

SHAIVAM CENTER FOR LUNG REHABILITATION & MEDITATION

*Gujarats' first Lung
Rehabilitation Centre*

www.shaivam.world



Shaivam is Gujarats' first Lung Rehabilitation Centre focusing on Specialised programme since 2020 for chronic Lung disease patients. Shaivam's cardiac rehabilitation program is offered by the Cardiopulmonary Department in a special space for all chest conditions and specially for post- covid patients. The session is held for one hour where patients join for and follow an education and progressive lung rehab and strengthening exercise program tailored to each individual's specific needs and health condition.

The hour-long sessions will include:

A warm-up period; Exercise on a recumbent cycle bike / treadmill, a breathing exercises on plinth, manual myofascial release of muscles, balloon blowing exercises, upperlimb & lowerlimb arm ergometer and strengthening with hand weights or dumbbells ; A cool down period; Pulse checks at rest, during exercise and after cool down; and saturation monitoring throughout the session.
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Up to three patients would be in the rehab at one time. Our Physical Therapist specially trained will lead each session and carefully monitor patients. Also offered will be Meditation sessions pre and post workout. Meditation topics include relaxation counseling, stress management and how to modify behaviors to reduce one's risk of future heart disease. Our medical center's registered physical therapist will help lead some of these discussions. Upon completion of program, patients are encouraged to follow a home exercise and diet program to maintain their highest level of heart health possible.

Services Available

Lung Rehabilitation Programme (Lets Breathe Better)

Pulmonary rehabilitation is a comprehensive program designed to help individuals with chronic lung diseases, such as chronic obstructive pulmonary disease (COPD), Lung Fibrosis, Cystic fibrosis, Post Covid or pneumonia for manage symptoms, improve quality of life, and increase physical activity.

Benefits:

1. Improved exercise tolerance: Patients can perform daily activities with more ease.
2. Reduced symptoms: Shortness of breath, wheezing, and coughing can decrease.
3. Enhanced quality of life: Patients can participate in activities they enjoy.
4. Increased strength and endurance: Patients can perform daily tasks with more energy.

Components:

1. Exercise training: Aerobic exercise, strength training, and flexibility exercises, Muscles relaxations.
2. Education: Breathing techniques, medication management, and lifestyle modifications.
3. Support: Counseling, support groups, and stress management.

Goals:

1. Improve lung function: Optimize medication use and breathing techniques.
2. Increase physical activity: Encourage regular exercise and daily activity.
3. Manage symptoms: Reduce shortness of breath, wheezing, and coughing.
4. Enhance overall health: Improve mental and physical well-being.

Who Benefits:

1. COPD patients: Those with chronic bronchitis or emphysema.
2. Other lung diseases: Patients with asthma, pulmonary fibrosis, or cystic fibrosis, Post Covid Lung fibrosis or Post pneumonia recovery
3. Post-lung transplant patients: Those who have undergone lung transplantation.



Meditation (Heartfulness)

Meditation topics include relaxation counseling, stress management and how to modify behaviors to reduce one's risk of future heart disease. The science behind meditation is increasingly being recognized for its profound effects on the modern mind and body. Research shows that regular meditation practices can actually reshape the brain's structure, fostering emotional resilience and enhancing overall mental, emotional, and physical health. Among the many meditation techniques available, Heartfulness Meditation stands out as an effective practice that promotes balance and inner peace.

Heartfulness Meditation (www.heartfulness.org), offered by the Heartfulness Institute, is a non-profit, volunteer-based organization dedicated to teaching people practical, secular practices for relaxation, meditation, rejuvenation, and developing life skills. In a relatively short period of time, practitioners can experience a sense of calm, reduced stress, and an increased capacity for focus and joy. By learning to tune into the heart, individuals are able to develop an inner knowing that intuitively guides their actions, helping them face life's challenges with resilience, courage, and a cheerful outlook.

Shaivam Clinic offers a welcoming environment for those interested in exploring these practices. In collaboration with the volunteers of the Heartfulness Institute, the clinic provides regular learning sessions three times a week, individual follow-up sessions, and group meditation gatherings once a week. These sessions are entirely free of charge, rooted in the concept of service to society, and designed to help individuals experience the benefits of meditation and rejuvenation.

It's a beautiful opportunity for anyone looking to learn and practice these life-enhancing techniques while contributing to a collective spirit of service and growth

Pulmonary Function Test (PFT & DLCO)

This test measures how well your lungs are working. This test are a valuable tool for diagnosing and managing lung diseases



Diagnose lung diseases:

Such as unexplained dyspnea, cough, wheezing, asthma, COPD, or pulmonary fibrosis.



Monitor lung disease progression:

Track changes in lung function over time with treatment.



Evaluate treatment effectiveness:

Determine if medications or therapies are working.



Preoperative assessment:

Evaluate lung function before major surgery.

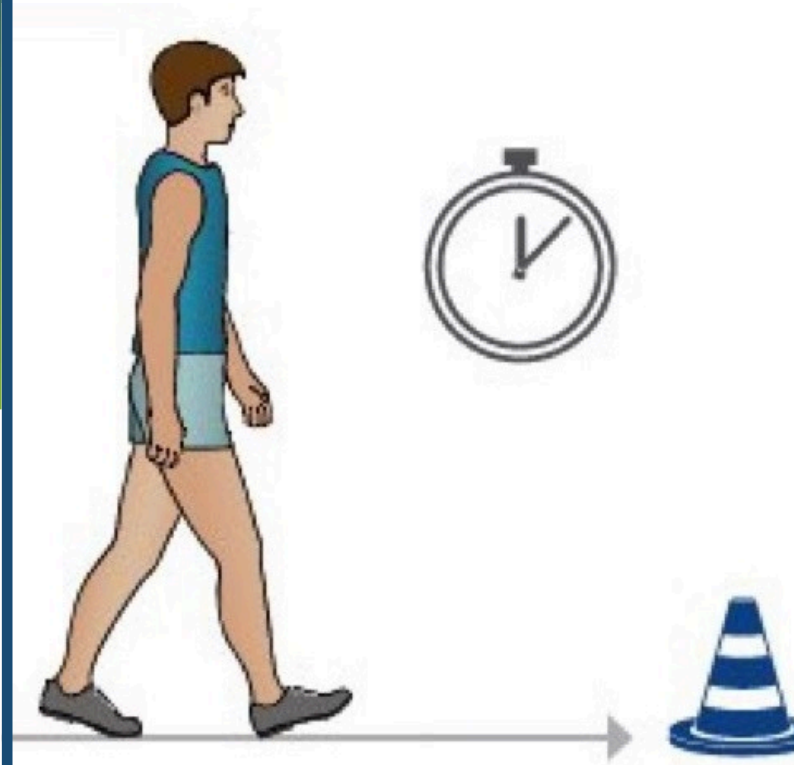


Electrocardiogram (Check your ECG)

It's a medical test that measures the electric activity of your heart. 12 Lead ECG is a standard test to check your heart function. Those with hypertension, DM, Obesity, age above 50, Insomnia & Thyroid disorder should regularly get ECG done

SIX MINUTE WALK TEST (ASSESS YOUR GOALS WITH STRENGTH)

The 6-minute walk test (6MWT) is a simple, standardized way to assess functional exercise capacity and track changes in exercise tolerance over time. It measures the distance a person can walk in a 6-minute period, typically on a flat, hard surface. The test is widely used in various medical settings, particularly for individuals with heart or lung conditions, to monitor the effectiveness of treatments and assess the impact of disease progression. Serially monitoring 6MWT in patients with chronic heart and lung disease will give them self confidence in daily quality of life



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