

Calendula

Ayurvedic and Medical Clinic

Mr. Istvan Riesz Dr.(Ayu)Hon.
MSc. ME., MSc Economics
Chairman

**Hungarian Ayurveda Medical Foundation
(1996)**
Managing Director
**Garuda Trade Ltd.
(1991)**

In the frame of the
II. International Scientific-Practical
Conference on
„East medicine in a modern world:
traditions, innovation
and prospects of developement”
22-23 of May 2010
Donetsk, Ukraine



Introduction of Calendula Clinic

- ✓ **Set up in 1991, at Siofok (next to Lake Balaton), Hungary**
- ✓ **Aim: helping people to find the way to complete physical and mental health**
- ✓ **merging the principles of Eastern and Western medical knowledge and phylosophy**
- ✓ **applying basically methods and practices of Ayurveda**
- ✓ **full-scale ayurvedic clinic at Siofok**
- ✓ **outpatient clinic at Budapest (consultations only)**



Professional staff

Dr. Dmitri SKOPINTSEV: chief physician, founder, owner, gastroenterologist, Ayurvedic doctor, family doctor

Dr. Arun GUPTA: Ayurvedic doctor, consultant, panchakarma specialist, university professor

Dr. Sangeeta GUPTA: Ayurvedic doctor, consultant, panchakarma specialist, university professor

Nischal GHALE: yoga teacher



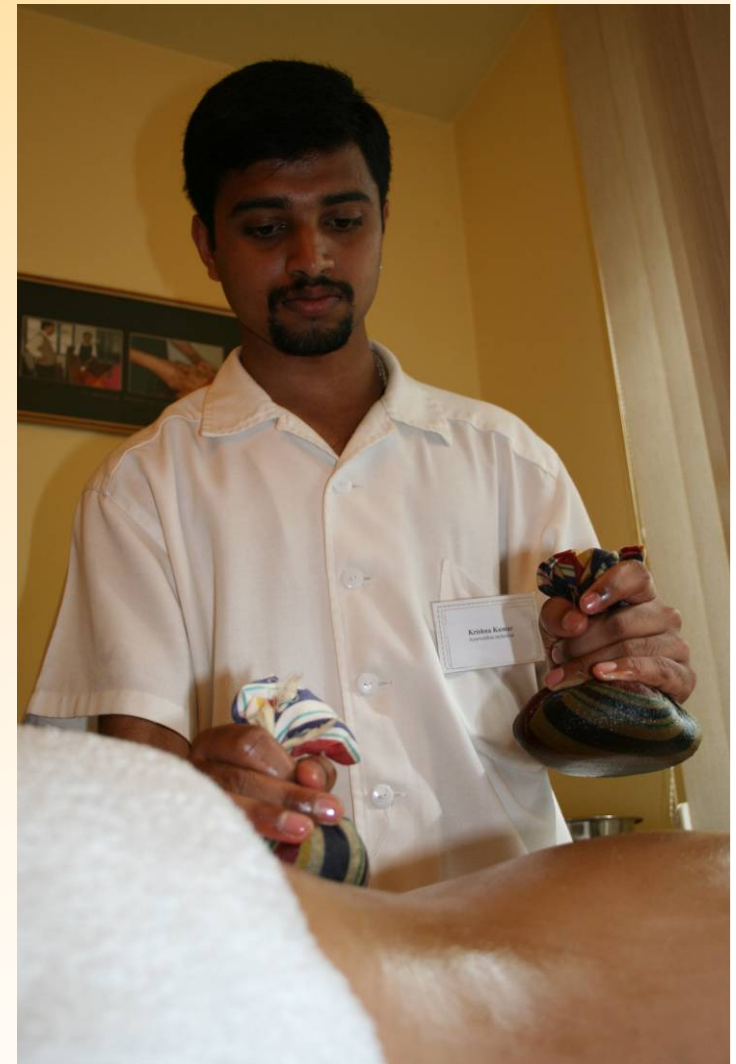
Successfully treated diseases

- ✓ heart, blood-system, vascular disorders
- ✓ locomotive disorders
- ✓ metabolism disorders
- ✓ psychological diseases
- ✓ autoimmune diseases, allergies
- ✓ obesity, weight problems
- ✓ cleansing of the body (panchakarma)



Methods, practices applied

- ✓ **Ayurveda**
- ✓ **Academic medicine:**
manualtherapy,
ultra-sound treatment,
balneotherapy, etc.
- ✓ **Massage therapy**
- ✓ **Yoga therapy**
- ✓ **Special diet (ayurvedic)**
- ✓ **Other methods:**
acupuncture, acupressure,
herbal bath, etc.



