

NATUROPATHY WELLNESS CENTRE

A THESIS

Submitted in partial fulfillment of the requirements for the award of
Bachelor of Architecture degree

By

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DEPARTMENT OF ARCHITECTURE
SCHOOL OF BUILDING AND ENVIRONMENT

SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY(DEEMED TO BE UNIVERSITY)
Accredited with Grade “A++” by NAAC | 12B Status by UGC | Approved by AICTE
JEPPIAAR NAGAR, RAJIV GANDHI SALAI, CHENNAI - 600 119

MAY - 2024



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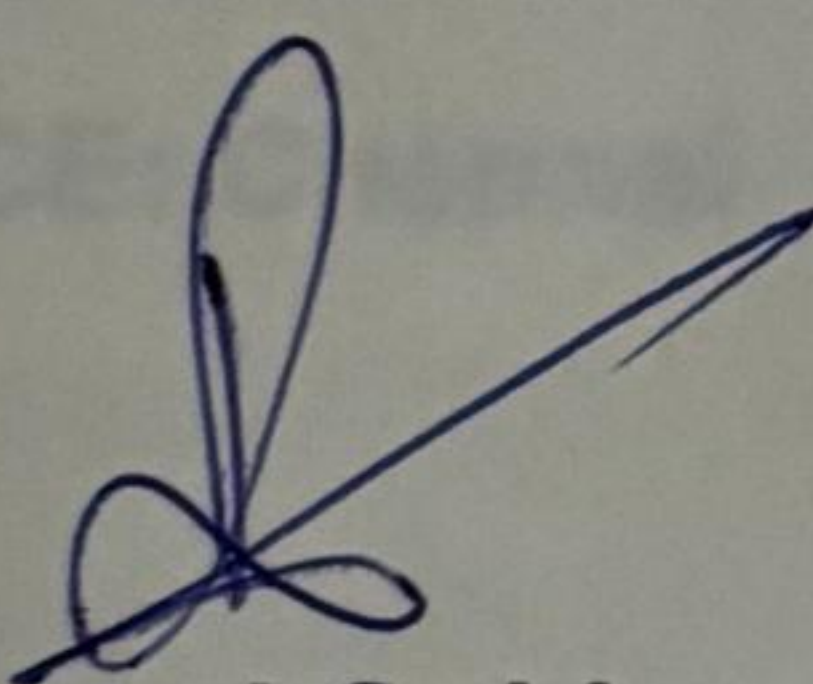
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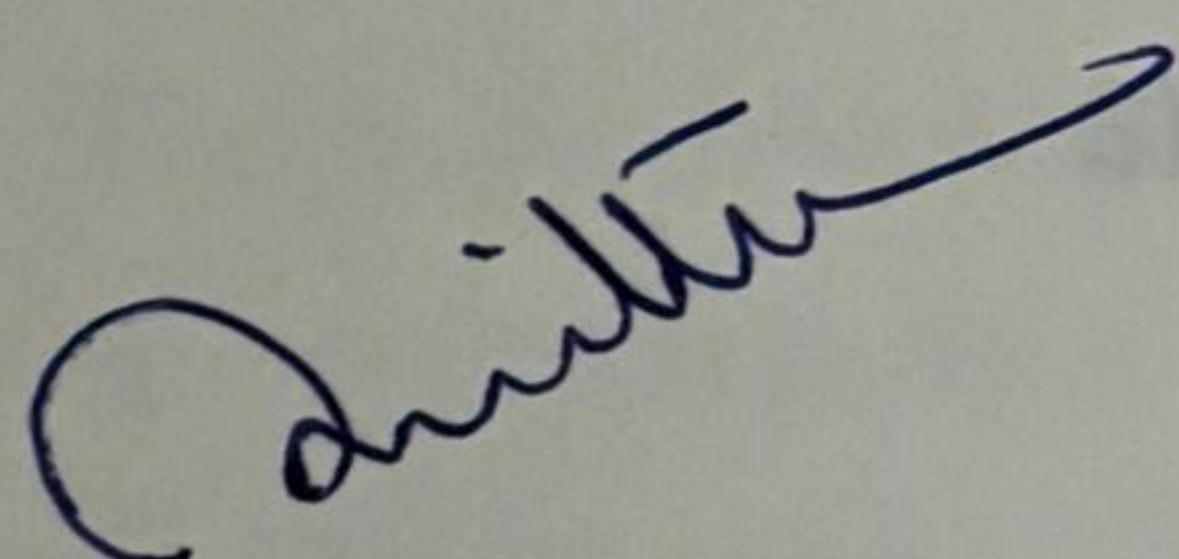
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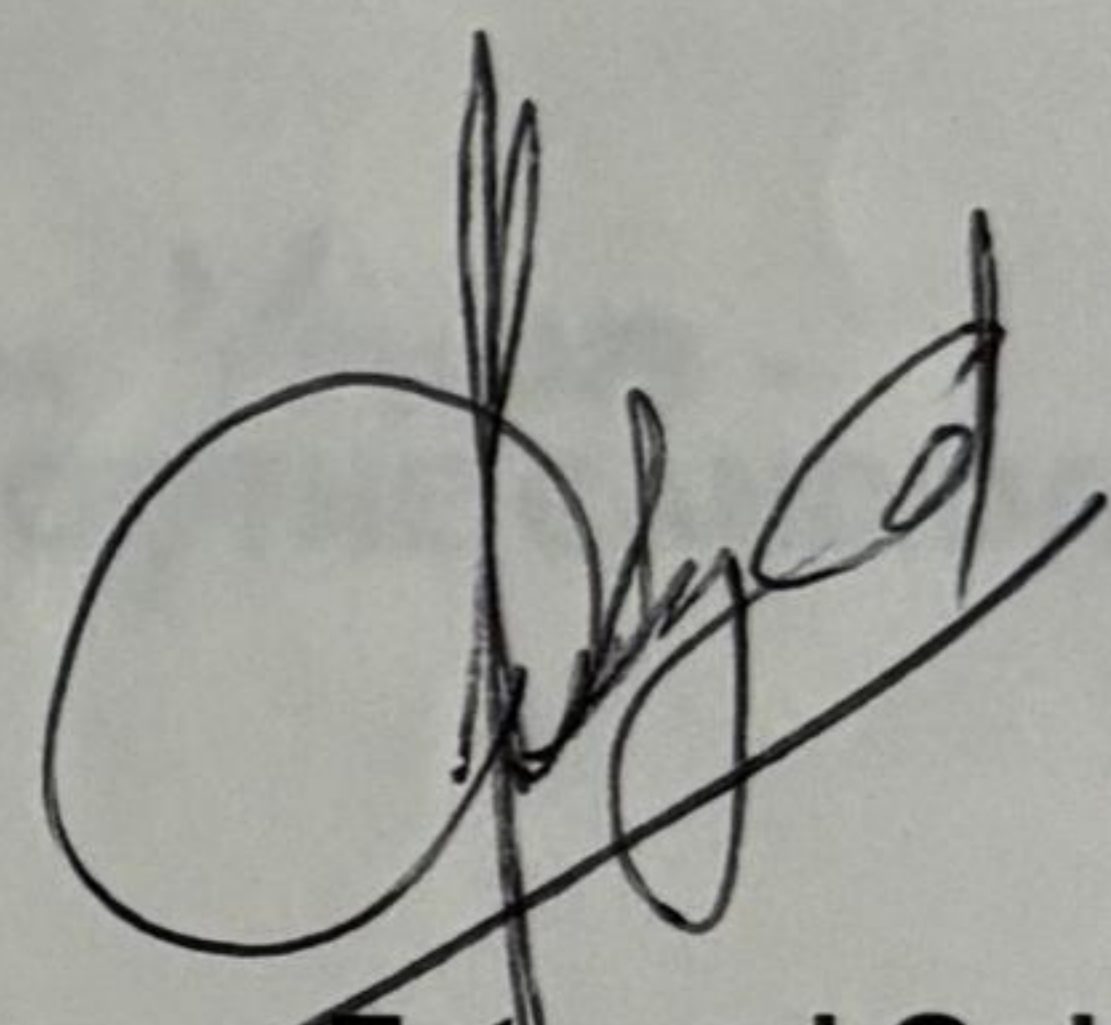
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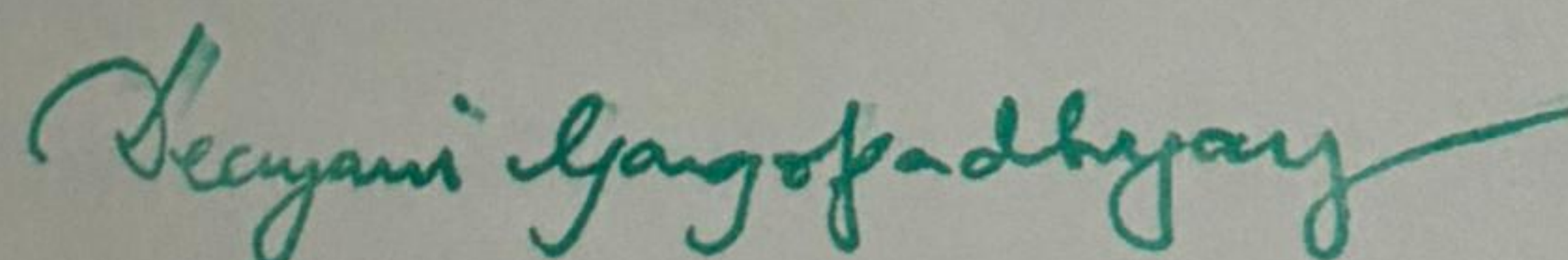
BONAFIDE CERTIFICATE

This is to certify that Thesis Report is the bonafide work of **Rohan Yosuva B M (39210070)** who carried out the Thesis entitled "**NATUROPATHY WELLNESS CENTRE**" under our supervision from January 2024 to May 2024.

