, in the context of one's physiological, psychological, emotional, nutritional, lifestyle, sociological, environmental and spiritual aspects, both in sickness and in health, whether they come for medical treatment or for health

Living in the luxury of nature

Living in Soukya, is sure to bring you close to the nature but extreme care has been taken to offer luxury accommodation facilities. The property includes 25 deluxe rooms comprising of a Presidential Suite, a Royal Suite and deluxe rooms with luxurious facilities. Each room is surrounded by private gardens and a 2 km walking track and a unique Reflexology Walk. Recreational facilities here include a swimming pool and a shuttle court, snooker, table tennis and board games. Then there is a library which stocks books on health and wellness related subjects. Internet and Telecommunication facilities, a Travel Help Desk, a Gift shop, are also available on the property.



promotion. The holistic assumption is that the body has a remarkable capacity to heal itself. Speaking about the Soukya philosophy, Dr.Mathai explains, "Soukya is not a Spa, it is a 100% medical facility. Even if a guest is given a simple massage, it is done only after a detailed consultation and hours of case study. Each guest is examined and treated with integrative systems of medicine with a holistic approach. Somebody doing a simple massage also needs medical knowledge."In the American concept of a Medi-spa, we are a 'Medical Spa'."Soukya calls in Allopathic (western medicine) consultants whenever required and treatments are given in consultation with them.

SOUKYA - A UNIQUE EXPERIENCE

No other place in the world treats medical conditions with the integration of safe and natural systems of medicine like Ayurveda, Homeopathy, Naturopathy blended with natural therapies like Yoga, Acupuncture, Hydrotherapy, Mud-therapy, etc. Soukya offers authentic Kerala Ayurvedic treatments following the

traditional Panchakarma and special Ayurvedic protocols using pure herbs picked from the botanical farms.

"Ayurvedic massages use medicated oils which can have a positive, negative or neutral (no results) effect on the patient. Therefore, it is essential for a qualified Ayurveda doctor who has complete knowledge of the various ingredients used to produce these oils and its benefits, to provide the right mix of oil to be used for the guest's problems."

All programmes and treatments taken by guests are monitored daily by qualified and experienced doctors from different systems of medicine.

After hours of detailed case study – a holistic health evaluation, the patient is put on a health plan which is a careful blend of yoga, acupressure, naturopathy, Ayurveda, etc for 7 days/14 days/21 days or more on the basis of their requirement for complete detoxification and cure which lasts for years. All the treatments are done under close supervision of doctors, and each therapist is trained for at least six months before they deal with patients. And Yoga is taught by a naturopathic doctor and not by just a yoga therapist/practitioner.

"Even if a client comes for a simple Rejunative treatment, an Ayurvedic Abhyanga or a Dhara, the therapist



has to have the knowledge of basic anatomy and the guest's health requirements."

After leaving Soukya, the guest can follow up through email/phone, and medicines are despatched worldwide. Soukya is known to have treated rare, chronic diseases and incurable conditions, many of which have been treated unsuccessfully around the world!

INSIDE SOUKYA

The health centre was designed and landscaped by Suja Issac, with inputs from Dr. Issac Mathai. Situated on 30 acres organic farms, filled with aromatic, herbal and Ayurvedic medicinal plants, and with the tranquil and unpolluted freshness in the air, SOUKYA is home to over 75 species of birds and exotic butterflies, and other farm animals like rabbits, turkeys, ducks and guinea fowls, bringing one so close to nature that one can connect with their inner self.

The organic Ayurvedic medicinal garden that has over 200 species of plants provides for the in-house production of Ayurvedic medicated oils and medicines.

Soukya has 25 rooms with attached gardens, spread spaciouly on the vast expanse of organic farms.The rooms are built in traditional South Indian architectural style with inner courtyards and handcrafted roof and floor tiles,

extensive use of local granite, thatched roofs and traditional mirror craft from Gujarat on the walls.

The Therapy Centre which has 44 treatment rooms has separate male and female areas to maintain the comfort and privacy of all guests. It includes a Reception area, and Silent Rooms to rest after treatments which have soothing fountains. The Shower area is spacious and modern with utmost care taken for cleanliness and hygiene.

The serene and quiet Yoga and Meditation Hall has a roof of grass from Salem, a Kerala black oxide floor and walls adorned with coloured glass and mirror workfrom Gujarat. One - to-one yoga, breathing, meditation and relaxation sessions are held here.

The Dining area includes a formal meal area for the main meals, an informal area that serves juices and healthy refreshments and an outdoor dining area, which serves SOUKYA's fresh and healthy ovo-vegetarian cuisine designed by nutritionist, Suja Issac. Soukya's cuisine uses the organic



The SOUKYA logo, designed by Suja Issac, symbolises the unity of nature and human life in the quest for wholesome well-being. The colours of the logo represent the body and earth (rust), mind and vegetation (green), and spirit, water and skies (blue).

produce from the property, including fruits from the orchards, vegetables, honey from the garden, eggs etc. Soukya promotes and illustrates a holistic way of life. The property adopts eco-friendly systems like solar energy for heating water, energy saving devices, rain water harvesting, drip irrigation, organic composting and the use of natural light and ventilation.

THE ELITE CLIENTELE

Due to its close proximity to the Bangalore International Airport and its world class offerings, Soukya

Soukya Therapies

Medical conditions treated here include Arthritis, Cervical Spondylosis, Lower back pain, Joint pains, Aches, Cardiac problems, Hypertension, Diabetes, Respiratory ailments - Asthma, Bronchitis, Wheezing & Allergies, Liver conditions like Alcoholic liver cirrhosis, etc, De-Addiction, Weight Management (hormone related), Fibromyalgia or Chronic Fatigue Syndrome, Irritable Bowel Syndrome. Wellness Programmes include:Weight Management (due to lifestyle), Anti-ageing, Rejuvenation – Detoxification, Stress Management, Speciality treatments,andLife Management Programmes to improve quality of life and transform people.

is easily accessible and also a top favourite amongst International guests as well. Soukya's guest list include Prince Charles's wife HRH Camilla, The Duchess of Cornwall, Dr. Mrs. Mallika Sarabhai, dignitaries from the WHO, UN, Noble Laureates, members of the Royal families from the Middle East, UK and India, as well as several national and international CEO's.

"Not that there are no good facilities in Europe, or elsewhere, but Prince Charles and his family chose Soukya! Fundamentally they believe in holistic medicines, and they had sent their personal physician to review the place years in advance and saw the magical results people attained here. The whole facility could not have been provided at their palace so they flew down and stayed here in complete privacy for authentic holistic treatment."

Soukya truly heals and has proven to be a life changing experience for its guests!