



Dr. Shagnika Pradhan

10th Sep to 15th Oct 2024

Naturopathy and yogic science physician (BNYS)

Dr. Shagnika is an experienced practitioner in clinical and wellness modalities, specializing in pain and stress management. With a comprehensive approach, she integrates traditional Chinese medicine, herbal remedies, dietary and nutritional counseling, healing therapies, lifestyle intervention programs, modern holistic techniques, and yoga therapy. Dr. Shagnika prioritizes individual needs, offering personalized wellness programs tailored to address the root cause of issues while focusing on fundamental aspects of general well-being. Her dedication lies in promoting a balanced lifestyle, merging concepts of healthy living with a holistic approach to physical and mental health.

Services Menu

HOLISTIC LIFESTYLE CONSULTATION

Includes health assessment, history talking, diagnosis, explanation of the root condition of health complaints, additional diet assessment, Developing customized lifestyle intervention programs tailored to address your specific needs and goals. These programs may include recommendations for dietary modifications, exercise routines, stress management techniques, sleep hygiene practices, and other lifestyle adjustments to support your overall well-being.

ACUPUNCTURE HEALING THERAPY

Ancient Chinese Medicine, known for its holistic approach to health and wellness, utilizes acupuncture as a therapeutic technique. Acupuncture involves the insertion of fine needles into specific acupuncture meridian points throughout the body to regulate and balance the flow of Qi energy. By stimulating these points, acupuncture aims to restore harmony and equilibrium within the body, addressing various physical, emotional, and mental imbalances.

CUPPING THERAPY

Cupping therapy originating from Traditional Chinese Medicine, involves the application of suction to the skin and muscles using either plastic or glass cups. This therapy, known as dry or wet cupping, serves to release muscle tension, enhance blood circulation, and alleviate various musculoskeletal issues.

REIKI SOUND HEALING

Reiki sound healing is a spiritual healing technique that harnesses the flow of free energy to promote holistic well-being. This practice combines the principles of Reiki, which involves the channeling of universal life force energy, with sound healing meditation and chanting to facilitate deep relaxation and inner harmony.

NATUROPATHIC MANIPULATIVE THERAPY

Naturopathic Manipulative Therapy encompasses hands-on techniques aimed at manipulating muscles and soft tissues to promote healing and overall well-being. This therapy utilizes herbal-infused oils and poultices to enhance the therapeutic effects of manual manipulation.

SLEEP ENHANCEMENT THERAPY

Sleep Enhancement Therapy offers a comprehensive approach to improving sleep quality and inducing deep relaxation. This therapy combines various holistic modalities to address both physical and mental aspects of sleep disturbances, combining acupuncture, reflexology to stimulate parasympathetic nervous system, herbs induced oil massage therapy, yoga nidra and sound healing techniques to improve and induce deep state of relaxation.

YOGA FOR WELLBEING

A holistic blend of hatha yoga practices including asanas, pranayama (Breathing exercises), guided meditation for physical and mental health.

AQUA YOGA THERAPY

Indulging in relaxation pranayama breathing exercises combined with yoga asanas with the assistance of water buoyancy beneficial muscle strengthening, increased mobility and restores calmness.

WELLNESS PROGRAMS

Stress & pain healing 3days - Consultation, Acupuncture, manipulative therapy, Cupping massage, reiki sound healing and breath work.

Digestive wellness - 3days -Consultation, Yogic cleansing technique, Herbal supplements, abdominal massage and herbal packs , diet and nutrition, therapeutic yoga.

Emotional release - 3days - Consultation, Reiki sound healing, guided meditation and breath work, herbal oil manipulative therapy, acupressure.

Wellness group activities

Sound healing & chanting meditation