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WELCOME TO THE NATURAL WAY OF LIVING WITH

ayurveda

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ABHYANGAM

AYURVEDIC OIL MASSAGE FOR HEALTH & WELLNESS

Abhyangam is an ancient relaxing massage technique originating in Ayurveda, which utilises warm medicated oil to benefit the mind, body, spirit and the immune system. Abhyangam massage can help your body get rid of all the ama or toxins accumulated from the chaotic lifestyles of the modern world.

In the Ayurvedic Abhyangam massage, an ample amount of warm oil is applied to the entire body combined with massage strokes that follow the direction of the movement of arterial blood. As mentioned by the Brhat Trayi and Laghutrayi Ayurvedic texts, the Abhyangam massage is a part of daily practices that one should follow to maintain well-being and good health.

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BENEFITS OF ABHYANGAM

- Improves blood circulation
- Reduces pain in body
- Regulates blood pressure
- Stress relief
- Improves vision
- Reduces muscle ache and stiffness
- Promotes lymphatic drainage
- Promotes physical strength
- Increases energy and alertness within the body

Recommended Sessions : 7 | Time : 60 Mins.

SWEDANAM

HERBAL STEAM BATH

To balance the doshas and ailments of a person,Swedanam or medicated herbal steam bath opens the pores flushes and cleanses the system through the skin. It is usually very effective when taken after massage.

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BENEFITS OF SWEDANAM

- Reduces pain in the body
- Eliminates toxin
- Promotes Lightness
- Beautifies the skin
- Removes Cellulite
- Reduces stiffness

Recommended Sessions : 7 | Time : 15 Mins.

SHIRODHARA

"SHIRO" (HEAD) AND "DHARA" (FLOW)
The infusion of oils or other liquids when poured onto the head and scalp produces a soothing and calming sensation on the muscles of the head, which in turn passes via the superficial peripheral nerves of the forehead to the brain. By soothing the hypothalamus, it regulates the activity of the pituitary gland The warm herbal oils used for this process causes vasodilatation of all the blood vessels & thus improves the blood circulation in the brain. Shirodhara also reduces the level of stress hormones such as adrenaline & noradrenaline & thus relaxes the mind and thereby helps in relieving stress and tension

(Shirodhara is one such practice, where the healer helps open one's third eye which leads to the free flow of 'prana' or 'life force'. When the prana drifts through the energy channels, also known as 'srotas', they help remove the blockages in the mind)

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BENEFITS OF SHIRODHARA

- Relieves Stress
- Enhances sleep quality
- Dimnishes anxiety
- Brings down the elevated serotonin levels
- Pacifies vata doshas
- Treat depression, Epilepsy, Hypertension
- Treats greying of hair and hair loss
- Strengthens sensory organs

Recommended Sessions : 7 | Time : 45 Mins.

NASYAM

SINUS CARE
NASAL DETOXIFICATION

- "Nasa Hi Shiraso Dwaram" Nasya Karma (nasal drug delivery) is a therapeutic procedure where drugs are administered through nose in a specific manner, to cure different urdhvjatrugat vikaras.

- Nose is the gateway to the consciousness and the pathway to our internal recovery. Medications that are administered via the nasal passages (nasya) treats disorders in mind, neck, nose & sinus cavity. Nasya is one of the well known purification treatment in Ayurveda. Nasyam is administered on an empty stomach.

- Nasya treatment begins with massaging the face and pressure points on the head to stimulate sense organs, and to open sinus areas. Followed by a facial steam & administering drops of medicated oil,plant juice or decoction in each nostril.

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BENEFITS OF NASYAM

- Head Ache
- Migraine
- Sinusitis
- Allergies
- Nasal Polyp
- Facial Paralysis
- Tinnitus & Loss of Smell & Taste
- Falling of Hair
- Cleanses Central Nervous System & Sense Organs
- Effective For Asthma & Bronchitis
- Premature Greying of Hair

Recommended Sessions : 7 | Time : 30 Mins.

UDVARTANA

WEIGHT LOSS MASSAGE

The word "Udvartan" means rubbing the body by Churna (coarse herbal powders), so it can be understood as powder massage (Medicinal herbal powders). This unique procedure is used for various health issues as well as for slimming & cellulitis.

Rubbing the body with herbal paste (mixture of dry herbal powder and medicated oils or other liquids) is called Utsadan. patient is asked to lie down in supine position (lie on back). Then massage is started from legs, arms, chest, abdomen, back and gluteal region and it is done in upward direction means towards heart direction (against circulation) for certain time as per purpose or disease condition. Udvartan is done by two hands (One person) or by four hands (two persons) for better results in a synchronized way. Post care tips are advised by Doctor.

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BENEFITS OF UDVARTANA

- Toning the skin & muscles after childbirth or weight loss
- Imparts good complexion to the skin
revitalize the sense of touch.
- Removes Kapha toxins from the body
- Removes Cellulite
- Ruduces Obesity
- Weight reduction Postpartam

Recommended Sessions : 7 | Time : 60 Mins.

KARNA PURANAM

EAR THERAPY

Karna Puranam is the process of healing ear problems with warm herbal oils .Bathing the ears in warm oil is calming and protective to the nervous system .Treatment begins with a vibrant head & neck massage, followed by a gentle massage to the ears.

