



Ayurveda

Ayurveda, the Indian System of Medicine, has been in vogue from times immemorial to impart natural healings for various ailments.

Ayurveda advocates a complete promotive, preventive and curative system of medicine. *Ayurveda* is based on laws of nature. The individual and the universe both are essentially *Panchabhautika* i.e. made up of five basic physical elements namely *Akash* (Space/ Ether), *Vayu* (Air/ Motion), *Agni* (Fire/ Energy), *Jala* (Water/ Cohesive factor) and *Prithvi* (Earth/ Mass). These five basic elements (*Panchamahbhutas*) constitute three major biological components of the living body called *Tridosha* i.e. *Vata*, *Pitta* and *Kapha*. When an individual is indisposed through the etiological factors, the disease process ensues in the form of *Tridoshika* arrhythmia and vitiation of *Doshas* which may lead to irreversible diathesis giving rise to a full fledged disease. *Ayurvedic* classics describe six stages of the evolution of a disease termed as “*Shatkriyakaala*”. Among many factors *Agni* the digestive and metabolic fire of the body is considered the most important factor. When the *Agni* becomes weak, a number of unwanted byproducts of digestion and metabolism start forming and accumulating in the body at different level from gross to the molecular level, from local GIT level to the systemic level over tissues and cells. Such products are called *Ama* and act as toxic and antigenic materials. *Ayurveda* emphasizes that all the diseases are the product of weak *Agni* and in turn the main basic principle of treatment of all diseases in *Ayurveda* is to restore and to strengthen the *Agni* i.e. the digestion and metabolism.

The main objective of *Ayurveda* has been categorized under two categories:

1. ***Swasthasya Swasthya Rakshanam***: It is essentially promotive and preventive adapting an unique holistic approach. It deals about life style, diet, exercise, personal and social hygiene etc.
2. ***Aaturasya Vikaraprashmanam Cha***: It deals about curative approach of *Ayurveda*. Its main objective is to restore balance of *Tridosha*. *Ayurveda* describes three main streams of therapeutic interventions i.e. *Daivavyapasraya* (Divine therapy), *Yuktivyapasraya* (Rational Therapy) and *Sattvavajaya* (Psychotherapy).



The rational *Ayurvedic* treatment is carried out in two parts viz. *Samshodhana/* Purificatory therapy and *Samshamana/* Palliative therapy. The purificatory therapy (*Samshodhana*) also popularly known as “*Panchakarma*”.

Panchakarma play a vital role in Indian System of Medicine. *Panchakarma* is biopurificatory therapy through which we can eliminate morbid *Doshas* from gross channels to the molecular levels from its nearest route of the body. *Panchakarma* therapy is prescribed and practiced through schedules as-

Preparatory measures: It includes *Deepana-Pachana* (improvement of digestion & metabolism), *Snehana* (Oleation therapy: External and internal) and *Swedana* (Fomentation therapy).

Main procedures: These five measures of *Panchakarma* are:

1. *Vamana* (Medicated emesis)
2. *Virechana* (Medicated purgation)
3. *Niruha Basti* (Medicated decoction enema)
4. *Anuvasana Basti* (Medicated unctuous/ oil enema)
5. *Sirovirechana/ Nasya* (Nasal infiltrations)

Post Therapy care/ After treatment: It includes dietary regimen (*Samsarjana Karma*), medicinal treatment and do's/ don't after therapy.

Consultations

Ayurvedic And Wellness consultation

The Ayurvedic consultation explores your physical, mental and emotional health to help you understand your unique energetic constitution or combination of Doshas (the three dynamic living forces) that determines your body type and your current imbalances. The Ayurvedic physician then prepares a sequence of experiences and a programme of diet and exercise according to your body type that will help bring more balance, energy and peace to your entire being.

Rs 200/maximum 3 sessions within 10 days

Specific Panchakarma Therapies we offer:



Abhyangam (Uzhichil-Oleation therapy) 45 mins

Abhyanga is a form of *Ayurvedic* medicine that involves massage of the body with large amounts of warm oil. The oil is often pre-medicated with herbs for specific conditions. *Abhyanga* can be done as part

conditions. *Abhyanga* can be done as part of the steps of *Panchakarma* therapy, especially in the preparatory stage, or as its own therapy. It is often followed by *Svedana*(steam)therapy. Oils used can vary depending on the season and the individual constitution (*Dosha*).