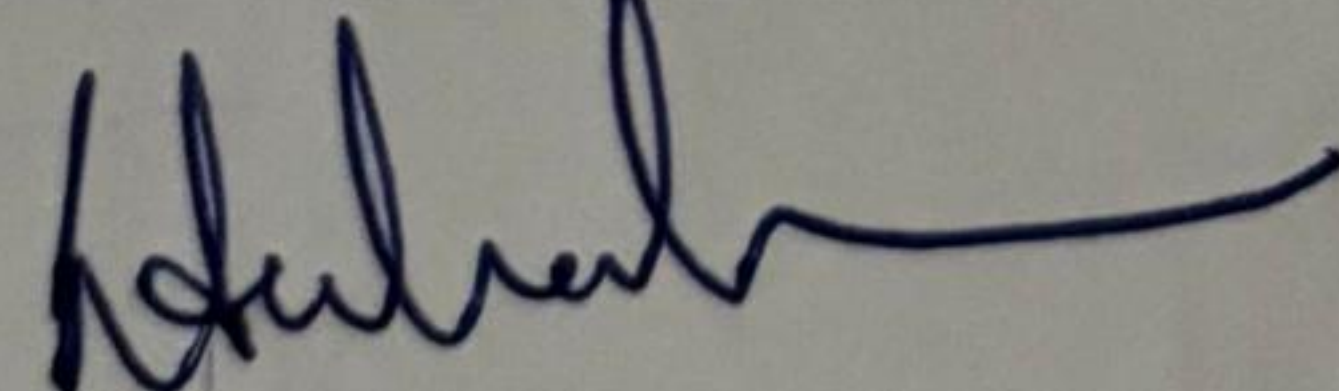

Internal Guide
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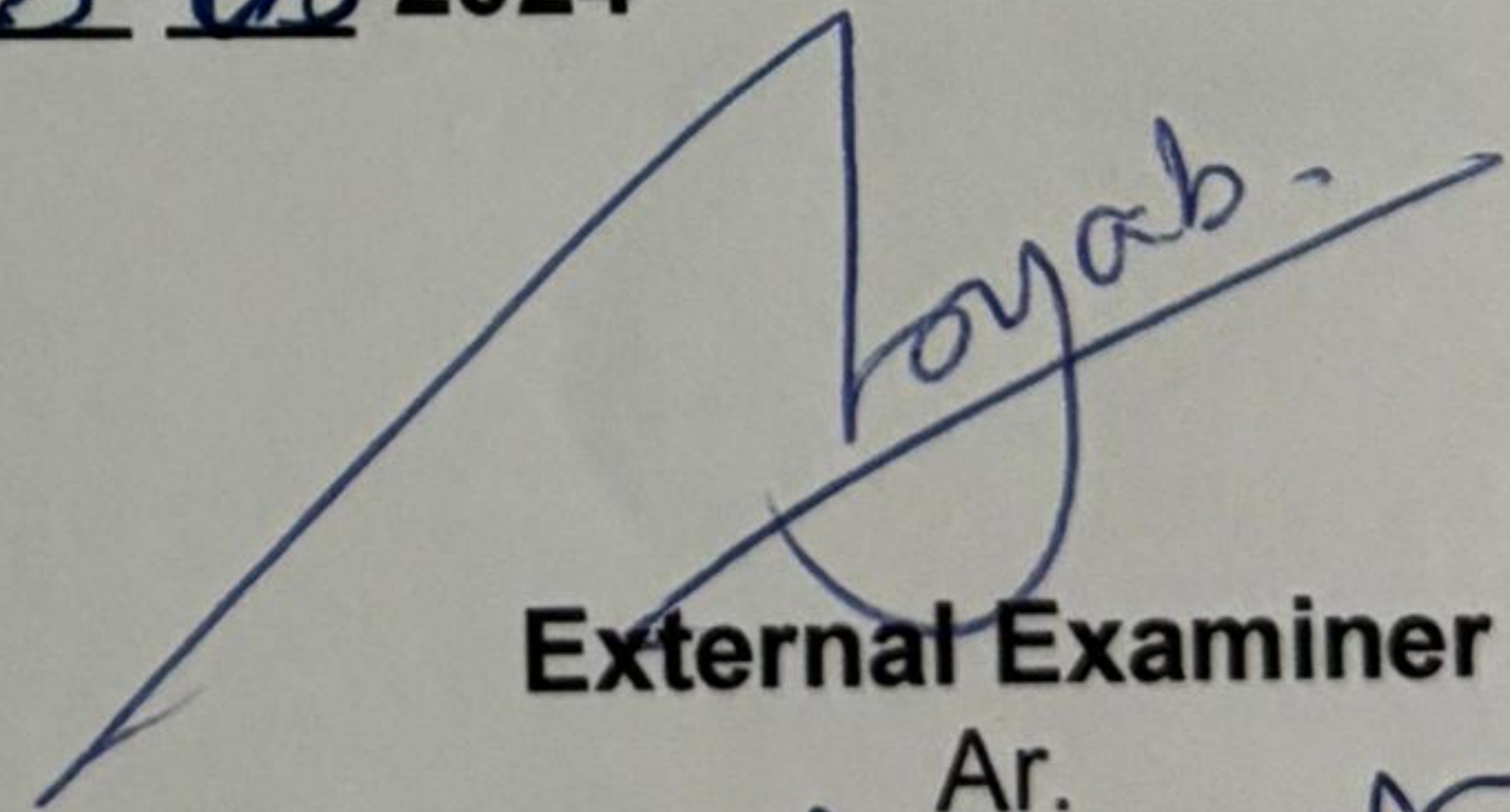
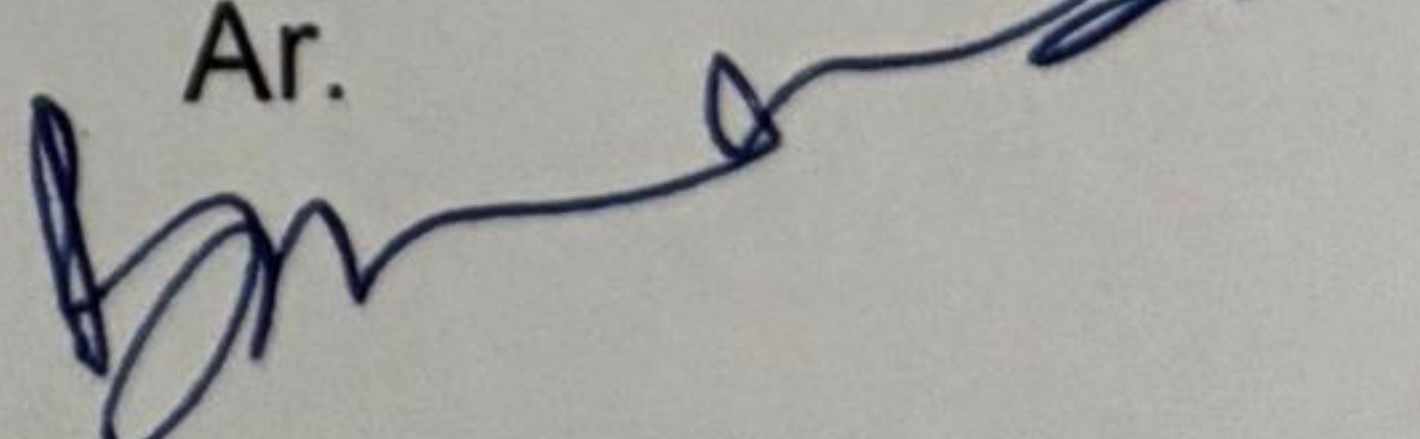