Results of ayurvedic treatments applied

- ✓ holistic approach to healthcare and curing
- ✓ panchakarma therapies
- ✓ internal cleansing
- ✓ improving digestion
- ✓ achieve loss weight
- ✓ more beautiful skin
- ✓ more vitality
- ✓ easier movement
- ✓ calming of the mind and soul
- ✓ calming of nerves
- ✓ nourishing muscles, joints
- ✓ etc.



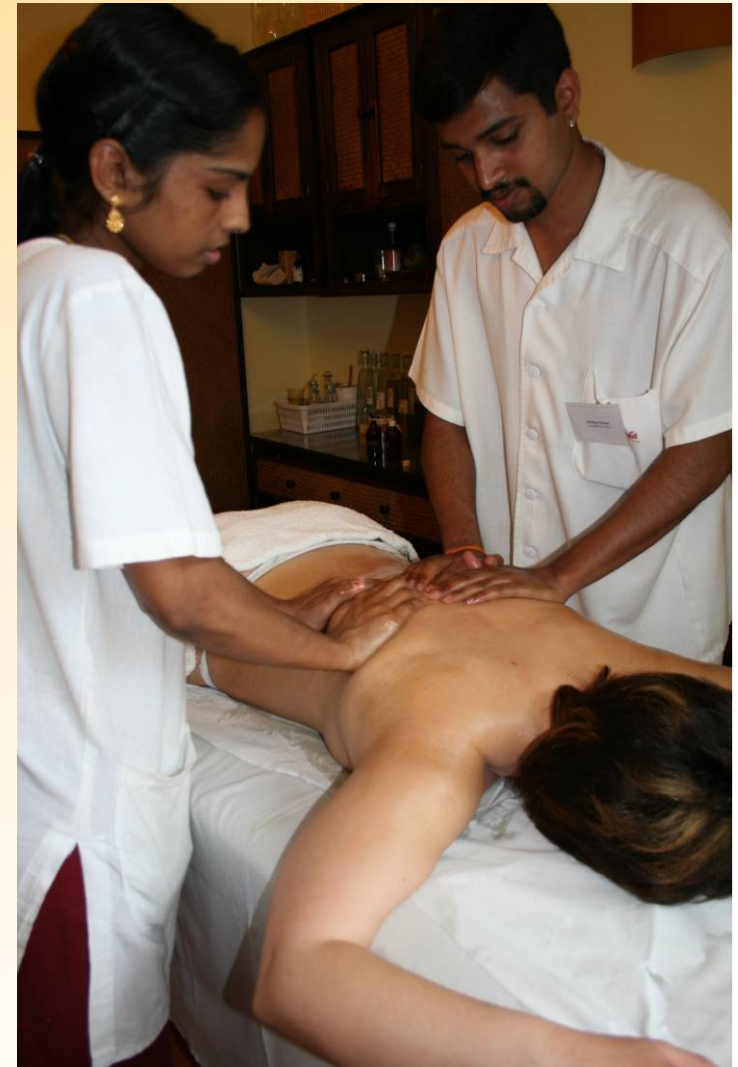
Ayurvedic massage and beauty treatments

beauty treatments:

- ✓ face and body scub
- ✓ facial massage
- ✓ full-body massage
- ✓ body-pack

massages:

- ✓ abhayanga (synchronised massage)
- ✓ udvartana (with powders and pastes)
- ✓ shiro abhayanga (head massage)
- ✓ etc.



Yoga Centre

Iyengar yoga: to harmonize body and mind

Hatha-Asthanga Vinjasa yoga

**Yoga courses and
holidays at Siófok**



Thank you for your kind attention!

Contacts:

**Calendula Medical and Ayurvedic Clinic
(Siofok)**

**Calendula ambulant Ayurvedic clinic and
medical consulting-room
Budapest**

info@calendula.hu

www.calendula.hu