

SLOW DOWN. BREATHE DEEP. HEAL NATURALLY.

Reconnect with nature,
Restore your balance,
and let your body Rediscover...



**BETHANY
NATURE CURE
CENTRE**

CURE BY NATURE

Nature Cure is a scientific system of healing that supports the body's natural ability to restore health using the five elements—Earth, Water, Air, Fire, and Ether. It promotes holistic well-being by addressing the physical, mental, and spiritual aspects of health.

Bethany Nature Cure Centre is nestled in a lush green sanctuary just beyond the outskirts of Trivandrum. Established in 1976 and managed by Bethany Ashram. It offers a serene and spiritual environment that fosters a deep connection with nature and is recognised as one of the leading naturopathic institutions in India.

In addition to comprehensive treatment facilities, the centre undertakes research programmes in naturopathy. A team of qualified doctors, counselors, physiotherapists, and trained therapists ensures attentive and personalised care for every patient.

Located about 8 km from the railway and bus stations, the centre provides a peaceful healing space while remaining easily accessible. An on-site organic farm, rich in flora and livestock, enhances the tranquil setting and is thoughtfully integrated into treatment programmes to support holistic recovery and well-being.



Restoring
complete health
by treating diseases
at their root
through scientifically
proven therapies
in a calm, healing
environment





Treatment Modalities

A variety of natural therapies are offered with separate sessions for male and female patients, ensuring comfort and privacy.

Hydrotherapy

Restores circulation and relaxes the body

Steam Bath, Spinal Spray, Immersion Bath etc.,



Yoga Therapy

Improves flexibility, balance mental clarity and enhance concentration

Therapeutic *Asanas*, *Pranayama*, Meditation and relaxation techniques.



Power Yoga

A dynamic form of yoga that improves strength, flexibility and endurance.



Dhara Treatment

Therapy to relieve headache, migraine, and stress using a continuous stream of warm oil on the forehead to improve circulation and relaxation



Physiotherapy & Electrotherapy

Specialised treatments using therapeutic exercises and modern equipment.



Diet Therapy

Nutritious vegetarian diet plans prescribed by doctors based on individual needs.



Mud Therapy

Natural therapy that removes impurities, relaxes muscles and supports healing.



Heliotherapy

Therapeutic use of sunlight to aid recovery and improve vitality.





Our Treatment Plan

Our treatment plan blends Naturopathy, Yoga, Physiotherapy and Diet therapy to support natural healing and overall well-being through personalised care.

Therapeutic Targets

- Cardiovascular disorders
- Digestive Diseases
- Endocrine Diseases
- Obesity
- Hormonal Imbalance
- Thyroid Condition
- Arthritis
- Stress related problems
- Lifestyle Disorders
- Sleep disorders
- Sinusitis
- Menstrual Disorders
- Blood Sugar Imbalance
- Migraine & Headache
- Allergies & Skin Diseases
- Pain Management
- Dietary Support
- Renal Calculi
- Jaundice

Naturopathy Treatments

- Hydrotherapy
- Massage Therapy
- Steam bath, Local steam
- Sauna bath
- Mud Therapy
- Plantain leaf bath (Helio Therapy)
- Ganji Turmeric Bath
- Herbal Pack (Kizhi)

Therapeutic Wraps

- G H Pack
- Kidney Pack
- Knee Pack
- Salt Pack
- Mustard Pack
- Wet Pack
- Chest Pack
- Broncho Pack

Diet Therapy

- Based on disease condition
- Follow up with Diet chart

Yoga Therapy

- Breathing Techniques
- *Pranayama*
- *Asanas*
- *Kriyas*
- Yogic Counselling
- General Yoga Sessions
- Special Yoga
- Relaxation Techniques
- Meditation
- Trataka (Eye Exercise)

Physiotherapy

- Electrotherapy
- IFT, TENS, IRR
- Wax therapy
- Exercise Therapy
- Gym Facilities
- Ultrasound
- Traction-Neck & Lumbar
- Short wave Diathermy

Acu Therapy

- Acupuncture
- Acupressure
- Pebble Walk
- Bare Foot Walk

Dhara Treatment

- Shiro Dhara
- Thakra Dhara
- Kashaya Dhara
- Vasti
- Nethra Dhara
- Pichu

Cosmetology

- Facial massage
- Head massage
- Face packs
- Pedicure



Experiential Group Family Therapy

- Strengthen Family Bonds
- Improve Communication
- Resolve Conflicts Gently
- Build Trust & Emotional Safety
- Grow Together as a Family
- Meditative growth through Yoga



STED

Scientific and Technical Education Development Council (STED)

Affiliated Courses:

- Panchakarma
- Beauty Care



Outreach Initiative

Bethany Nature Cure Centre offers expert-led seminars and interactive workshops on naturopathy and lifestyle management.

Our team of doctors, counselors, and therapists conducts specialised yoga and wellness programs in schools and institutions to enhance mindfulness and well-being.

These initiatives promote awareness and encourage a sustainable, natural approach to health.



Instagram



Facebook



Locate us





BETHANY NATURE CURE CENTRE

Established in 1976, managed by Bethany Ashram.
One of the best Naturopathy hospitals in India

Convent Lane, Bethany Nagar
Nalanchira, Trivandrum. Pin: 695 015
Keralam, India.

Phone : +91 80894 07546, +91 91889 42376

E mail : bethanynaturecure@gmail.com

www.bethanynaturecure.in