Then the ears are gently cleaned with cotton buds and few drops of Herbal medicated Ayurvedic oil is poured into ears. Once the cavity of the ear is completely occupied with the oil, the person is requested to rest in the position to allow the oil to get absorbed.

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BENEFITS OF KARNA PURANAM

- Dryness
- Excess Earwax
- Earache
- Itching
- Vertigo.
- Impaired Hearing Due To Wax Blockages
- Impurities In The Ear Canal
- Tinnitus (Ringing In The Ears)
- Neck Pain & Jaw Pain
- Frequent Ear Infections

Recommended Sessions : 7 | Time : 20 Mins.

AKSHI TARPAN

NETHRA TARPANAM
(Eye Rejuvenation therapy)

Netra Basti is the traditional Ayurvedic eye treatment that involves bathing the eyes in medicated ghee and this is one of the most nourishing and rejuvenating therapies for the eyes. The ghee is retained within a dam made of dough consisting of chickpea flower (or wheat flower) for approximately 15 minutes on each eye. This is a specialized Ayurvedic treatment for the eyes and nervous system. As the ghee is retained it oozes all around the eyeball, down the eye socket and optic nerve and penetrates deep into the nervous system and brain tissues that lie behind the eyes. Leaving a nourishing and satisfying feeling not only in the eyes, but throughout the whole body.

BENEFITS OF AKSHI TARPAN

- Helps To Eliminate Dryness, Itchiness And Irritation of The Eyes.
- Eases Wrinkles and Dark Circles Around Eyes
- Improves Vision
- Nourishes and Rejuvenates Eyes
- Enhances The Beauty of The Eyes
- Pain and Roughness Around The Eyes.
- Strengthens & Protects Eyes Against The UV Rays
- Cures Eye Disorders
- Heals Poor Vision, Eye Fatigue, Cataract and Glaucoma

Recommended Sessions : 7 | Time : 20 Mins.

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NJAVARAKIZHI

NOURISHING POULTICE MASSAGE

It is a rejuvenating and nourishing treatment from Kerala. Njavara (Oryzasativa) a highly vitamin enriched rice from Kerala is specially cooked with medicated herbs and milk tied in a small linen bags. Then the body is vigorously massaged after dipping it into medicated warm milk until the warmth induces the skin to sweat.

This procedure is highly rejuvenating and nourishing. Strengthens the body, moisturises skin, improve over all colour & complexion .Improve muscular strength tone and immunity.

Sweating the body by applying poultice made out of special herbs and rice.

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BENEFITS OF NJAVARAKIZHI

- Rectifies Peripheral Nervous System
- Promotes Circulation
- Relieves Aches
- Detoxifies Skin

INDICATIONS:

- Body Weakness
- Neurological Disorders
- Arthritis
- Skin Disorders

Recommended Sessions : 7 | Time : 20 Mins.

VASTI

DETOX ENEMA THERAPY

Vasti therapy removes deep seated toxins from colon. It also has cleansing & nourishing benefits and creates a deep physical, mental and emotional transformation.

Recommended for chronic constipation, flatulence, abdominal discomfort, stress, deep seated emotions and vata disorders (Course of treatment recommended for good results)

Actual Process:

Herbal liquids and oils Are administered through anus.

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BENEFITS OF VASTI

- Pacify Vata
- Improve Digestion
- Chronic Disorders of Digestive Tract
- Resolve Gastric Problem
- Improves Metabolism
- Colitis

Recommended Sessions : 7 | Time : 30 Mins.

SHITOPCHAR

COOL TREATMENT/FRUIT MASSAGE

This treatment is done in pitt (heat) prokopak patients. As the summer heats up our body begins to suffer, not only from the obvious effects of dehydration but as our stress levels rise along with the temperature.
This treatment/ massage done by fruits products.

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BENEFITS OF SHITOPCHAR

- Rejuvenates the whole body
- Rebeautifies the skin
- Antiaging
- Helps sleep better
- Promotes vitality
- Reduces Dosha imbalance
- Removes Stress and toxins
- Revitalizes Sapt Dhatu

Recommended Sessions : 3 | Time : 75 Mins.

AYURVEDIC
BODY POLISHING & BODY WRAP

- A body polish is popular body treatment that exfoliates & hydrates your skin, leaving it smooth & soft.
- It is done with salt, sugar, coffee ground, ricebran, herbs mixed with medicated olis.
- The exfoliations is usually followed by a shower and an applications of ayurvedic lotions.
- Polishing is done using natural herbs and olis to stimulate the senses.

BENIFITS OF AYURVEDIC BODY POLISHING & BODY WRAP

- This treatment exfoliates the skin
- Smoothening out dry & rough Skin
- Improves circulation

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Recommended Sessions : 3 | Time : 90 Mins.

SIROVASTI

Certain lukewarm herbal oil are poured into a cap fitted on the head and held for 30 to 45 minutes per day according to the patient's conditions for period of 7 days.

BENEFITS OF SIROVASTI

- Facial Paralysis
- Dryness in Nostrils Mouth & Throat
- Severe Headaches
- Relieves Anxiety
- Reduces hair fall

Recommended Sessions : 7 | Time : 45 Mins.

