

## Ayurveda

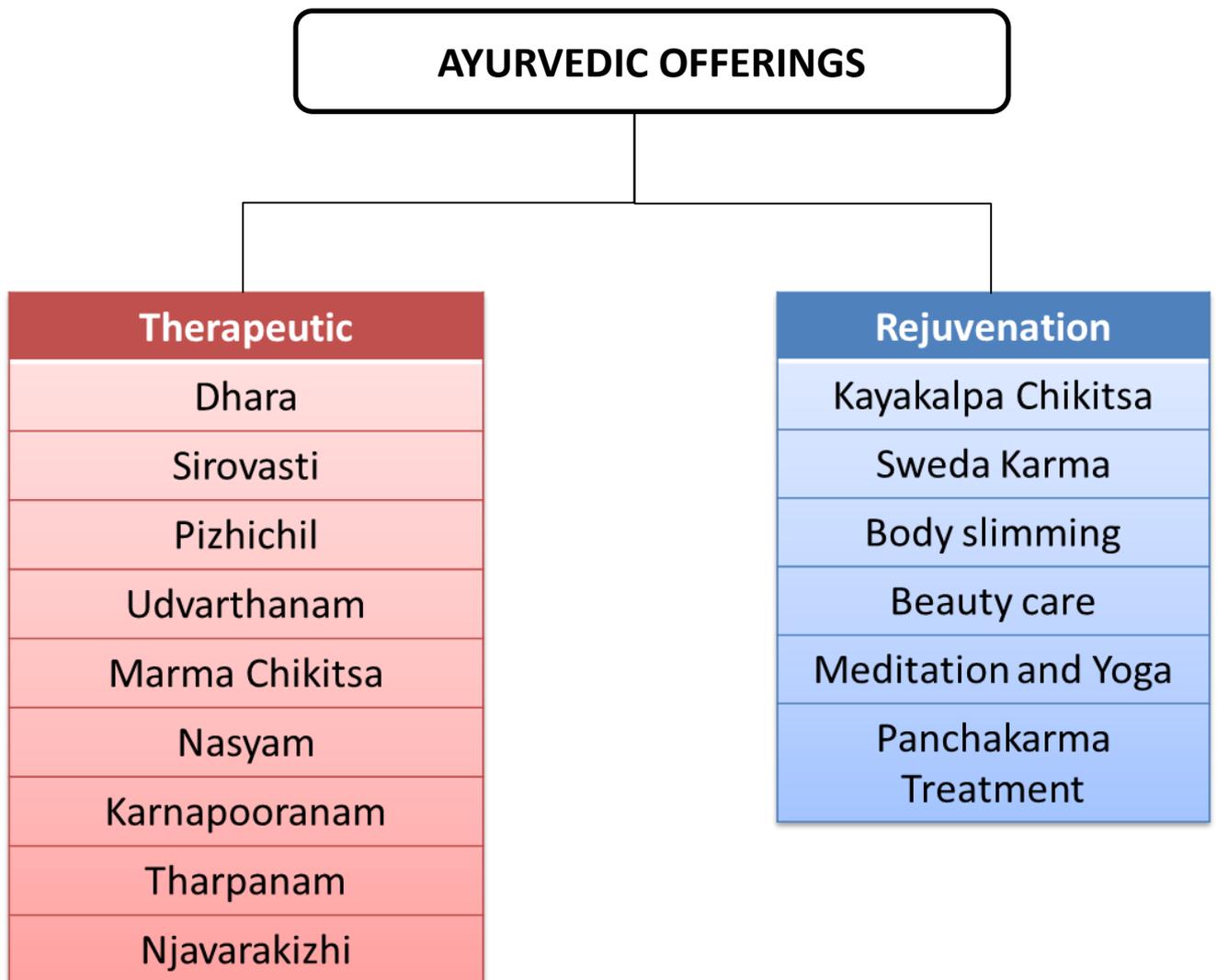
Ayurveda is one of the world's oldest medical systems that originated in India. The practice has two-fold aims:

- To maintain the health of a healthy person, rejuvenate, purify and prevent diseases
- Heal the ailment of the patient

Ayurveda in Sanskrit means "Knowledge of Life" ( Ayur - lifespan, and Veda-knowledge). The basis of this medical form is solid Indian writings of old, compiled over a 2 century period between 1500 BC and 400 AD, when many experts put down their observations and experiences.

India being the home to this form of treatment offers many exciting therapeutic and rejuvenation packages. Experience healing and rejuvenation through this ancient form run by India's accredited centres with all modern amenities in natural settings to make your stay a memorable one.

### AYURVEDA TREATMENT OVERVIEW



## THERAPEUTIC

<b>Dhara</b>	Treatment for chronic headaches, insomnia, mental tension and cases of hysteria, hallucination and insanity
<b>Snehapanam</b>	Treatment to alleviate osteoarthritis, leukemia etc
<b>Sirovasti</b>	Treatment for dryness of nostrils, mouth and throat, severe headaches, facial paralysis and burning sensation in the head
<b>Pizhichil</b>	Treatment for spondylosis, rheumatic diseases like arthritis, paralysis, hemiplegia, nervous weaknesses and nervous disorders
<b>Udvarthanam</b>	Treatment for diseases like hemiplegia, paralysis, obesity and certain rheumatic ailments
<b>Marma Chikitsa</b>	Treatment for musculoskeletal ailments due to trauma or accidents
<b>Nasyam</b>	Treatment for nasal ailments
<b>Karnapooranam</b>	Treatment for ear ailments
<b>Tharpanam</b>	Preventing cataract and strengthening vision
<b>Njavarakizhi</b>	Treatment for wasting of muscles, rheumatism, sports injuries, pain in the joints, emaciation of the body or parts of the body and certain kinds of skin diseases
<b>KASHAYADHARA</b>	Treatment for skin

## REJUVENATION

<b>Kayakalpa Chikitsa</b>	Body immunisation and longevity treatment
<b>Sweda Karma</b>	Body Sudation
<b>Thaulyakna Chikilsa</b>	Body Slimming
<b>Beauty care</b>	Herbal face pack, herbal oil massage, intake of herbal tea etc. improves complexion and beautifies the body
<b>Meditation and Yoga</b>	Mental and physical well being
<b>Panchakarma Treatment</b>	A five-fold treatment for mental and physical well-being - tunes the body, organs, mind, breath, nerves and purifies the blood

## ESSENTIALS

### Essentials for International Patients

- Contact the Ayurveda Centre
- Share medical history and all tests/reports with the doctor
- Post consultation, fix an appointment for visit
- Be ready with all the necessary documents (passport, visa, photo ID etc.)

### Essentials before Treatment

- Provide History of Illness
- Present complaints/medications
- CT Scan and MRI Scan reports in cases of accidental injury, skeletal disorders
- Blood reports

## Packages and Costs for Ayurveda

- Cost per Ayurvedic procedure ranges from USD 30 to USD 200
- Packages are also made available by every Ayurveda centre which ranges from USD 200 to USD 600 for procedures that run for longer duration
- Cost for Ayurveda procedures is dependent upon the length of stay which is 2, 3, 7,14,21 or 28 weeks respectively and type of room (deluxe room,super deluxe, villa etc.) opted for.
- There are OP / day-care treatments too for which the treatment / rejuvenation time will range from 30 min to 2 hours