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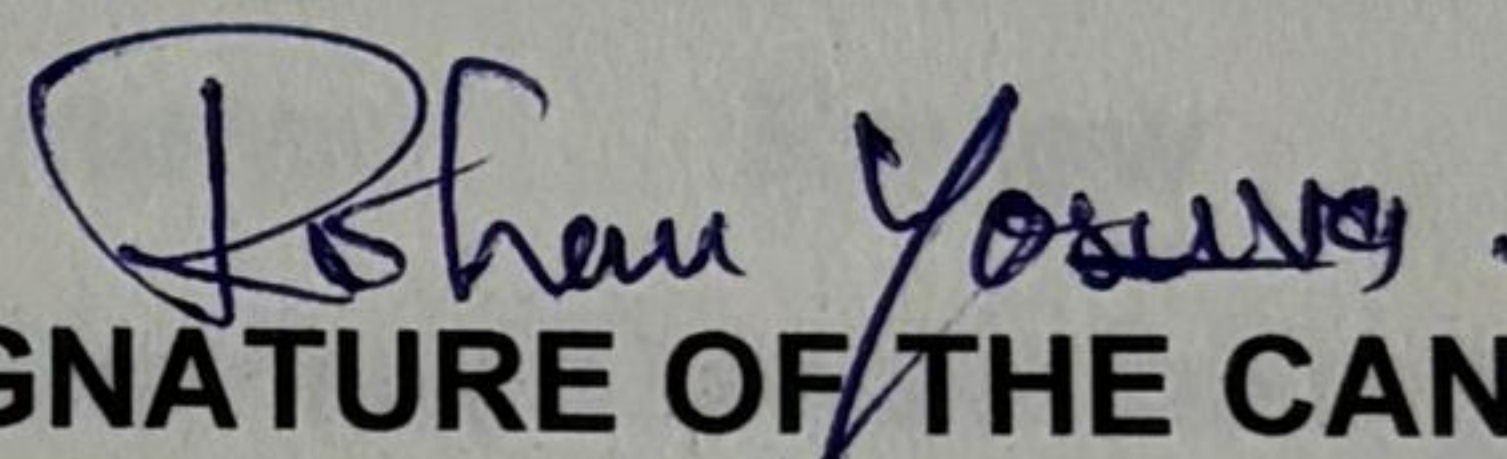

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DECLARATION

I, **ROHAN YOSUVA B M** hereby declare that the Thesis Report entitled "Naturopathy wellness centre" done by me under the guidance of **Ar.Vijendranath** (Internal Guide), **Ar.Anitha** (Internal Review Member) and **Ar.Stanley Clement Daniel** (External Guide) Sathyabama Institute of Science and Technology is submitted in partial fulfillment of the requirements for the award of Bachelor of Architecture Degree.

DATE: 20-05-2024

PLACE: Chennai


SIGNATURE OF THE CANDIDATE

DECLARATION

I, **ROHAN YOSUVA B M** hereby declare that the Thesis Report entitled “Naturopathy wellness centre” done by me under the guidance of **Ar.Vijendranath** (Internal Guide), **Ar.Anitha** (Internal Review Member) and **Ar.Stanley Clement Daniel** (External Guide) Sathyabama Institute of Science and Technology is submitted in partial fulfillment of the requirements for the award of Bachelor of Architecture Degree.

DATE: -05-2024

PLACE: Chennai

SIGNATURE OF THE CANDIDATE

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ROHAN YOSUVA B M

THESIS SYNOPSIS

Naturopathy wellness centers play an essential role in promoting holistic health and wellness. Naturopathy is a form of alternative medicine that focuses on the body's ability to heal itself and aims to address the root causes of health issues. Naturopathy is the system of healing in which disease are cured by means of all natural and rational remedies such as light, water, air, exercise, diet and other physiological measures.

Naturopathic medicine takes a holistic approach to healthcare, addressing the physical, mental, and emotional aspects of a person's health. Naturopathy wellness centers offer lifestyle and nutritional guidance to help individuals make healthier choices and reduce the risk of chronic diseases. Naturopathy wellness centers can be valuable in providing these services and promoting a more holistic and natural approach to health and wellness. In today's fast-paced world, wellness centre offer a sanctuary for individuals seeking balance and self-care.

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CHAPTER 1

INTRODUCTION

1. INTRODUCTION

A naturopathy wellness centre serves as a sanctuary for those seeking natural healing and holistic health practices. Nestled in tranquil surroundings, these centres offer a retreat for individuals aiming to rejuvenate their body, mind, and soul. Embracing the philosophy of natural medicine, they integrate a range of therapies, including herbal remedies, nutritional guidance, acupuncture, hydrotherapy, and mindfulness techniques. Expert practitioners tailor treatments to each individual's needs, focusing on enhancing the body's innate ability to heal itself. Whether one seeks relief from chronic conditions, stress management strategies, or simply a respite from the rigors of daily life, a naturopathy wellness centre provides a nurturing environment conducive to restoring balance and vitality. Clients immerse themselves in a holistic approach to wellness, engaging in personalized treatment plans and wellness programs designed to promote long-term health and well-being. Through education, empowerment, and compassionate care, these centres empower individuals to take control of their health and embark on a journey towards optimal wellness. With a commitment to natural healing and holistic living, naturopathy wellness centres offer a holistic sanctuary where individuals can thrive and flourish in harmony with nature.

Simply a revitalizing escape from the hustle and bustle of daily life, our Naturopathy Wellness Centre provides a nurturing environment for healing and transformation. Step into tranquil space, where the healing power of nature awaits to restore and rejuvenate you. Here, wellness is not just a destination – it's a way of life.

1.1 AIM

The thesis focus to create a more productive and healthy built environment for people through nature.

1.2 OBJECTIVE

- To enhance immunity enhancement and post covid rehabilitation by natural method.
- To analyse the benefits of wellness and curing through the power of nature and nature-driven therapies.
- To study the patients and nature interaction and their physiological impacts in health care spaces.
- To provide the wellness environment in health care space, that can be helpful to make the patient recover faster.
- To incorporate biophilic design strategies and its patterns applying to create a good wellness retreat to the occupants.

1.3 SCOPE OF THE PROJECT

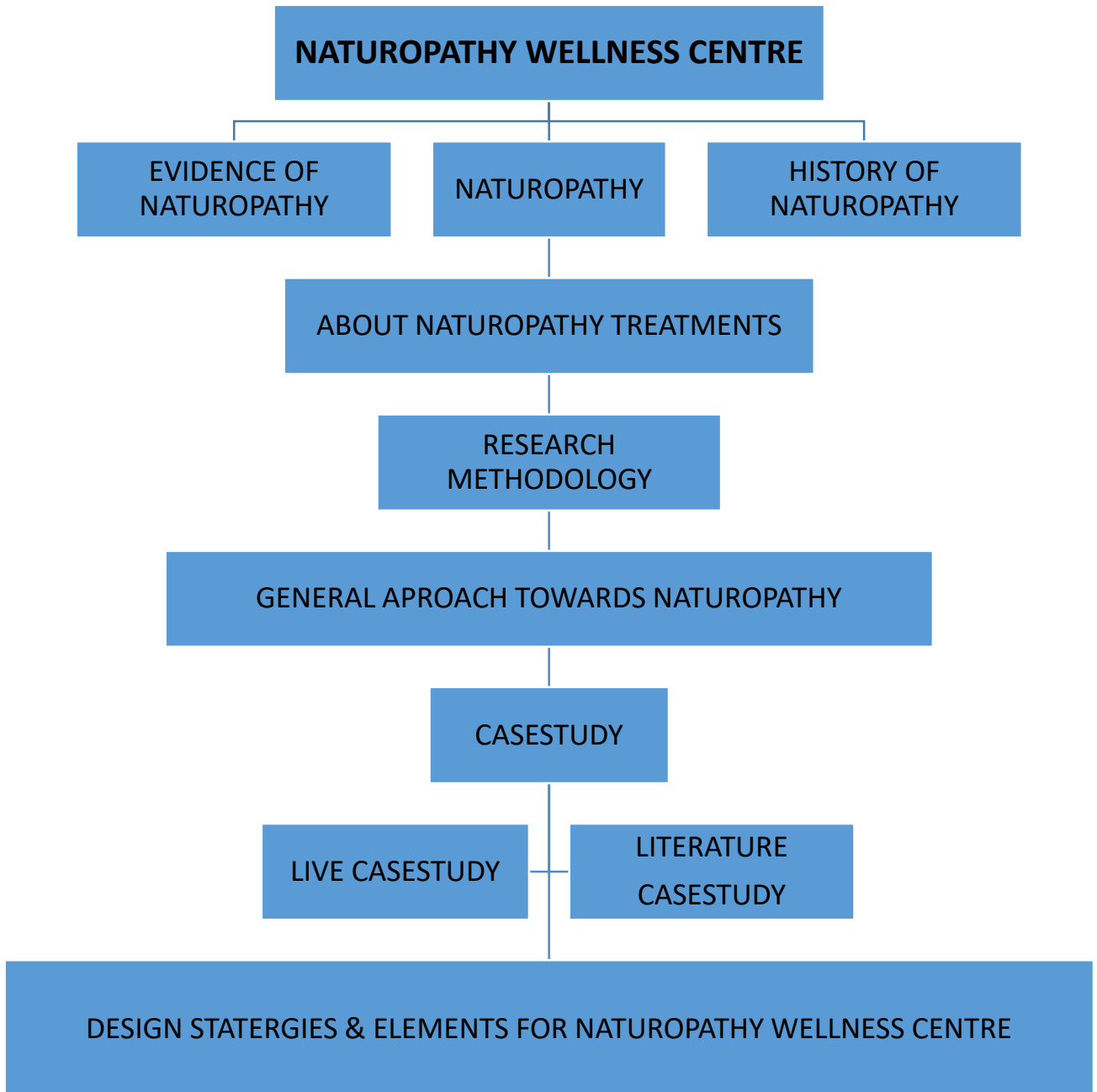
- Naturopathy wellness centre is a space promoting holistic health and wellness for Ayurveda, Yoga and Inner Wellbeing retreat.
- Founded on ancient Indian principles of holistic living, Naturopathy wellness centre offers a way to harmonise mind, body and spirit through a range of treatments that cover Ayurveda, Naturopathy, Acupuncture, Yoga and Meditation.
- Breathe in the essence of the green cover, view, and relax in the serene treatment rooms scented with aromatic oils and spices.