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PIZHICHIL

Lukewarm herbal oil are applied all over the body by two trained therapists in a special rhythmic way continuously for about 60-90 minutes. It is extremely soothing & Relaxing.

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BENEFITS OF PIZHICHIL

- Paralysis
- Hemiplegia
- Sexual Weakness
- Rheumatic Diseases like Arthritis
- To get rid of the Blockages in channels and nerves.

Recommended Sessions : 14 | Time : 90 Mins.

ELAKIZHI / PUDIKIZHI

PATRA PINDA SWEDA

A highly rejuvenating treatment in which several herbal ingredients which are tied and dipped into warm medicated oil and simultaneously massage by therapists all over the body for 1 hour.

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BENEFITS OF ELAKIZHI

- Chronic back pain
- Loss of function of a part or whole limbs
- Joint stiffness and swellings
- Muscular pain
- Antiaging
- Rejuvenating Sciatica
- Spondylosis
- Sprains and cramps.

Recommended Sessions : 7 | Time : 60 Mins.

JANU BASTI

The knee joint is called Janu Sandhi in Sanskrit; hence the name Janu Basti is given to the procedure done on knee joints. In this the knee joint is bathed with warm medicated oil or freshly prepared herbal decoction. Depending on the condition it can be practiced over both the knee joints or on one knee joint. Knee joints are considered as Sandhi Marma in Ayurveda

BENEFITS OF JANU BASTI

- Pacifies aggravated Vata dosha in the knee region
- Restores the lubricating fluid (Grease) in the joint
- Heals knee ligament tears (ACL,MCL,PCL&LCL)
- Removes stiffness and pain in Knee joint
- Protects knee joints from age related changes
- Increases blood circulation; thus strengthens & nourishes the knee joints
- Improves the mobility of the knee joints (knee flexion and knee extension)

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Recommended Sessions : 7 | Time : 45 Mins.

KATI BASTI

- Kati Basti is a musculoskeletal treatment for disorders that involve muscle (mamsa), ligaments, bones (ashti), vertebrae and nerves (majja).
- A well made of dough from black lentil flour, is placed over the problem area and filled with medicated oil heated to a specific temperature and held at this temperature for a specific period of time. This helps to soften the rigid, tight and hard tissue which results in easing pain and increasing mobility of the affected area.
- Once the dam is removed a back massage is given followed by a herbal steam treatment to help deepen the overall effect of the treatment.
- Benefits of this treatment are many, the use of heat, the oil and the specific technique used result in a profound Healing process, as the treatment not only repairs the damaged tissue but also rejuvenates the area.
- The benefits of the warm medicated oil work to soften and loosen dry and tight muscles decrease stiffness, create elasticity in the muscle & surrounding tissue, ease muscle spasm and increase range of motion

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KATI BASTI

- Chronic and acute backache
- Sciatica
- Osteoporosis
- Dilate local blood vessels to increase blood flow
- Increase in blood flow can reduce pain
- Prolapsed disc
- Lumber spondylosis
- Nerve Compression

Recommended Sessions : 7 | Time : 45 Mins.

GREEVA BASTI

- Greeva Basti is bathing the neck region with medicated oil or freshly prepared herbal decoction.
- The procedure does oleation and sudation around the neck region simultaneously.

BENEFITS OF GREEVA BASTI

- Cervical spondylitis
- Cervical disc lesion
- Vertigo
- Tingling
- Disc Protusion
- Numbness of the hands
- Compression fractures
- Chronic pain in neck region
- Frozen shoulder
- Stiffness in Neck

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Recommended Sessions : 7 | Time : 40 Mins.

THALAPOTHICHIL

In South India, thalapothichil is a very popular and widely used treatment.'Thala' means 'head' and 'pothichil' means 'covering'. In this form of treatment, a medicated paste is applied on the patient's head. This application is unique, prepared specifically to suit the case at hand and can provide significant relief from many physical and psychological diseases

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BENEFITS OF THALAPOTHICHIL

- Corrects Imbalance of pitta Dosha.
- Relaxes and calms down the mind
- Soothing effect on the body.
- Stabilizes the nervous system
- Activates the Marma (vital areas) points
- Relieves stress, tension, heaviness of the head
- Improves smoothness and lusture of hair

Recommended Sessions : 7 | Time : 40 Mins.

KAYAKALPAM

AYURVEDIC FACE TREATMENT

It is a special treatment for Blemishes and sun tan. In it face is massaged with special herbal creams and oils and steam with medicated milk is given followed by massage with special rice (In Ayurveda known as Raktha Shali) boluses is given for about 20 minutes. Depending on area of pigmentation, the treatment courses will vary from 3-10 sittings

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BENEFITS OF KAYAKALPAM

- Prevents sagging of the skin
- Removes facial toxins & retains overall youth & vitality of the facial tissues
- Improves the eyesight and functioning of the sense organss
- Energizes the nervous system
- Keeps the face clean, healthy and glowing
- Nourishes and improves skin complexion

Recommended Sessions : 7 | Time : 60 Mins.