Benefits:

- Nourishes the entire body—decreases the effects of aging
- Imparts muscle tone and vigour to the *Dhatus* (tissues) of the body
- Imparts a firmness to the limbs
- Lubricates the joints
- Increases circulation

- Assists in elimination of impurities from the body
- Moves the lymph, aiding in detoxification
- Increases stamina

Rs.999/session

Rs.2799/ 3 sessions

Rs.5999/7 sessions

Abhyangam is also preformed with an addition of various different medicinal oils for different medical conditions at an extra price of Rs 199 per session. Ask our manager for more details on these aromatic medicinal oils.



☞ Swedanam (Fomentation therapy) 15 mins

Swedana is the therapy by which a person is made to sweat. Generally it should be undertaken after *Abhyangam*. It is considered that the sweating therapy melts the waste products of metabolism, stagnated in the subtle channels of circulation which have been disintegrated by the *Abhyangam*. Herbal formulations are used in this therapy.

Benefits:

- Improves blood circulation
- Helps in muscle relaxation
- Reduces fat, improve skin complexion
- Helps in detoxification

- Helps in detoxification
- Treat muscle spasm

Rs.249/session

Rs.649/ 3 sessions

Rs.1299/7 sessions



✍ Udvartanam (45 mins)

A whole body massage with fine medicinal powder to enliven and energize the body is *Udvartanam*.

Benefits:

- Promotes skin complexion
- Increases blood circulation
- Useful in diabetes, alteration of muscle tone, obesity etc.

Traditional medicine with a modern touch

Rs.1499/session

Rs.3999/ 3 sessions

Rs.9499/7 sessions

✍ Pizhichil (Sarvanga Dhara) (45 mins)

Pizhichil is a combination of oil massage and heat treatment. A gentle, synchronized massage of up and down is carried out on all parts of the body other than the head are subjected to this treatment. The patient should lie on the treatment table and two to four trained therapists perform the massage under the supervision of a physician. It is administered in seven standard positions, so that no area of the body is left uncovered.

**Benefits:**

- Makes one feel peaceful, calm and relaxed
- Treats muscle spasms and other degenerative diseases that affect the muscles
- Relaxes mind and body

Rs.1999/session

Rs.12999/7 sessions

Rs.5499/ 3 sessions

✍ **Shirodhara (45 mins)**

Shirodhara is a main or a supplementary procedure of pouring a liquid on forehead for a stipulated period of time. Liquids used in the therapy are oil, medicated buttermilk or medicated decoctions. This is normally preceded by *Abhyangam*.

Benefits:

- Calms the mind and soothes the nervous system
- Induces a feeling of profound peace and happiness
- For treating various psychosomatic disorders, insomnia, chronic cold, sinusitis, etc.

Rs.1399/session

Rs.3999/ 3 sessions

Rs.9499/7 sessions



✍ *Navarakizhi (Shasthika Shali Pinda Swedanam) 45 mins*

Navarakizhi or *Shali Shasthika Pinda Sweda* is one of the most important procedures of *Panchakarma*. In this procedure fomentation is carried out by application of Bolus containing medicines on the body with gentle massage by it. In this procedure the *Navara* rice is used to prepare the bolus. It is immune-enhancing rejuvenation therapy.

Traditional medicine with a modern touch

Benefits:

- Nourishing and restoration therapy effective in cases of emaciation of the muscles.
- Improves general weakness and effective in arthritis, trauma, paralysis etc.
- Effective in treating diseases related to mal-nourishment

Rs.1499/session

Rs.4299/ 3 sessions

Rs.9499/7 sessions

✍ Elakizhi (Patrapinda Swedanam) 45 mins

It is a highly rejuvenating treatment in which is similar to *Navarakizhi* in most of the part and way to perform except the herbs used. Here fresh plant leaves of *Vatahara* plants like *Eranda (Ricinus communis)*, *Arka (Calotropis Procera)*, *Nirgundi (Vitex negundo)*, *Rasna (Pluchea lanceolata)*, Coconut leaves, lemon and curcumin are fried with several beneficial herbal ingredients and tied into cloth, dipped into warm medicated oil and used for massaging the body. It is administered after *Abhyangam*.



Benefits:

- Treats diseased conditions such as joint pain, muscle cramps, rheumatic arthritis
- Treats all sorts of degenerative ailments

Rs.1199/session

Rs.3299/ 3 sessions

Rs.7599/7 sessions



✍ ***Podikizhi (Choorna Swedanam) 45 mins***

It is a highly rejuvenating treatment in which is similar to *Elakizhi* in most of the part of body. Here fine powders of beneficial herbal ingredients are tied into cloth, dipped into warm medicated oil and used for massaging the body. It is administered after *Abhyangam*.

Benefits:

- Treats diseased conditions such as joint pain, muscle cramps, rheumatic arthritis
- Treats all sorts of degenerative ailments

Rs.1199/session

Rs.3299/ 3 sessions

Rs.7599/7 sessions

✍ ***Kati Basti/ Greeva Basti (35 mins)***

Specially warmed herbal oil is poured over the particular region of back/ neck and retained inside a dam made out of dough.