1.4 NEED OF THE PROJECT

- Naturopathic medicine takes a holistic approach to healthcare, addressing the physical, mental, and emotional aspects of a person's health.
- Naturopathy health centers offer lifestyle and nutritional guidance to help individuals make healthier choices and reduce the risk of chronic diseases.
- Naturopathy health centers can be valuable in providing these services and promoting a more holistic and natural approach to health and wellness.
- In today's fast-paced world, wellness centres offer a sanctuary for individuals seeking balance and self-care.

1.5 METHODOLOGY

The research process undergoes the collection of data from the internet, books, articles, research papers, case studies. Then it result in finding of all aspects...



CHAPTER 2

2. UNDERSTANDING ABOUT NATUROPATHY TREATMENT

Naturopathy treatments are rooted in the belief that the body has an inherent ability to heal itself when given the right support. These treatments focus on addressing the root causes of illness rather than simply alleviating symptoms. Naturopathy encompasses a wide range of natural healing modalities, including herbal medicine, nutrition, acupuncture, hydrotherapy, homeopathy, and lifestyle counseling. Nutritional therapy emphasizes the importance of diet in maintaining health and preventing disease. Naturopathic practitioners may recommend dietary changes, nutritional supplements, or specific eating plans to support overall well-being. Naturopathy treatments are designed to promote holistic wellness by addressing the physical, mental, emotional, and spiritual aspects of health. By taking a comprehensive approach to healing and empowering individuals to take an active role in their health, naturopathy offers a path to vibrant, long-lasting well-being.

2.1 HISTORY OF NATUROPATHY TREATMENTS

The history of naturopathy treatment in India is deeply intertwined with the country's rich tradition of natural healing practices and holistic medicine systems. India has a long history of utilizing natural remedies, herbal medicine, and lifestyle interventions to promote health and well-being, dating back thousands of years. One of the oldest systems of medicine in India is Ayurveda, which originated over 5,000 years ago. Ayurveda emphasizes the balance of mind, body, and spirit and utilizes herbs, diet, yoga, meditation, and other natural therapies to prevent and treat disease. In addition to Ayurveda, India has a tradition of other indigenous healing systems such as Siddha and Unani medicine, which also incorporate natural remedies and holistic approaches to health. The modern practice of naturopathy in India began to emerge in the early 20th century, influenced by both traditional Indian healing systems and Western naturopathic principles. One of the key figures in the development of naturopathy in India was Mahatma Gandhi, who advocated for natural healing methods and promoted the use of diet, fasting, and natural remedies for health maintenance.

During the mid-20th century, several naturopathic institutions were established in India to formalize the practice and education of naturopathy. The Central Council for Research in Yoga and Naturopathy (CCRYN) was established in 1978 by the Indian government to promote research and development in yoga and naturopathy.

Today, naturopathy is recognized as an integral part of India's healthcare system, with numerous naturopathic hospitals, clinics, and educational institutions throughout the country. Naturopathic

doctors, known as naturopaths or naturopathy physicians, provide a range of natural therapies and lifestyle interventions to promote health, prevent disease, and support the body's innate healing processes. Naturopathy treatment in India continues to evolve, drawing on both traditional healing wisdom and modern scientific research to provide holistic and personalized care to individuals seeking natural approaches to health and wellness

2.2 NATUROPATHY TREATMENTS

To bring in the different fields of Indian medicines, Which include Ayurvedic, Naturopathy and yoga within one campus wherw the individuals are preserved with learning and treatment in the natural way. In naturopathy, there are mainly twelve type of treatment are practising in current field to cure within nature process. The treatments are listed below:



Under water massage



Arm & foot bath



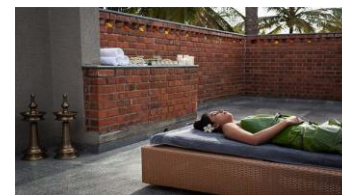
Mud immersion bath



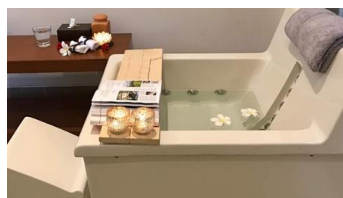
Spinal spray



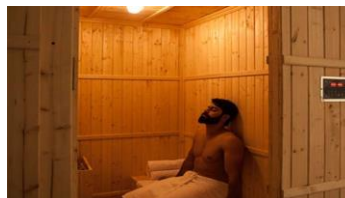
Steam bath



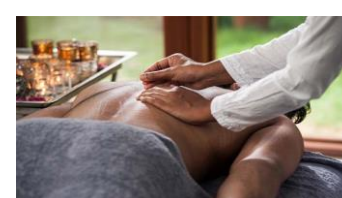
Banana leaf wrap



HipBath



Sauna bath



Accupuncture



Colon hydro therapy



Mud wraps & paeks



Fasting therapy

Fig 2.1: 12types of naturopathy therapys

Naturopathy is a form of alternative medicine that emphasizes the body's natural ability to heal and maintain itself. Naturopathic practitioners, known as naturopaths or naturopathic doctors, focus on holistic approaches to healthcare, taking into account the physical, mental, and emotional well-being of individuals. The key principles of naturopathy include:

The Healing Power of Nature: Naturopathy believes in the body's inherent ability to heal itself. Practitioners aim to support and enhance the body's natural healing processes.

Identifying and Treating the Root Cause: Naturopaths seek to identify and address the underlying causes of illness rather than merely treating the symptoms. This involves considering various factors such as lifestyle, diet, environment, and emotional well-being.

Holistic Approach: Naturopathy takes a holistic approach to health, considering the interconnectedness of various aspects of a person's life. This includes addressing physical, mental, and emotional aspects to promote overall well-being.

Treatment Modalities: Naturopathic treatments may include a variety of natural therapies such as herbal medicine, dietary changes, nutritional supplements, hydrotherapy, acupuncture, and lifestyle counseling. Naturopaths may also use conventional diagnostic tools and techniques when necessary.

2.3 BASIC PROGRAM OF NATUROPATHY WELLNESS CENTRE

Initial Consultation and Assessment:

- Detailed health history and lifestyle assessment.
- Identification of health concerns and goals.

Holistic Health Plan:

- Development of a personalized, holistic health plan addressing physical, mental, and emotional well-being.
- Recommendations for diet, nutrition, and lifestyle changes.

Nutritional Counseling:

- Guidance on healthy eating, emphasizing whole foods and nutritional balance.
- Individualized dietary plans to address specific health concerns.

Herbal Medicine:

- Use of herbal remedies to support the body's natural healing processes.
- Customized herbal formulations based on individual needs.

Hydrotherapy:

- Application of water-based therapies for therapeutic purposes.
- Techniques such as hydrothermal baths, wraps, and compresses.

Physical Activity and Exercise:

- Recommendations for appropriate physical activity and exercise.
- Incorporation of movement therapies, yoga, or other exercise programs.

Mind-Body Therapies:

- Stress management techniques, such as meditation or mindfulness.
- Emotional well-being support through counseling or mind-body practices.

Detoxification Programs:

- Gentle detoxification methods to eliminate toxins from the body.
- Supportive measures for the liver, kidneys, and other organs of elimination.

Acupuncture and Traditional Chinese Medicine (TCM):

- Use of acupuncture and TCM principles for balancing energy and addressing specific health concerns.

Education and Workshops:

- Workshops on naturopathic principles, nutrition, and lifestyle.
- Educational materials for self-care and continued wellness.

2.4 STANDARDS AND DATE COLLECTION FOR NATUROPATHY TREATMENTS

STANDARDS – FOR NATUROPATHY WELLNESS CENTRE

SCOPE OF SERVICES

Type of Health Care Facility	Scope of Services
Clinic	Outdoor care facility managed by a single Naturopathy Physician or a group of Naturopathy Physicians with or without a day care facility. No overnight stay or care is provided here.
1 to 10 beds	Health Care facility with 1 to 10 beds for indoor care and ability to monitor and treat patients requiring an overnight stay. Care is provided by Naturopathy Physician trained in the concerned system of medicine having graduate or preferably postgraduate qualifications.
11 to 25 beds	Health Care facility with 11 to 25 beds for indoor care and ability to monitor and treat patients requiring an overnight stay. Care is provided by Naturopathy Physician trained in the concerned system of medicine having graduate or preferably postgraduate qualifications.
26 to 50 Beds	Health Care facility with 26 to 50 beds for indoor care and ability to monitor and treat patients requiring an overnight stay. Care is provided by Naturopathy Physician trained in the concerned system of medicine having graduate or preferably postgraduate qualifications.
51 to 100 Beds/	Health Care facility with 51 to 100 beds for indoor care and ability to monitor and treat patients requiring an overnight stay. Care is provided by Naturopathy Physician trained in the concerned system of medicine having graduate or preferably postgraduate qualifications.
101 Beds and above/ Teaching hospitals	Health Care facility with 101 to 200 beds for indoor care and ability to monitor and treat patients requiring an overnight stay. Care is provided by Naturopathy Physician trained in the concerned system of medicine having graduate or preferably postgraduate qualifications. In teaching hospitals student, patient bed ratio should be 1:2. For 50 students intake 100 bed capacity should be mandatory.