DETOX WITH AYURVEDA

RESTORE YOUR IMMUNITY IN 10 DAYS

DAYS	TREATMENT
1st	Shiroabhyangam (Hair detox)
2nd	Nasyam (ENT Detox)
3rd	Akshi Tarpan (Eye Detox)
4th	Tarpanam (Deep Tissue Nourishment)
5th	Sapt Dhatu Vardhak (Rejuvenation Massage)
6th	Udvartan(Fat Loss Treatment)
7th	Abhyangam with Swednam(Body Massage With Steam)
8th	Potli Massage (Skin Detox)
9th	Shirodhara (Head Detox)
10th	Kayakalpam (Face Detox)

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BENEFITS

- Weight loss
- Toxin removal or detox
- Balancing the PH of the body
- Better digestive health
- Boosting immune function
- Improving mood
- Increasing energy levels
- Improving complexion
- Increase metabolism
- Eliminate toxins from your body n improve health

10 DAYS

OXYGENATION THERAPY

With Hydra Therapy, Complete Skin Rejuvenation

- DULLNESS ON FACE
- PIGMENTATION
- BLEMISHES
- ACNE
- ECZEMA
- HIVES
- SUNBURN
- DERMITITIS
- WRINKLE
- DOUBLE CHIN
- FACE LIFTING
- FACIAL HAIR

Let your skin breath from within
to be purified, refreshed and ready for the world

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GET INSTANT RESULTS!

- Delivers an abundance of pure oxygen gas, vitamins & minerals to the skin at cellular level.
- Boosts collagen formation.
- Rebuilds skin from inside out.
- Immediately smoother, hydrated & plump skin.
- Fine lines, wrinkles & expression lines disappear.

SARVANG DHARA

In this warm medicated oil is systematically massaged on all parts of the body as the patient lies on a Droni (Ayurvedic therapy table

BENEFITS SARVANG DHARA

- Balances the body doshaz
- Rejuvinating
- Increases circulation
- Heals body pains this procedure induces a relaxed state of awareness that results in a dynamic psycho-somatic balance.
- Improves circulation to the skin
- Reduces skin inflammation
- Reduces skin dryness
- Reduces fatigue and initiates a soothing effect on our brain cells.
- Provides strength to the tissues, mainly muscle tissue
- Rejuvenates and energizes the body
- Prevents wasting of muscles and degeneration of joints and soft tissues
- Relieves pain, stiffness and swelling associated with arthritis and other painful conditions mentioned above
- Pacifies the morbidity of vata, pitta and rakta in the skin, afflicted joints, muscles & soft tissues

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Recommended Sessions : 7 | Time : 60 Mins.

UTTAR BASTI

What is uttar basti? In Uttar Basti sterilized specific medicated oil, ghee or decoction is used to administer into the uterus or urethra of both according to purpose. It takes about 15 – 20 minutes to be done it safely.

The best quality of sperm and ovum can be achieved with Ayurveda and Panchakarma.

Uttarbasti is one such type of therapy being indicated for infertility. It helps in detoxification of reproductive tract like uterus and fallopian tube. Uttarbasti helps in balancing Vata Dosha and thus helps in retaining Garbha.

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BENEFITS UTTAR BASTI

- Infertility
- Tube Blockage
- Pcod
- Fibroids
- Endometriosis
- Low Amh
- Low Endometrial Thickness
- Improves Functioning Of Reproductive System
- Insure Or Restore Proper Blood Supply To Uterus to Boost Fertility.
- Nourishes Rejuvenates Uterus Health.
- Cures Recurrent Urinary Tract Infection
- Std
- Cysts

6 days for Consecutive 3 months | Time : 20 Mins

CALF MASSAGE

(PADABHYANGA – CALF FOCUS)

Calf Massage is a specialised Ayurvedic therapy focusing on the lower leg muscles, blood vessels, and nerves. It plays a vital role in improving circulation, reducing muscular fatigue, and calming aggravated Vata dosha, which commonly accumulates in the lower limbs.

Warm medicated oils are used with specific rhythmic strokes to stimulate venous return, relax tight muscles, and nourish nerves. This therapy is especially beneficial for people with prolonged standing, walking, or sitting habits.

Benefits & Diseases

BENEFITS OF CALF MASSAGE

- Leg pain and heaviness
- Varicose veins (supportive)
- Muscle cramps
- Night leg pain
- Peripheral neuropathy
- Diabetic leg pain
- Poor blood circulation
- Restless leg syndrome
- Swelling of legs (early stage)

Recommended Sessions: 5–10 | Duration: 30 Minutes

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LIVER BASTI

(YAKRIT BASTI)

Liver Basti is a detoxifying Panchkarma therapy aimed at improving the health and function of the liver (Yakrit), the primary organ for metabolism and detoxification.

A herbal dough ring is placed over the liver region and filled with warm medicated oil, maintained at a therapeutic temperature. This enhances bile secretion, improves digestion, and reduces toxin accumulation (Ama).

BENEFITS & DISEASES

- Fatty liver (Grade I,2,3)
- Elevated liver enzymes
- Indigestion and loss of appetite
- Hypercholesterolemia
- Liver Cirrohosis
- Skin disorders due to liver imbalance
- Metabolic syndrome
- Pitta disorders
- Chronic fatigue
- Liver Fibrosis

Recommended Sessions: 5–7 | Duration: 40–45 Minutes

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NABHI BASTI

(ABDOMINAL / NAVEL BASTI)

Nabhi Basti is a powerful therapy performed over the navel (Nabhi), the central point of digestion, metabolism, and hormonal balance. Warm medicated oil is retained over the navel, strengthening Agni, improving gut motility, and calming the nervous system. It is highly effective for chronic digestive and stress-related disorders.

