

AMDA Peace Clinic in Bodhgaya, India



Quest for global peace through healing human souls “

BACKGROUND

Bodhgaya is where Prince Gautama attained enlightenment and became known as Lord Buddha. This is one of four most sacred pilgrimage places for the Buddhists. Bodhgaya today is emerging as a powerful inspiration to the modern world, attracting people from all over the world due to its history and holiness of the place. AMDA Peace Clinic is established at the end of 2009 at this same city to serve the community with a unique service of Ayurveda treatment and therapy. AMDA Peace Clinic has a Buddhist temple as part of its building managed by the “Saipharisan Bodhaishhaji Trust”, Bodhgaya.

Part, transcendental, part therapeutic Ayurveda fuses centuries of knowledge in a detailed healing art and science. Ayurveda is practiced without disturbing constitutional harmony of one's body. Ayurveda prevents disease by developing one's immunity and wellbeing. The proper practices of Ayurveda ensure longevity through physical, mental and spiritual wellbeing.

Buddhist pilgrims and tourists from all over the world come to Bodhgaya and benefited from AMDA Peace Clinic. In addition people around Bodhgaya are benefited from community health projects (Free Medical Camp etc.) The clinic has a residential medical officer from Sri Lanka and a female Ayurveda therapist plus two assistants. The clinic is open from 9am until 5pm; Monday to Saturday and

the temple is open daily from 8am until 5pm for the public.

The clinic charges a minimum consultation fee of Rs. 30 and the medicines are charged at purchased price. Charges for therapies differ according to the type and time of service provided. In addition local residents get the service at a discount rate. From its inauguration, the clinic has seen about 500 people seeking Ayurveda therapy from 24 different countries, namely Australia, Belgium, Brazil, Canada, France, Germany, Hong Kong, India, Israel, Italy, Japan, Korea, Malaysia, Nepal, Poland, Russia, Singapore, Spain, Sri Lanka, Sweden, Switzerland, Thailand, Tibet and USA. During the peak season the clinic gets inundated with the request for Ayurveda massage therapy peaking at more than 85 per month (Dec. 2010) at times.

Recent Activities

Apart from the daily activities and on top of regular free medical camps, AMDA Peace Clinic has conducted many other activities for the community.

- **AMDA Talent Show**

The objective of the event is to give opportunities for the youngsters in Bodhgaya to show their inherent skills and talents and to enhance the spirit of creativity of children around AMDA Peace Clinic. It also makes bridge between the local community and Saijo Inarisan Trust. The talent show is usually conducted at the clinic building and there were about 20 students from the surrounding area were selected to show their talents during the last event. At the end of the event each performer receives a small gift.



- **Community Health Activities**

AMDA Peace Clinic team has engaged in community health activities not only to enhance the quality of health of the underprivileged community but also to inculcate them with the value of education. AMDA has realized that the girls in these villages are reluctant to continue their studies. By promoting education and knowledge amongst them, not only help the individuals but also will help many generation to come. During the assessment the team observed that there are a lot of matters that need to be addressed regarding their hygiene such as lack of sanitary facilities.



- **AMDA Nutrition Program**

This program was initiated in 2010 after hearing the story of the infant in the following photograph. The infant's mother had committed suicide due to a personal matter and his father had to leave home for work early morning to provide for his home. The infant is suffering from malnutrition and AMDA Peace Clinic is offering nutrition assistance to the infant every month.



- **Cleft Lip & Cleft Palate Operation**

AMDA Peace Clinic conducted an assessment in the neighboring villages of Bodhgaya and identified about 10 cases of cleft lip & cleft palate. With the assistance from a surgeon from Smiles Hospital, Varanasi, a screening was done at AMDA Peace Clinic. Surgeon selected 8 patients for the operation and AMDA organized the transport of patients to Varanasi.



Wickram Kumari before and after her Surgery



Raki Kumari before and after her Surgery

- **Distribution of Stationeries for the Underprivileged School Children**

Saddam ma School is situated 3 km away from AMDA Peace Clinic. Staff of AMDA Peace Clinic heard that this school is run by the contributions from one family. At present the school is facing problems and struggling to convert it in to a sustainable standard. When AMDA clinic received some pencils from the head office in Japan, the clinic staff immediately decided to distribute them. Although it is a small help, their smiling faces were enough to convey their gratitude.



- **Additional Service**

AMDA Peace Clinic has been serving the holistic health of the local community and many pilgrims that visit Bodhgaya during the busy season. AMDA is about to add medical imaging and diagnosis (Ultra Sonographic and ECG machine) to the list of services provided by the clinic. Initially the service will be rendered once a week and 2-3 hours a day and will be increased as per demand. It is hoped to offer the above service at a heavily subsidized prices for the community and further; for those who can't afford will be offered with just a registration fee.

In addition, there are some strategies in progress to upgrade and further the services for the next tourist season. The clinic will have four therapy rooms in the near future and new services such as acupuncture, free herbal bath and herbal drinks will be introduced to promote awareness of the traditional Indian Ayurveda therapy. The clinic will also recruit and train male and female therapists; the new staff not only help the senior therapists but also to find some herbs from Bodhgaya to prepare herbal medicines that conform with patients' needs. The changes will convert the clinic into a sustainable standard and create more opportunities to conduct community health activities in the surrounding areas.

