

India's Wellness Heritage Reimagined For Diabetes Care

At Ananda in the Himalayas, the wisdom of Ayurveda and yoga meets clinical precision to create a pioneering diabetes management programme for today's global wellness traveller.



Ananda in the Himalayas

Has long stood for holistic wellness. Its latest initiative, the Integrated Diabetes Management Programme, is a 14- to 21-night immersion that blends ancient disciplines with modern clinical insight.

Diabetes and related metabolic disorders affect hundreds of millions worldwide, with numbers still rising. Conventional care often focuses on managing blood glucose or symptoms. At Ananda, the approach is wider: body, mind, and emotions are treated as inseparable.

Dr. Sreelal Sankar, Head of Ayurveda at Ananda, explains: "At Ananda, we target not only physiological aspects but focus on the root causes. Our approach brings together the depth of traditional wisdom and the precision of modern health protocols, empowering individuals to transform their health, regain confidence, and sustain meaningful lifestyle change."



From nadi pariksha to hand-pounded herbs,, Ananda's integrative therapies work together to restore balance and vitality.

Beyond numbers on a chart

The programme integrates Ayurveda, traditional Chinese medicine, yoga, physiotherapy, nutrition, and emotional healing. Guests begin with thorough assessments—blood glucose profiling, organ function tests, risk evaluations—and receive personalised roadmaps for treatment and lifestyle.

Therapies are practical and focused. Cleansing treatments and tailored meals reset metabolism, acupuncture restores balance, yoga and physiotherapy build strength and mobility, while meditation and emotional healing work on stress and fatigue.

Shifting mindsets is often the harder task. "If we view health systems as an 'alien' observer, they can all be seen as different languages describing the same reality," says Dr. Sankar. "Allopathy rose to dominance largely through history, promotion, and perception rather than inherent superiority. Its limitation is that it remains an evolving science: what is accepted today may be disproven tomorrow. Increasingly, people are seeking holistic solutions that address root causes rather than symptoms alone. Our approach combines both worlds: modern lab tests interpreted through traditional knowledge, with progress tracked through guest experience and follow-up tests. This dual validation builds trust and lasting loyalty."



Acupuncture restores balance, say ayurvedic experts.

Evidence in experience

The results speak clearly. A 48-year-old woman saw her HbA1c drop from 10.5% to 5.5%, lost 16 kg, and cut medication use by 75%. Others have achieved similar outcomes—lowered glucose levels, weight loss, and reduced dependence on drugs. "These successes were not the result of short-term fixes," notes Dr. Sankar, "but the holistic framework we adopt to empower our guests to make lasting changes and regain control of their health."



Treatments involve Ayurvedic experts reading your pulse to understand your unique mind-body constitution (Prakriti) and current imbalances (Vikriti).



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A continuum of care

Support continues after the retreat through consultations and follow-up. "At Ananda, we view health as a lifelong practice, not a quick fix," says Dr. Sankar. "We begin by identifying the root cause that pushes the body into imbalance. Once identified, we repair the damage, strengthen natural healing capacity, and guide guests with personalised diet and daily rhythm recommendations so that balance is maintained even after they leave. This approach ensures transformation does not end with the retreat—it continues into everyday life."

For those accustomed to quick fixes, the Integrated Diabetes Management Programme is a reminder that real change—the kind that rewires health from the inside out—takes time, attention, and a willingness to step beyond the familiar.