BENEFITS & DISEASES

- IBS
- Chronic constipation
- Gas and bloating
- Weak digestion
- Acid reflux (supportive)
- Hormonal imbalance
- Anxiety & stress-related gut issues
- Abdominal pain

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Recommended Sessions: 5–7 | Duration: 30–40 Minutes

MERUDAND / PRISHTA BASTI

(SPINE BASTI)

Merudand (Prishta) Basti is a specialised Panchkarma therapy for the spinal column, vertebrae, intervertebral discs, and spinal nerves.
Warm medicated oil is retained over the spine, deeply nourishing tissues, reducing inflammation, and relieving nerve compression. This therapy is essential in degenerative spinal conditions.

BENEFITS & DISEASES

- Cervical spondylosis
- Lumbar spondylosis
- Slip disc / prolapsed disc
- Sciatica
- HLAB27
- Chronic back pain
- Nerve compression
- Muscle stiffness
- Postural imbalance

Recommended Sessions: 7 | Duration: 45 Minutes

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HRIDYA BASTI

(HEART REGION BASTI)

Hridaya Basti is a calming and nourishing therapy for the heart and chest region, beneficial for both cardiac and emotional health. Warm medicated oil retained over the chest helps improve circulation, calm the nervous system, and reduce stress-induced cardiac strain.

BENEFITS & DISEASES

- Hypertension (supportive)
- Palpitations
- Stress and anxiety
- Emotional instability
- Fatigue and weakness
- Poor circulation
- Preventive cardiac care

Recommended Sessions: 5–7 | Duration: 30–40 Minutes

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LUNGS BASTI

(URO BASTI / CHEST BASTI)

Lungs Basti is a therapeutic oil retention procedure over the chest region, designed to strengthen respiratory muscles and clear accumulated Kapha dosha.
The therapy improves lung capacity, eases breathing, and enhances immunity.

BENEFITS & DISEASES

- Bronchial asthma
- Chronic cough
- Allergic rhinitis
- Recurrent respiratory infections
- Breathlessness
- Chest congestion
- Reduced lung capacity

Recommended Sessions: 5–7 | Duration: 30–40 Minutes

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KIDNEY BASTI

(VRIKKA BASTI)

Kidney Basti is a supportive Panchkarma therapy focusing on the kidney region and lower back, helping in detoxification and nourishment of urinary organs.
Warm medicated oil improves circulation, reduces inflammation, and strengthens kidney function.

BENEFITS & DISEASES

- Recurrent urinary tract infections
- Kidney weakness (supportive)
- Lower back pain related to kidneys
- Water retention
- Urinary burning
- Chronic fatigue
- Early renal imbalance

Recommended Sessions: 5–7 | Duration: 40 Minutes

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YONI BASTI

(GYNECOLOGICAL BASTI)

Yoni Basti is a specialised Panchkarma therapy for the female reproductive system, addressing disorders of the uterus, vagina, and pelvic tissues caused by Apana Vata imbalance.
Medicated oil or decoction is retained locally to nourish tissues, reduce inflammation, and restore reproductive health.

BENEFITS & DISEASES

- PCOD / PCOS
- Infertility (supportive)
- Painful menstruation
- Irregular cycles
- Vaginal dryness
- Pelvic inflammatory conditions
- Post-delivery weakness

Recommended Sessions: 5–7 | Duration: 30–40 Minutes

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HCC TREATMENT

HOT & COLD COMPRESSION THERAPY

Hot & Cold Compression is a therapeutic Ayurvedic and physiotherapy-based treatment that uses alternating heat and cold applications to relieve pain, reduce inflammation, improve circulation & accelerate tissue healing. This therapy works on muscles, joints, ligaments, and nerves, making it highly effective in acute and chronic musculoskeletal conditions.

Hot compression relaxes muscles, dilates blood vessels & increases blood flow, helping to reduce stiffness and chronic pain. Cold compression constricts blood vessels, reduces swelling, inflammation & numbs acute pain. When applied in a planned sequence, the therapy creates a powerful pumping action that enhances healing and recovery. The procedure is performed using medicated hot fomentation and cold packs, selected according to the patient's condition, dosha status & stage of disease.

BENEFITS & DISEASES

- Acute muscle strain & injury
- Chronic joint pain
- Cervical & lumbar spondylosis
- Slip disc & sciatica (supportive)
- Knee pain & osteoarthritis
- Sports injuries
- Muscle spasm & stiffness
- Swelling & inflammation
- Tendinitis & ligament injury
- Post-operative pain (supportive)
- Migraine & tension headache (selected cases)
- Frozen shoulder

THERAPEUTIC EFFECTS

- Immediate pain relief
- Reduced swelling & inflammation
- Improved blood circulation
- Relaxation of tight muscles
- Faster tissue healing
- Enhanced joint mobility
- Nervous system calming

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Recommended Sessions: 5–10 | Duration per Session: 20–30 Minutes

