

DR. SUNDARESWARAN – AYURVEDIC DOCTOR WITH GOOD CONSCIENCE

As an established Ayurveda center, we produce our own medicines. A team of experienced specialists is responsible for the preparation of these; first and foremost Dr. Sundareswaran, the Quality Controller. Having been brought up with Ayurveda, he showed interest in Ayurveda in his early years of childhood and later made his way to a Chief Physician in a Government Hospital in Kochi, but eventually he turned from practicing Ayurveda to producing it. He reveals how he got there and why Ayurveda is superior to Western medicine with regard to treating different diseases.



Dr. Sundareswaran got in touch with Ayurveda at a very young age. His grandfather and great grandfather taught the Ayurvedic philosophy among their people and his father in law was a well-known Ayurveda Doctor in Kerala. His father-in-law was his biggest role model and it was him, who inspired Dr. Sundareswaran to delve into Ayurvedic studies.

After his diploma in Ayurvedic medicine and a specialization in Ayurveda Toxicology, Dr. Sundareswaran worked in different governmental and private hospitals in Kerala. After more than 52 years of working experience in Ayurveda Dr. Sundareswaran joined Somatheeram as Quality Controller in 2014 and is taking care of the entire production unit.

“There are many medicine producers who just try to sell their product regardless of the effects it might have. Here at Somatheeram we choose our suppliers very carefully and perform constant quality checks on our products. I can go home with a good conscience and knowing that the work I have done today helps other people.”

TEN TIMES AWARDED AS
“THE BEST AYURVEDIC CENTRE”

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Regarding the most striking difference between Western and Ayurvedic medicine Dr. Sundareswaran says: “Western medicine treats the disease, but Ayurveda treats the person. Indians see an Ayurvedic doctor before they fall sick.

Thus, a yearly Ayurvedic treatment in order to prevent diseases is of high importance. However, even once the disease occurred, the Ayurvedic treatment approach usually differs from the Western one.

Sleeping disorders for example are often caused by lifestyle associated psychological problems. Ayurveda treats sleeping disorders with yoga and meditation sessions, as well as with Ayurveda treatments like the Shirodhara, which involves the rhythmic pouring of oil on a patient’s forehead. Such a treatment approach aids at reducing psychological imbalance, which leads to a more successful course of treatment.

Many Somatheeram guests will reinforce the effect of an Ayurvedic treatment approach. ”



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