

# An Ode To Ayurveda

Perched literally on Bengaluru's doorstep, the 15 acre green oasis that houses the Tapasya Ayurvedic Health Resort in Nelamangala is a tranquil wellness escape from the city, says **Bindu Gopal Rao** who comes back rejuvenated!



Tapasya Ayurvedic Health Resort is spread over 15 acre of greenery and bliss!

"This is for you" said B. Vasanth Kumar Shetty, Director at Tapasya Ayurvedic Health Resort and as he placed two small fruits on my stretched palm. As I looked at the small lemon yellow hued fruit – he quickly went on to say that this was a rose apple and it was among the many fruits grown on the 15 acre green oasis that houses the Tapasya Ayurvedic Health Resort. In fact, walking around this place you could be forgiven to think you have actually ventured into a fruit orchard. There are rows of fruits like jackfruit, mango, star fruit, litchi and of course the rose apple among many others. In fact, all the lanes here are named after the

fruit-lined trees! Lined with silver oak trees the resort specialises in wellness programs that are derived from Ayurvedic traditions. Incidentally, Ayurveda means life-knowledge in Sanskrit and is a system of traditional Hindu medicine native to India and discipline of the Upaveda in Vedic tradition. Its origins are also found in the Atharvaveda which contains magical cures for diseases and it uses herbal medicines and massages with medicated oils.

## WELLNESS MATTERS

Tapasya offers yoga, meditation and pranayama and this is coupled with a vegetarian, Ayurvedic diet prescribed by the onsite

doctor. Apart from the lush greenery, there are a variety of medicinal shrubs that are grown onsite as well. The resort has a variety of packages on offer including a Corporate Wellness Program exclusive for senior management professionals like CEOs and the like. This covers workplace disorders like stress, anxiety, depression and lifestyle diseases like diabetes, hypertension, multiple joint pains and the like. "We follow a holistic approach incorporating Ayurveda, Naturopathy and Yoga to leave our guests replenished, rejuvenated and restored," says Vasanth. The place itself is specifically designed for corporate senior