Benefits:

- Increases the circulation in the region, as the herbal oil gets deeply absorbed into the skin, and both nourishes and strengthens the muscles and nerves
- Pacifies one of the primary sites of *Vata*, relieving pain, soreness, and tension and restoring

- Relieves chronic lower backache, painful muscle spasms, stiffness and degenerative problems

Rs.599/session

Rs.1599/ 3 sessions

Rs.3699/7 sessions

✍ Shirobasti (60 mins)

A medicated oil therapy applied on the head to treat facial paralysis, insomnia and mental stress. In this therapy a leather sleeve is tied over the head of the patient and medicated oil is poured into the sleeve. The oil is allowed to remain on the head for a specific duration depending on the severity of the diseased condition.

Benefits:

- Effective in disorders like scalp psoriasis, psychosomatic disorders, facial paralysis, insomnia and other diseases related to mental stress.

Rs.1499/session

Rs.4299/ 3 sessions

Rs.9499/7 sessions

✍ Jaanu Basti (35 mins)

Specially warmed herbal oil is poured over the particular region of knee joint and retained inside a dam made out of dough.

Benefits:

- Increases the circulation in the region, as the herbal oil gets deeply absorbed into the skin, and both nourishes and strengthens the muscles and nerves
- Pacifies one of the primary sites of *Vata*, relieving pain, soreness, and tension and restoring flexibility
- Relieves traumatic knee pain, osteoarthritis, painful muscle spasms, stiffness and degenerative problems



- Relieves traumatic knee pain, osteoarthritis, painful muscle spasms, stiffness and degenerative problems

Rs.599/session

Rs.1599/ 3 sessions

Rs.3699/7 sessions

☞ Vamana Karma (Medicated emesis)

Vamana is the procedure of eliminating waste products of the body through the upper passages by vomiting. Emesis is the therapy of choice for *Kapha Dosha*.

Benefits:

- Cleans the body from endogenous toxins
- Facilitate proper evacuation of bladder and bowel.
- Promotes subjective feeling of cleanliness of heart, chest, head etc.
- Especially helpful in the treatment of skin diseases like psoriasis, bronchial asthma, epilepsy, mental diseases etc.

Rs.9999/full treatment(usually7-10 days)

☞ Virechana Karma (Medicated purgation)

Virechana is the procedure of eliminating waste products of the body through the lower gastrointestinal tract. Purgation is the therapy of choice for *Pitta Dosha*.

Benefits:

- Clearness of all the senses
- Facilitate proper evacuation of bladder and bowel.
- Helps in natural urges of urine, stool and wind

- Especially helpful in the treatment of skin diseases like eczema, psoriasis, bronchial asthma, hemiplegia, chronic constipation etc.

Rs.7999/full treatment(usually 7 days)



Traditional medicine with a modern touch

✍ **Basti Karma (Medicated enema)**

Basti Karma is the most important of all the therapies in *Panchakarama*. According to *Ayurveda*, *Vata* is the main morbid factor in the causation of diseases and *Basti Karma* is the best therapy, therefore, *Basti Karma* is considered half the treatment of all the diseases. It is done with oil and decoction.

Benefits:

- Very useful in health promoting measure
- Helps in rejuvenation, longevity of age, complexion and promotion of health in debilitated persons

- Cures many ailments like sciatica, hemiplegia, obesity, gouty arthritis, rheumatoid arthritis, osteoarthritis, backache, constipation, slip disc, degenerative disorders etc.

As per requirement



☞ *Nasya Karma* (Nasal insufflation)

This treatment is specially meant for diseases of head, neck and nervous system. Any medication administered through nostril to get desired therapeutic effect is *Nasya Karma*. It is done with oils, powders, milk and ghee.

Benefits:

- Helps alleviate problems of excess mucus and blocked sinuses
- Useful in treatment of facial palsy, spondylitis, headache, sinusitis, migraine etc.

As per requirement

☞ *Uttara Basti*

The administration of medicated drugs through urethra of male and urethra/ vagina of female is *Uttara Basti*. It is very useful in infertility, PCOD, menorrhagic abnormalities etc. It is done with oils, ghee, medicated decoction etc.



✍ ***Ayurvedic Facial (60 mins)***

This customized facial incorporates freshly blended herbs to thoroughly cleanse, exfoliate and renew. Gentle extractions, nourishing earth masks and our face, neck, arm & shoulder *marma* massage bring radiant and balanced skin to all doshas.

Rs 699/session