

Nada physio

By - Dr Jyoti khokhar



Our bodies can be seen as miniature representations of the universe, and through introspection, we can uncover its hidden mysteries. Sound healing serves as a powerful method to delve deeply into ourselves. By entering an alpha state, we attain clarity and answers to previously perplexing questions. Sound healing possesses the capacity to alleviate physical, emotional, and psychological trauma, offering a comprehensive approach to healing. Singing bowls, crafted from a combination of seven metals, are commonly used in this practice. Sound is also utilized for cleansing spaces, as areas that remain stagnant for extended periods accumulate negative energy. To counter this, it is advised to regularly move things, like bookshelves, at least every six months. This is why the tradition of house cleansing during Diwali holds significance.

Major benefits of sound healing

Improve circulation: Sound healing can enhance blood flow throughout the body, promoting better circulation, and supporting overall cardiovascular health.

Immunity booster: By harmonizing the body's energy and reducing stress, sound healing helps strengthen the immune system, making it more resilient against illnesses.

Reduce anxiety and depression: The soothing vibrations of sound healing can have a calming effect on the mind, alleviating feelings of anxiety and depression, and promoting emotional well-being.

Reduce various pain (neck , back and shoulder): Sound healing can target specific areas of discomfort, such as the neck, back, and shoulders, providing relief and relaxation to tense muscles and promoting pain reduction.

Balance chakras

Chakras serve as energy centers, each containing abundant energy. However, typically, we can only access 3-4% of this energy. Imagine the possibilities if we could harness more of this energy through sound healing alone...

Root Chakra



Location: The base of the spine, in the tailbone area

Color: Red

Meaning: Physical identity, stability, grounding

A blocked root chakra can manifest as physical issues like arthritis, constipation, and bladder or colon problems, or emotionally through feeling insecure about finances or our basic needs and well-being. When it's in alignment and open, we will feel grounded and secure, both physically and emotionally.

Solar Plexus Chakra



Location: The upper abdomen, in the stomach area

Color: Yellow

Meaning: Self-esteem, confidence

Blockages in the third chakra are often experienced through digestive issues like ulcers, heartburn, eating disorders, and indigestion. It's the chakra of our personal power. This means it's related to our self-esteem and self-confidence.

Sacral Chakra



Location: Just below the bellybutton, just above the pubic bone

Color: Orange

Meaning: Sexuality, pleasure, creativity

Issues with this chakra can be seen via problems with the associated organs, like urinary tract infections, lower back pain, and impotency. Emotionally, this chakra is connected to our feelings of self-worth, and even more specifically, our self-worth around pleasure, sexuality, and creativity.

Heart Chakra



Location: The center of the chest, just above the heart (the area called the “heart center” in some yoga classes)

Color: Green

Meaning: Love, compassion

Blocks in our heart chakra can manifest in our physical health through heart problems, asthma, and weight issues. But blocks are often seen even more clearly through people’s actions.

People with heart chakra blocks often put others first, to their own detriment. It’s the middle of the seven chakras, so it bridges the gap between our upper and lower chakras, and it also represents our ability to love and connect to others. When out of alignment, it can make us feel lonely, insecure, and isolated.

Throat Chakra



Location: The throat

Color: Blue

Meaning: Communication

As one would expect, this chakra is connected to our ability to communicate verbally. Voice and throat problems as well as any problems with everything surrounding that area, such as the teeth, gums, and mouth, can indicate a blockage. Blocks or misalignment can also be seen through dominating conversations, gossiping, speaking without thinking, and having trouble speaking your mind. When in alignment, you will speak and listen with compassion and feel confident when you speak because you know you are being true to yourself with your words.

Third Eye Chakra



Location: Between the eyes, on the forehead, which is why it's also known as the "brow chakra"

Color: Indigo

Meaning: Intuition, imagination

Since this chakra is physically located on the head, blockages can manifest as headaches, issues with sight or concentration, and hearing problems. People who have trouble listening to reality (who seem to "know it all") or who are not in touch with their intuition may also have a block. When open and in alignment, it's thought that people will follow their intuition and be able to see the big picture.

Crown Chakra



Location: The very top of head

Color: Violet or white

Meaning: Awareness, intelligence

The crown chakra is linked to every other chakra (and therefore every organ in this system), and so it affects not just all of those organs, but also our brain and nervous system. It is considered the chakra of enlightenment and represents our connection to our life's purpose and spirituality. Those with a blocked crown chakra may seem narrow-minded, skeptical, or stubborn. When this chakra is open, it is thought to help keep all the other chakras open and to bring the person bliss and enlightenment.

Level – 1

Level first include:-

- Mind entrainment
- Relaxation
- Sound meditation
- Group meditation
- Aura cleansing

Cost – 15000/- INR

Level -2

Level second includes:-

- Aura strengthening
- Mind detox
- Self healing
- Depression/anxiety management
- Chakra work

Cost- 20000/- INR

Level - 3

Level 3 or master level includes:-

- Knee pain management
- Back pain management
- Shoulder pain management
- Physical trauma healing
- Home cleansing
- Coporate management
- Chakra healing

Cost – 25000/- INR

Nada physio wellness services.