CORE FUNCTIONS (OPD) Clinics & Outdoor Patient's facilities in health care organizations with 1 to 100 and above bed strengths)

Sr. no.	Services	Clinic	In 1 to 10 beds	In 11 to 25 beds	In 26 to 50 beds	51 to 100	101 and above/Teaching hospitals
1.	Consultation	Consultation	Consultation	Consultation	Consultation	Consultation	Consultation
2.	Massage	Optional	Massage	Massage	Massage	Massage	Massage
3.	Enema	Optional	Enema	Enema	Enema	Enema	Enema
4.	Mud Bath	Optional	Mud Bath	Mud Bath	Mud Bath	Mud Bath	Mud Bath
5.	Color Therapy	Optional	Optional	Optional	Optional	Colour Therapy	Colour Therapy
6.	Thermolumens	Optional	Optional	Optional	Optional	Thermolumens	Thermolumens
7.	Hydro therapy	Optional	Hydro therapy	Hydro therapy	Hydro therapy	Hydro therapy	Hydro therapy
8.	Yoga Therapy	Optional	Yoga Therapy	Yoga Therapy	Yoga Therapy	Yoga Therapy	Yoga Therapy
9.	Physiotherapy	Optional	Physiotherapy	Physiotherapy	Physiotherapy	Physiotherapy	Physiotherapy
10.	Acupuncture/ Acupressure	Optional	Acupuncture/ Acupressure	Acupuncture/ Acupressure	Acupuncture/ Acupressure	Acupuncture/ Acupressure	Acupuncture/ Acupressure
11.	Diet Centre	Optional	Diet Centre	Diet Centre	Diet Centre	Diet Centre	Diet Centre

OPD - Indoor patient's facilities:

The indoor department of the hospital shall have separate male and female wards and distribution of beds at the rate of 65 sq. ft. area per bed with the following facilities:-

Sr.No.	In 1 to 10 beds	In 11 to 25 beds	In 26 to 50 beds	In 51 to 100 beds	In 101 and above/teaching hospitals
1.	Consultation	Consultation	Consultation	Consultation	Consultation
2.	Massage Therapy	Massage Therapy	Massage Therapy	Massage Therapy	Massage Therapy
3.	Enema	Enema	Enema	Enema	Enema
4.	Mud Therapy Mud pack, Mud Bath, Applications.	Mud Therapy Mud pack, Mud Bath, Applications.	Mud Therapy Mud pack, Mud Bath, Applications.	Mud Bath	Mud Bath
5.	Colour Chromo Therapy Optional	Colour Chromo Therapy Optional	Colour Chromo Therapy Optional	Colour Chromo Therapy Optional	Colour Chromo Therapy Optional
6.	Thermolumens Optional	Thermolumens Optional	Thermolumens Optional	Thermolumens	Thermolumens
7.	Steam Bath	Steam Bath	Steam Bath	Steam Bath	Steam Bath
8.	Hydro Therapy	Hydro Therapy	Hydro Therapy	Hydro Therapy	Hydro Therapy
9.	Air Therapy Optional	Air Therapy	Air Therapy	Air Therapy	Air Therapy
10.	Magnet Therapy Optional	Magnet Therapy Optional	Magnet Therapy Optional	Magnet Therapy Optional	Magnet Therapy
11.	Sauna Bath Optional	Sauna Bath Optional	Sauna Bath Optional	Sauna Bath	Sauna Bath
12.	Green Leaves Sun Bath	Green Leaves Sun Bath	Green Leaves Sun Bath	Green Leaves Sun Bath	Green Leaves Sun Bath
13.	Hot & Cold From Hot & Cold From Hot & Cold From Hot & Cold From Hot & Cold From	Hot & Cold From Hot & Cold From Hot & Cold From Hot & Cold From Hot & Cold From	Hot & Cold From Hot & Cold From Hot & Cold From Hot & Cold From Hot & Cold From	Hot & Cold From Hot & Cold From Hot & Cold From Hot & Cold From Hot & Cold From	Hot & Cold From Hot & Cold From Hot & Cold From Hot & Cold From Hot & Cold From
14.	Wet Sheet Pack, Chest Pack, Abdomen Pack, Trunk Pack	Wet Sheet Pack, Chest Pack, Abdomen Pack, Trunk Pack	Wet Sheet Pack, Chest Pack, Abdomen Pack, Trunk Pack	Wet Sheet Pack, Chest Pack, Abdomen Pack, Trunk Pack	Wet Sheet Pack, Chest Pack, Abdomen Pack, Trunk Pack
15.	Knee Pack, Neck Pack, Wet Girdle Pack	Knee Pack, Neck Pack, Wet Girdle Pack	Knee Pack, Neck Pack, Wet Girdle Pack	Knee Pack, Neck Pack, Wet Girdle Pack	Knee Pack, Neck Pack, Wet Girdle Pack
16.	Colon Irrigation Optional	Colon Irrigation Optional	Colon Irrigation Optional	Colon Irrigation Optional	Colon Irrigation
17.	Deluxe Hydro Massage, Jacuzzi Optional	Deluxe Hydro Massage, Jacuzzi Optional	Deluxe Hydro Massage, Jacuzzi Optional	Deluxe Hydro Massage, Jacuzzi Optional	Deluxe Hydro Massage, Jacuzzi Optional
18.	Hot and Cold Water Douches, Effluvia Optional	Hot and Cold Water Douches, Effluvia Optional	Hot and Cold Water Douches, Effluvia Optional	Hot and Cold Water Douches, Effluvia Optional	Hot and Cold Water Douches, Effluvia Optional
19.	Whirlpool Bath Optional	Whirlpool Bath Optional	Whirlpool Bath Optional	Whirlpool Bath Optional	Whirlpool Bath

20.	Under Water Exercises Optional	Under Water Exercises Optional	Under Water Exercises Optional	Under Water Exercises Optional	Under Water Exercises
21.	Acupuncture Acupressure Reflexology Physiotherapy Treatments- Electro Stimulation	Acupuncture Acupressure Reflexology Physiotherapy Treatments- Electro Stimulation	Acupuncture Acupressure Reflexology Physiotherapy Treatments- Electro Stimulation	Acupuncture Acupressure Reflexology Physiotherapy Treatments- Electro Stimulation	Acupuncture Acupressure Reflexology Physiotherapy Treatments- Electro Stimulation
22.	Acupuncture Acupressure Reflexology Physiotherapy Treatments- Electro Stimulation	Acupuncture Acupressure Reflexology Physiotherapy Treatments- Electro Stimulation	Acupuncture Acupressure Reflexology Physiotherapy Treatments- Electro Stimulation	Acupuncture Acupressure Reflexology Physiotherapy Treatments- Electro Stimulation	Acupuncture Acupressure Reflexology Physiotherapy Treatments- Electro Stimulation
23.	Acupuncture Acupressure Reflexology Physiotherapy Treatments- Electro Stimulation	Acupuncture Acupressure Reflexology Physiotherapy Treatments- Electro Stimulation	Acupuncture Acupressure Reflexology Physiotherapy Treatments- Electro Stimulation	Acupuncture Acupressure Reflexology Physiotherapy Treatments- Electro Stimulation	Acupuncture Acupressure Reflexology Physiotherapy Treatments- Electro Stimulation
24.	Acupuncture Acupressure Reflexology Physiotherapy Treatments- Electro Stimulation	Acupuncture Acupressure Reflexology Physiotherapy Treatments- Electro Stimulation	Acupuncture Acupressure Reflexology Physiotherapy Treatments- Electro Stimulation	Acupuncture Acupressure Reflexology Physiotherapy Treatments- Electro Stimulation	Acupuncture Acupressure Reflexology Physiotherapy Treatments- Electro Stimulation
25.	Yoga therapy	Yoga therapy	Yoga therapy	Yoga therapy	Yoga therapy
26.	Diet center	Diet center	Diet center	Diet center	Diet center

FUNCTIONAL SPACE PLANNING – MIN AREA REQUIREMENT

- Treatment rooms:**
 - Maximum 15 Treatments/Day/Treatment Room.
 - Number of treatment beds will depend on type & nature of treatments.
- Consultation & examination room**
 - Minimum 10ft. x 10 ft.
 - Consultation rooms should be adequate to accommodate:
 - Consultation chair.
 - Two stools/chairs.
 - Examination bed of the size 6 ft X 2.5 ft.
 - Privacy screen around examination area while having free mobility
- Entrance hall with reception area, enquiry counter, cash counter and record area**
 - Preferably 100 sq. ft. per 25 beds
- Waiting area in active operation**
 - Preferably 100 sq. ft. per 25 Beds i.e. 10% seats of average number of patients visiting daily to hospital
- Kitchen area** should be sufficiently sized to prepare food for inpatients as per diet advised by the physician
 - Kitchen layout and functioning should follow the flow of materials as: Entry-> washed-vegeting-> cooking->loading -> To Serve
 - Utensil washing area is separate from the cooking area
- Preparation area:**
 - Preparation area should be of minimum 50 sq. ft. only if medications are prepared in the hospital.
- Consumables store space:**
 - The consumable store may be part of a hospital or separate and secured.
 - Area should be clean, well-ventilated, well lit, without any dampness or fungal growth on walls.
- Therapist Quarters:**
 - Nurses 1 room with attached bathroom & WC, per 2 doctors with separate rooms for male & female staff, with attached bathroom & WC, for diet, laundry, linen, and work clothes, intercom, mattress, pillows, blankets, bed sheets, Cupboards, wardrobes.
- Nursing station/ duty room (Nurses):**
 - One nursing station room per 15 beds.
 - Applicable for clinics only if there is a day care ward
 - Nursing station should be spacious enough to accommodate a table, requisite chairs, work stool, medicine racks, a work counter, sinks, area unit, seven, pedal operated trash bins.
 - Station should accommodate all nurses on duty at any time.