KNEE DHARA & PICHU

Knee Dhara and Pichu are specialised Ayurvedic therapies designed for disorders of the knee joint (Janu Sandhi) involving cartilage, ligaments, synovial fluid, muscles & nerves. These therapies are particularly effective in degenerative, inflammatory, and pain-dominant knee conditions caused by aggravated Vata dosha. In Knee Dhara, a continuous stream of warm medicated oil or herbal decoction is gently poured over the knee joint in a rhythmic manner for a fixed duration. The constant warmth improves circulation, reduces stiffness, lubricates the joint, and relieves pain. Knee Pichu involves placing a thick, sterile cotton pad soaked in warm medicated oil over the knee joint and retaining it for a prescribed time. This allows prolonged absorption of medicine, nourishing deeper joint structures and calming chronic inflammation. Both therapies are often combined for enhanced and long-lasting results.

BENEFITS & DISEASES

- Osteoarthritis of knee (Janu Sandhigata Vata)
- Knee pain & stiffness
- Degenerative cartilage changes
- Swelling & inflammation of knee
- Meniscal degeneration (supportive)
- Ligament strain
- Sports-related knee injury (supportive)
- Post-traumatic knee pain
- Reduced joint lubrication
- Difficulty in walking or climbing stairs

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SHRINGI CHIKITSA

(VACUUM HORN THERAPY)

Shringi Chikitsa is a classical Ayurvedic parasurgical therapy described in Shalya Tantra, used for the management of localized pain, inflammation, swelling, and toxin accumulation. It works on the principle of Rakta Shodhana (blood purification) and removal of Ama and vitiated Doshas, especially Vata and Kapha. In this procedure, a sterile vacuum horn or cup is applied over the affected area to create controlled suction. This suction helps draw out stagnant blood, toxins, and inflammatory mediators from deeper tissues, thereby reducing pain and swelling. Shringi Chikitsa improves local circulation, relaxes muscles, and accelerates natural healing. It is especially effective in acute pain conditions and musculoskeletal disorders.

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BENEFITS & DISEASES

- Acute muscle pain
- Cervical & lumbar pain
- Frozen shoulder
- Sciatica
- Tennis elbow
- Heel pain (Plantar fasciitis)
- Localized swelling
- Abscess (early stage – selected cases)
- Joint pain & stiffness
- Migraine & tension headache (selected cases)

THERAPEUTIC EFFECTS

- Rapid pain relief
- Reduction in inflammation & swelling
- Improved local blood circulation
- Removal of stagnant blood & toxins
- Muscle relaxation
- Faster tissue recovery

Recommended Sessions: 3–5 | Duration per Session: 20–30 Minutes

CUPPING THERAPY

Cupping Therapy is a modern therapeutic procedure integrated with Ayurvedic principles, used for pain management, detoxification, and muscle relaxation. It involves the application of suction cups on specific areas of the body to stimulate circulation and promote healing.

Depending on the condition, dry cupping or wet cupping (Hijama – selected cases) may be performed under strict sterile conditions. The suction helps release muscle tightness, reduce inflammation, and improve oxygenation of tissues. Cupping therapy is highly effective in chronic pain, lifestyle disorders, and stress-related musculoskeletal conditions.

BENEFITS & DISEASES

- Chronic neck & back pain
- Cervical & lumbar spondylosis
- Slip disc (supportive)
- Sciatica
- Shoulder pain & frozen shoulder
- Myofascial pain syndrome
- Sports injuries
- Migraine & headache
- Stress & fatigue
- Poor blood circulation

THERAPEUTIC EFFECTS

- Relieves deep-seated muscle pain
- Improves circulation & oxygen supply
- Reduces inflammation
- Releases muscle knots & stiffness
- Detoxifies tissues
- Promotes relaxation & stress relief

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Recommended Sessions: 3–6 | Duration per Session: 20–30 Minutes

VIDH KARMA

(THERAPEUTIC NEEDLING PROCEDURE)

Vidh Karma is a classical Ayurvedic parasurgical pain-relief technique described in Shalya Tantra. It involves precise, superficial therapeutic puncturing at specific points to relieve pain, stiffness & nerve compression caused by aggravated Vata dosha. This therapy works by stimulating nerve endings, releasing trapped energy, improving micro-circulation, and reducing localized inflammation. Vidh Karma is especially useful in conditions where pain is sharp, localized, or nerve-related. The procedure is performed using sterile, single-use needles under strict aseptic precautions, ensuring safety & precision. It provides quick pain relief & is often combined with Panchkarma therapies for long-term benefit.

BENEFITS & DISEASES

- Cervical pain
- Lumbar pain
- Sciatica
- Frozen shoulder
- Tennis elbow
- Heel pain (Plantar fasciitis)
- Trigger point pain
- Muscle spasm
- Joint stiffness
- Nerve compression pain
- Migraine & tension headache (selected cases)

THERAPEUTIC EFFECTS

- Rapid pain reduction
- Release of muscle tightness
- Improved nerve conduction
- Reduction in stiffness
- Enhanced local circulation
- Restoration of movement

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Recommended Sessions: 3–7 | Duration per Session: 15–20 Minutes

AGNIKARMA

(THERAPEUTIC HEAT CAUTERIZATION)

Agnikarma is a powerful Ayurvedic parasurgical heat therapy used for chronic pain conditions where Vata and Kapha dosha predominate. It is especially indicated in degenerative, nerve-related, and recurrent pain disorders. In this procedure, controlled therapeutic heat is applied using a specialized Agnikarma instrument at specific points. The heat penetrates deep into tissues, helping to break the pain cycle, reduce stiffness, and improve blood flow. Agnikarma is known for its long-lasting pain relief and is highly effective when other conservative treatments fail. The procedure is performed carefully under expert supervision.

BENEFITS & DISEASES

- Osteoarthritis
- Cervical & lumbar spondylosis
- Sciatica
- Frozen shoulder
- Tennis elbow
- Heel pain
- Chronic knee pain
- Ligament & tendon pain
- Trigger finger
- Plantar fasciitis
- Recurrent joint pain

THERAPEUTIC EFFECTS

- Long-term pain relief
- Reduction in chronic inflammation
- Improved joint mobility
- Relief from nerve compression
- Decreased stiffness
- Enhanced functional movement

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Recommended Sessions: 1–3 (as per condition) | Duration per Session: 10–15 Minutes

OUR APPROACH TO YOUR PACKAGE

AYURVEDIC DIAGNOSIS

OUR APPROACH TO YOUR PACKAGE

The first step for all of our packages is a holistic assessment across your health by our doctor. She will look at thewholepicture of your health and try to achieve a full understanding of you as a person. To do this, they will determine your constitution, appraise the balance of your doshas, the health of your dhatus (tissues), the strength of your agni (digestive fire) as well as your ojas (immunity) and sattva (mental harmony). This will involve asking you questions on topics such as your lifestyle, diet, personal and professional life, as well as your medical history and any current problems. Knowing your level of ojas and state of mind will influence your ability to recover well, while knowing your constitution will provide insight into which of your doshas are most likely to be in excess and which therapies or treatment plan suits you best.

BODY THERAPIES & TREATMENT PLAN

During your Ayurvedic diagnosis, the doctor will recommend a number of treatments that aim to pacify your doshas and strengthen your dhatus (tissues). They require the application of therapeutic substances – such as oils or powders – directly onto the body. The doctor will choose specific herbs and oils that pacify your relevant dosha

AYURVEDIC CUISINE

Nutrition is called “the great medicine” in Ayurveda – a wholesome, well-balanced diet is the foundation of health, strength & happiness for both mind and body. At Dr Abrol panchakrma center we create personalised diet as a part of your package that keep in mind the 8 guiding principles that ensure the food that you eat has the power of healing – ORIGIN (regional foods that are fresh and ripe, rather than imported food), TIMING (the seasons and time of day i.e. rich, nourishing meals during winter, light, cool meals during summer and making lunch your biggest meal), QUALITY (organic, freshly made without any processed foods), COMBINATION (avoiding incompatible foods such as ghee and honey), QUANTITY (not too much, and not too little), PREPARATION (ideally, heated and cooked food which is easiest to absorb), YOUR SURROUNDINGS (eating in a place area meant for meals) and last, but not least, YOU (pace your eating – the healthiest food can become poison if you are in a hurry or stressed)

AYURVEDA & THE MIND

Most importantly our entire aim through each of the ayurveda packages is to ultimately bring peace and balance to your mind.The mind is a subtle energy field and is continuously reacting to the information we receive from our physical senses. The three gunas – Satta, Rajas and Tamas – are the three energies of the mind. We imbibe positive thinking into a part of your healing journey.

OUR PACKAGES

DIABETES CARE PACKAGE

"MADHUMEHA SANTULAN DAY THERAPY"
(Ayurvedic Metabolic Reset Program)

Includes:

- Abhyangam
- Dashmool Steam (Swedana)
- Patra Pinda Sweda
- Pancreas Basti (Specialized)
- Internal Basti
- Shirodhara
- Akshi Tarpana

Best For:

Type 2 Diabetes
Insulin resistance
Neuropathy & fatigue
Metabolic imbalance

₹12,000

WOMEN'S GYNECOLOGICAL PANCHKARMA

"STREE ROGA KAYAKALPA DAY PROGRAM"
(Hormonal & Uterine Healing Protocol)

Conditions Covered:

PCOD, Fibroid, Endometriosis & Adenomyosis

Includes:

- Abhyangam
- Swedana
- Shirodhara
- Nasyam
- Basti
- Kayakalpam Therapy

Best For:

Hormonal imbalance
Pelvic pain
Irregular cycles
Fertility support

₹9,500

SKIN REJUVENATION & PSORIASIS CARE

"KUSHTA SHAMAN & TVAK RASAYANA DAY CARE"
(Clinical Ayurvedic Skin Detox)

Includes:

- Abhyangam
- Swedana
- Navara Kizhi
- Shirodhara
- Rakta Shali Lepam

Best For:

Psoriasis
Chronic dry & scaly skin
Stress-triggered flare-ups
Immune-mediated skin disorders

₹14,500

GET LIFETIME MEMBERSHIP AND AVAIL 30% OFF ON ALL TREATMENTS

OUR PACKAGES

STRESS, SLEEP & MIND RESET PACKAGE

For **anxiety, insomnia & mental burnout**

Includes:

- Shiroabhyanga
- Shirodhara
- Padabhyanga (Foot Therapy)
- Herbal Steam
- Sleep & lifestyle counselling
- Calf massage

Best For:

Insomnia
Anxiety
Migraine
Mental exhaustion

₹9,500

DEEP TISSUE PAIN RELIEF PACKAGE

For **chronic pain, stiffness & muscle knots**

Includes:

- Deep Tissue Ayurvedic Massage – 75 min
- Patra Pinda Sweda / Potli Therapy – 45 min
- Localized Basti (Kati / Greeva / Janu – as advised)
- Herbal Steam Therapy

Best For:

Back pain
Neck pain
Frozen shoulder
Knee pain
Desk job issues

₹11,000

ROYAL BEAUTY & DETOX PACKAGE

For **chronic pain, stiffness & deep muscle knots**

Includes:

- Kayakalpam
- Navrakizhi
- Shirodhara
- Mukhlepam
- Akshitarpan
- Deep tissue massage & steam

Best For:

Psoriasis
Chronic dry & scaly skin
Stress-triggered flare-ups
Immune-mediated skin disorders

₹17,500

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AYURVEDIC THERAPIES

Treatment	Price
Abhyangam (60 min) Ayurvedic Classical Body Massage with single therapist	₹3200
Swedanam (15 min) Full Body Herbal Steam	₹1200
Elakizhi (60 min) Herbal Leaves Potli Massage	₹4200
Podikizhi (60 min) Herbal Bundle Massage	₹4000
Manalkizhi (60 min) Potli Massage with Processed Sand	₹4700
Navrakizhi (60 min) Special Medicated Rice & Milk Bolus Massage	₹5500
Kadikizhi (55 min) Special Steamed Potli Massage	₹4500
Manjalkizhi (45 min) Potli Massage with Processed Turmeric	₹4700
Narangakizhi (45 min) Potli Massage with Processed Lemon	₹4000
Shirodhara (55 min)	₹4200
Daranika Chikitsa (75 min) (Takradhara + Siro Abhyangam + Shalan) Ayurvedic Anti-dandruff Therapy	₹5800
Dhanyamla Dhara (45 min)	₹4200
Takradhara (45 min)	₹4100
Kashaya Dhara (45 min) Ayurvedic Classical Body Massage with single therapist	₹4200
Netra Dhara (20 min) Eye Cleansing Treatment	₹2200
Netra Upchaar (40 min) (Netra Dhara + Netra Taprpanam) Ayurvedic Eye Treatments	₹4700
Netra Tharpanam (30 min) Special Eye Treatment	₹2500
Nasyam (30 min) Special Nasal Treatment	₹1800
Dhoopanam (20 min) Localised application of Medicated Steam	₹1200
Ksheeradhoomam (20 min) Localised application of Medicated Steam generated from milk	₹1200
Matra Vasti (20 min) Oil Enema Treatment	₹2200
Kashaya Vasti (15 min) Herbal Decoction Enema Treatment	₹2200
Greevavasti (30 min) Cervical Pain Management Therapy	₹3500
Januvasti (30 min) Knee Joint Pain Management Therapy	₹3500
Narangakizhi (45 min) Potli Massage with Processed Lemon	₹4000
Urovasti (45 min) (Takradhara + Siro Abhyangam + Shalan) Ayurvedic Anti-dandruff Therapy	₹2300
Sirovasti (45 min) (Takradhara + Siro Abhyangam + Shalan) Ayurvedic Anti-dandruff Therapy	₹5500
Kativasti (40 min) Special Lower Back pain	₹3500
Nabhi Vasti (30 min) Eye Cleansing Treatment	₹3500
Lepanam (20 min) Localised Herbal paste application	₹3200
Pichu (30 min) Localised Oil application Treatment	₹3500
Thalam (30 min) Herbal Paste with oil application for head	₹3500
Hasta & Padabhyangam (30 min) (Hand & Foot Massage)	₹2500
Siro/Pada/Hastabhyangam (30 min) (Head/Foot/Hand Massage)	₹2500
Face Anti Aging (75 min)	₹3500
Kayakalpam (Face T/T) (60 min) Oil Enema Treatment	₹3500
Karnapooranam 10 min)	₹1200
Pizhichil (90 min) Medicated Oil Bath	₹1800
Udvartan (60 min) Wet Powder Massage for slimming	₹4500
Thalapothichil (45 min) Therapeutic Head Pack	₹3200
Ayurveda Body Polishing (90 min)	₹12000
Shitopchar (75 min)	₹4500
Sarvang Dhara (60 min)	₹12999
Liver Vasti (40 min)	₹3200
Shiro-Abhyanga	₹1200
Lungs Basti (40 min)	₹3500
Harde Basti (40 min)	₹3200
Merudand / Prisht Basti (45 min)	₹6200
Nabhi Basti (40 min)	₹3200
Calf Massage (30 min)	₹2500
Agnikarma (15 min)	₹2200
Knee Dhara /pichu (15 min)	₹3500
Yoni Vasti (30 min)	₹1500
Cupping (30 min)	₹3500
Viddhakarma (10 min)	₹1500
Kidney Basti	₹3500
HCC Treatment	₹800

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DR ABROL AYURVEDA & PANCHKARMAHOSPITAL

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