SOURCE : <http://clinicalstandards.gov.in/Writedown4796.pdf>

NATUROPATHY WELLNESS CENTRE

39210670@KOHAN.YOSUYA

Plate 2.4.1: Standards for naturopathy center-1

STANDARDS – FOR NATUROPATHY WELLNESS CENTRE

FUNCTIONAL SPACE PLANNING – MIN AREA EQUIPMENT

9. Clinical laboratory specifications:
 - a. Laboratory services can be outsourced or can be optional for hospitals upto 100 beds.
 - b. Laboratory services are mandatory for hospitals above 100 beds for quick diagnosis of blood, urine, etc., a small sample collection room facility shall be provided.
 - c. Separate Reporting Room for doctors should be there.
 - d. In the absence of the above facility the hospital should have collaboration with a well- equipped laboratory for all the purposes given above

10. Laundry (optional)
 - a. Laundry services can be outsourced or can be optional.
 - b. If it is provided in house, it should have necessary facilities for drying.
 - c. If outsourcing is opted, the laundry should be carried out by the hospital before handing over the linen to the out-sourced organization.

11. House-keeping:
 - a. Housekeeping services should be made available for effective cleanliness.
 - b. Housekeeping services can be outsourced.
 - c. Designated areas within functional areas for housekeeping materials has to be in hospital of more than 30 beds

12. Security Services:
 - a. There is a designated location for each security staff on duty

13. Medical record-rooms:
 - a. Medical record room should be of adequate size as per the load of the documents of the hospital
 - b. Tamperproof material and locking facility Cabinets/ cupboards/ Boxes will be used.
 - c. Fire extinguishers of correct type should be made available nearby all locations.

14. Store rooms:
 - a. Store room should be lockable & of adequate size with exhaust fan.
 - b. Aisle should be clean, well ventilated, well lit, without any dampness or fungal growth on walls.

15. Wards:
 - a. Treatment areas for male and female patients shall be segregated if managed as wards and there should be privacy for individual patients.
 - b. Waiting and sitting area for patients and waiting rooms can be used to segregate patients of different gender.
 - c. The ward planning will address minimization of the work for the nursing staff and shall provide basic amenities to the patients located within an area or unit.
 - d. Ward unit will include nursing station, preferably a treatment/ procedure room, nursing store and toilets as per the norms.
 - e. At the minimum one nursing station per ward of upto 50 beds will be provided.
 - f. There should be minimum 70 ft. area per bed with 7 ft. distance between the mid-points of adjoining beds and at least 3 feet distance between the beds and 8 inch distance between the bed and the wall.
 - g. Width of the door to be at least 4 feet.
 - h. Permanent, semi-permanent or temporary partition should be present between two beds.
 - i. Ward store area with lockable wall or steel cupboard(s).

16. Duty rooms for Therapist
 - a. To accommodate 1 bed of 6 feet X 3 feet and a side table.
 - b. To accommodate 1 bed of 6 feet X 3 feet and a side table.
 - c. Separate rooms for separate genders will be provided.

EQUIPMENTS / INSTRUMENTS– FOR NATUROPATHY THERAPY SECTION									
Sr. No.	Name of the Equipment	Clinic	1 to 10 Hospital	11 to 25 Hospital	26 to 50 Hospital	51-100 Hospital	101 beds and above Hospital	101 beds and above Hospital	101 beds and above Hospital
1.	Steam bath Chamber	One per service room	One per service room	One per service room	One per service room	One per service room	One per service room	One per service room	One per service room
2.	Spinal bath Tub	One per service room	One per service room	One per service room	One per service room	One per service room	One per service room	One per service room	One per service room
3.	Hip bath tub	One per service room	One per service room	One per service room	One per service room	One per service room	One per service room	One per service room	One per service room
4.	Exema care	As per need	As per need	As per need	As per need	As per need	As per need	As per need	As per need
5.	Hot water Bags	As per need	As per need	As per need	As per need	As per need	As per need	As per need	As per need
6.	Infrared lamps	As per need	As per need	As per need	As per need	As per need	As per need	As per need	As per need
7.	Jet bath	As per need	As per need	As per need	As per need	As per need	As per need	As per need	As per need
8.	Mud bath beds	One per service room	One per service room	One per service room	One per service room	One per service room	One per service room	One per service room	One per service room
9.	Mud packs	As per need	As per need	As per need	As per need	As per need	As per need	As per need	As per need
10.	Woolen blankets	As per need	As per need	As per need	As per need	As per need	As per need	As per need	As per need
11.	Muslin cloth	As per need	As per need	As per need	As per need	As per need	As per need	As per need	As per need
12.	Hand & feet Tubs	One per service room	One per service room	One per service room	One per service room	One per service room	One per service room	One per service room	One per service room
13.	Gas store	Minimum One per service room	Minimum One per service room	Minimum One per service room	Minimum One per service room	Minimum One per service room	Minimum One per service room	Minimum One per service room	Minimum One per service room
14.	Kettle	One per service room	One per service room	One per service room	One per service room	One per service room	One per service room	One per service room	One per service room
15.	Thermolum	One per service room	One per service room	One per service room	One per service room	One per service room	One per service room	One per service room	One per service room
16.	Eye wash cups	As per need	As per need	As per need	As per need	As per need	As per need	As per need	As per need
17.	Blue bottles	As per need	As per need	As per need	As per need	As per need	As per need	As per need	As per need
18.	Green bottles	As per need	As per need	As per need	As per need	As per need	As per need	As per need	As per need
19.	Buckets	As per need	As per need	As per need	As per need	As per need	As per need	As per need	As per need
20.	Mugs	As per need	As per need	As per need	As per need	As per need	As per need	As per need	As per need
21.	Jugs	As per need	As per need	As per need	As per need	As per need	As per need	As per need	As per need
22.	Electro therapy equipments	As per need	As per need	As per need	As per need	As per need	As per need	As per need	As per need
23.	Exercise therapy equipments	As per need	As per need	As per need	As per need	As per need	As per need	As per need	As per need
24.	Yoga accessories	As per need	As per need	As per need	As per need	As per need	As per need	As per need	As per need
25.	Ice bags	As per need	As per need	As per need	As per need	As per need	As per need	As per need	As per need

SOURCE : <http://www.standardsforwellness.com> in White Paper 4.76.pdf

Plate 2.4.2: Standards for naturopathy center-2

CHAPTER 3

3. LITERATURE STUDIES AND ANALYSIS

3.1 SHREYAS RETREAT

3.2 RAGA SVARA WELLNESS CENTRE

3.3 HERITAGE MADURAI

3.4 AYURVEDAGRAM

CHAPTER 4

4. LIVE CASE STUDIES

4.1 NIHARA RESORT AND SPA

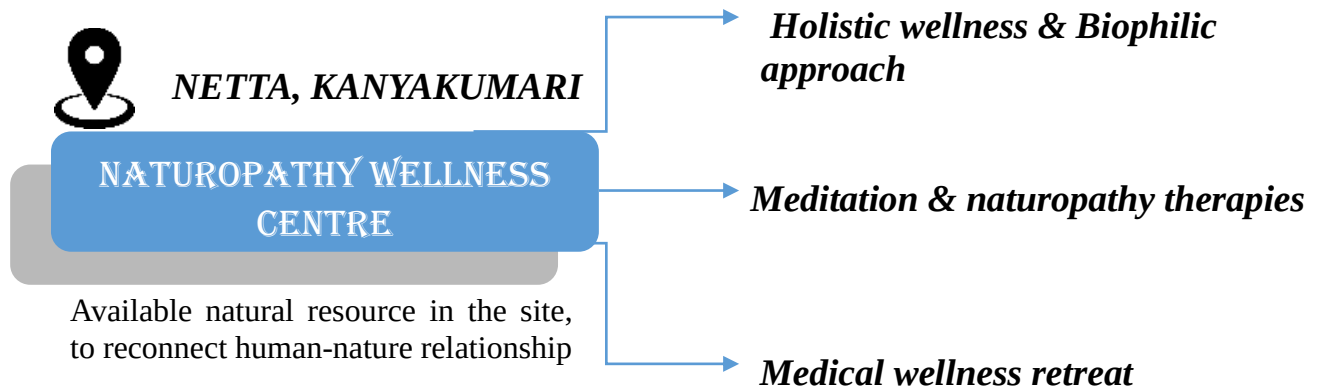
4.2 ANANDHA CHERAI

4.3 COMPARITIVE STUDY 1

4.4 COMPARITIVE STUDY 2

CHAPTER 5

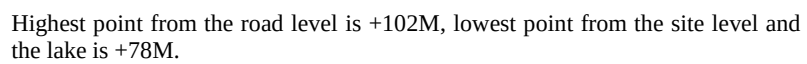
5.1 SITE SELECTION



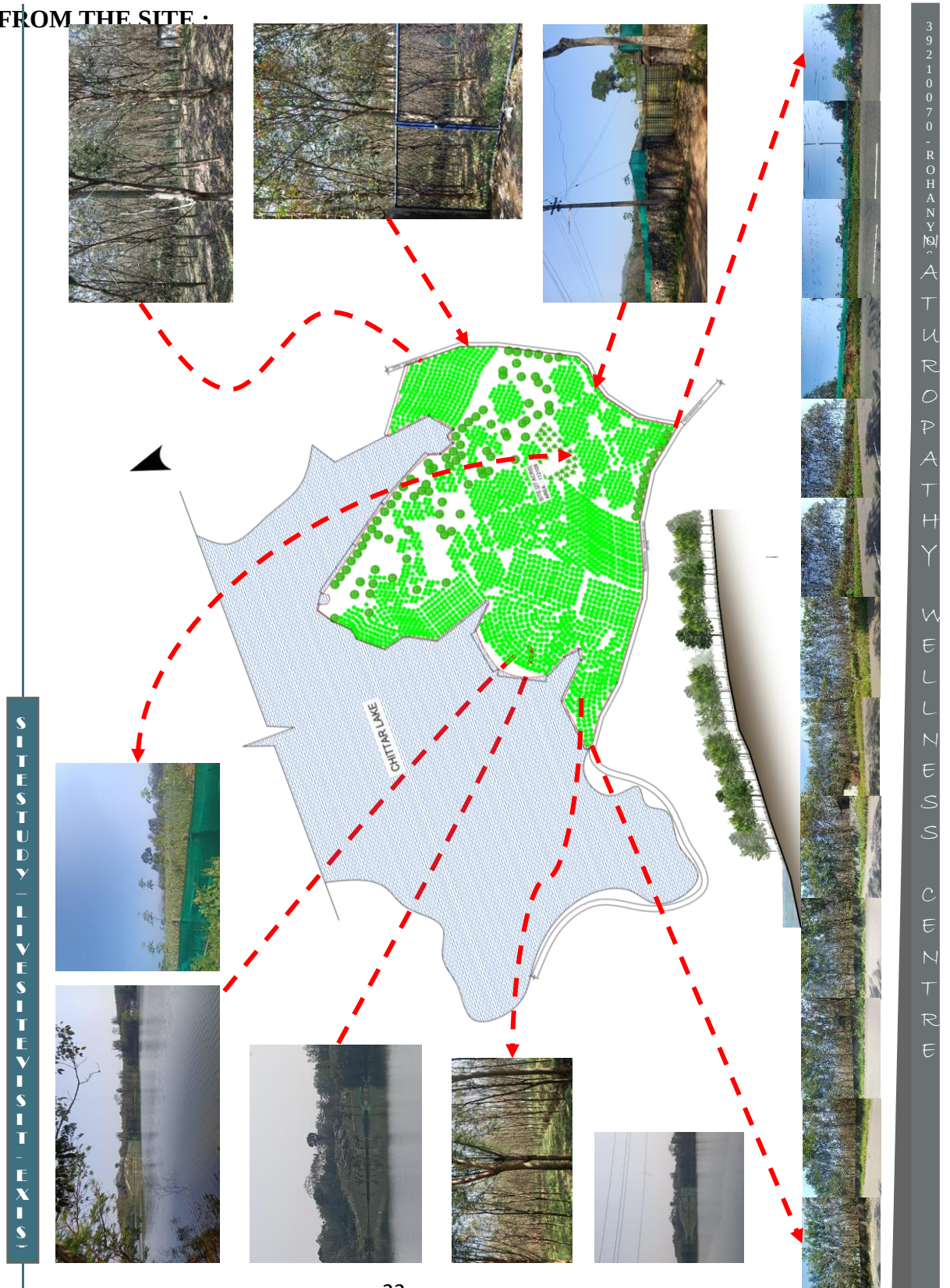
WHY KANYAKUMARI ?

- Kanniyakumari is a popular tourist destination and pilgrimage centre in India.
- People visit to Kanyakumari from many states and countries because of the lovely climate and greenery surrounding it.
- This is the reason why visitors can set up a tent and enjoy their precious time in Kanyakumari.

SITE LOCATION



VIEWS FROM THE SITE •



CHAPTER 6

6.1 SPATIAL REQUIREMENTS

	SPACES	QUANTITY	AREA-SQM	TOTAL AREA-SQM
ADMIN BLOCK	Reception & waiting	1	200	200
	Manager room	1	20	20
	Dept head cabin	1	20	20
	Meeting room	1	50	50
	HR cabin	1	30	30
	Account room	1	22	22
	Accommodation office	1	13	15
	Toilet (m/f)	1	22	22
	Staff café / Dining	1	35	35
				415
TREATMENT BLOCK	Reception & waiting	2	40	80
	Doctor cabin	2	26	52
	Junior Doctor cabin	2	12	24
	Therapist room	4	16	64
	Nurse station	4	10	40
	Theraphy rooms (m/f)	12	16	192
	Toilet (m/f)	14	4.5	60
	Change room	12	1.5	18
	Mudtheraphy rooms (m/f)	4	14	56
	Herbal Courtyard Garden	3		100
	Hydrotheraphy rooms (m/f)	4	14	56
				742
MEDITATION BLOCK	Lobby	1	70	70
Mental wellness	Yoga hall	1	280	280
	Library	1	280	280
	Meditation hall	1	100	100
	Gym	1	300	300
				1030
Physical wellness	Outdoor sports			
	Walking path			
	Kidz play area			
Social wellness	Community garden			
	Swimming pool	1	150	150
	Amphitheatre	1		
OUTPATIENT BLOCK	Reception & waiting	1	80	80
	Cash counter	1	12	12
	Admin	1	12	12

	HR room	1	12	12
	Conference room	1	16	16
	Services	1	18	18
	Staff room	2		45
	Toilet (m/f)	2	40	80
	Herbal Courtyard Garden	1	120	120
	Doctor cabin (m/f)	4	12	48
	Junior Doctor cabin (m/f)	4	12	48
	Staff cabin (m/f)	4	14	56
	Checkup room (m/f)	8	25	200
	Treatment lobby (m/f)	4	45	180
	Day care unit	2	23	46
	Hydrotherapy room	4	12	48
				1020
INPATIENT BLOCK	Reception & waiting	1	140	140
	Herbal Courtyard Garden	2		150
	Dining area	1	300	300
	Kitchen	1	20	20
	Storage	1	6	6
	Therapist room (m/f)	4	18	72
	Nurse station (m/f)	4	16	64
	Treatment room (m/f)	16	24	384
	Toilet (m/f)	20	4	80
				1180
ACCOMODATIONS				
Room layout options	A-frame structure 1bhk	5	150	750
	A-frame structure 2bhk	5	280	1400
	A-frame structure 3bhk	5	450	2250
OTHER BLOCKS	Multipurpose hall	1	1000	1000
	Staff block (m/f)	2	620	1240
	Service block	1	650	650
	Parking	40 cars		
	TOTAL AREA			11677 SQM

Fig 6.1: Area requirements

6.2 DETAILED DRAWINGS

6.3 MODEL

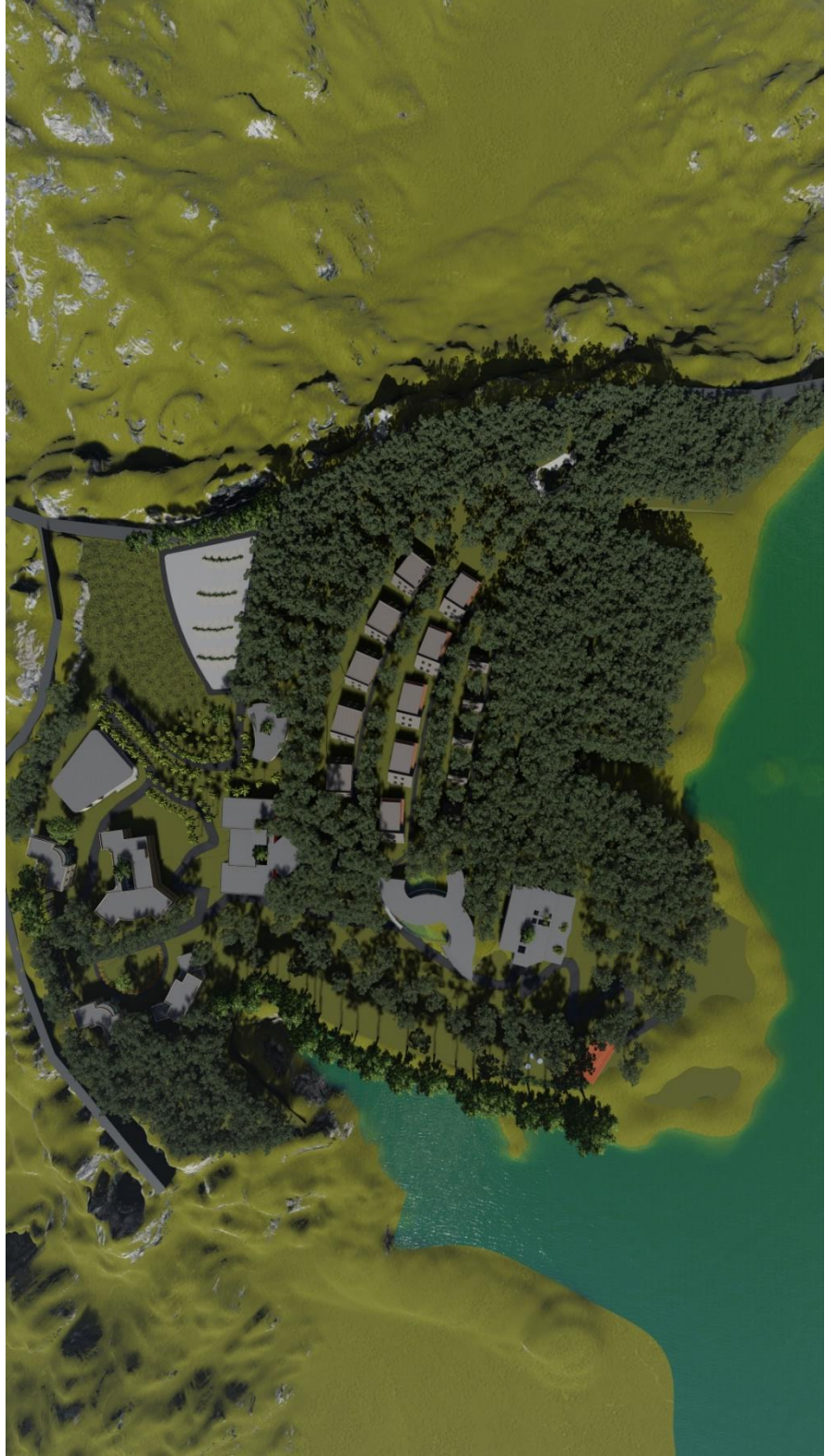


Fig 6.3.1: Top view of Site model

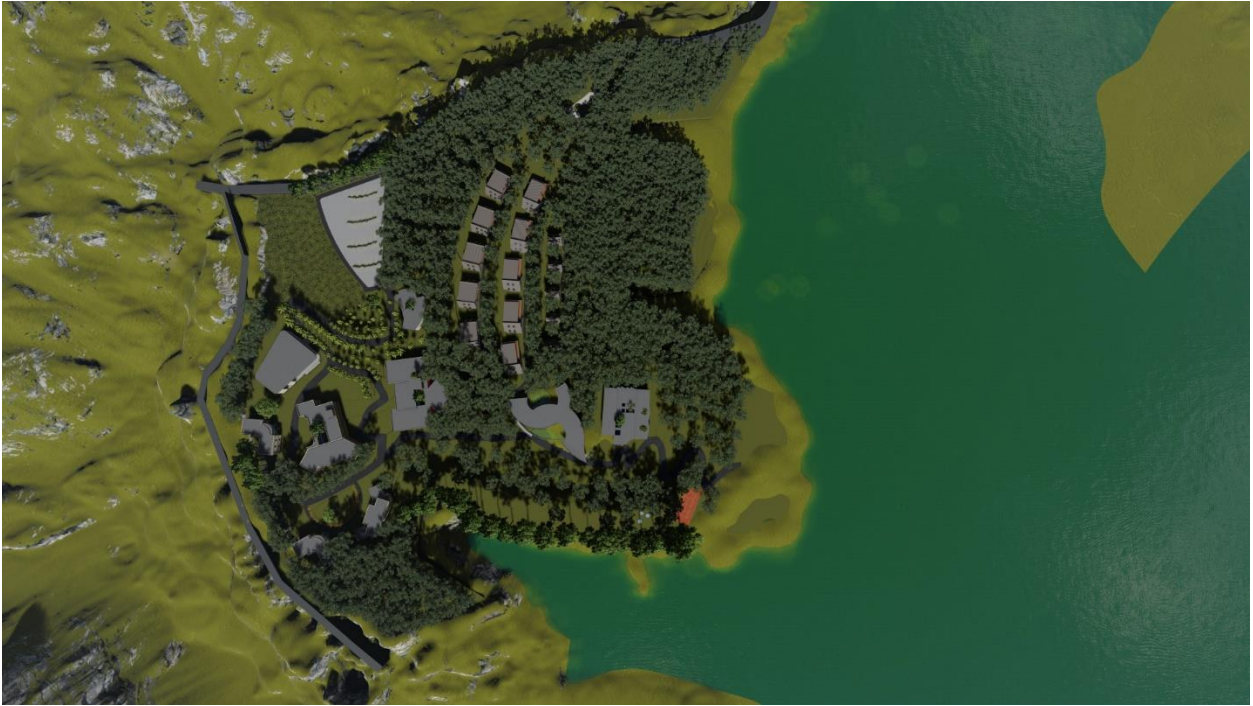


Fig 6.3.2: View of Site model-1

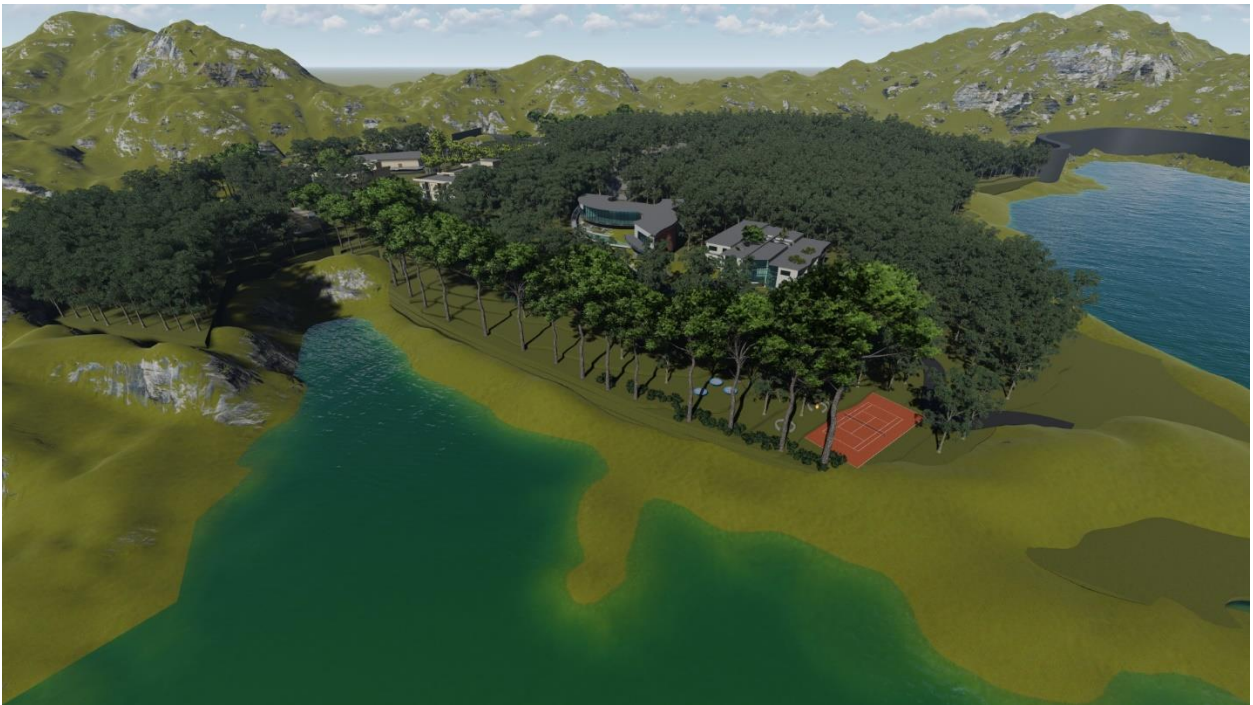


Fig 6.3.3:View of Site model-2



Fig 6.3.4: Over all site view-1



Fig 6.3.5: Over all site view-2



Fig 6.3.6:View of Admin block



Fig 6.3.7: view of Multipurpose hall



Fig 6.3.8: View of Staff quarters



Fig 6.3.9: View of Service block



Fig 6.3.10: View of Outpatient block



Fig 6.3.11: View of Inpatient block



Fig 6.3.12: View of Treatment block



Fig 6.3.13: view of meditation block



Fig 6.3.14: A-frame structure 1bhk



Fig 6.3.15: A-frame structure 2bhk



Fig 6.3.16: A-frame structure 3bhk



Fig 6.3.17: Swimming pool view



Fig 6.3.18: View from recreational area

CHAPTER 7

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