

KERALA, AYURVEDIC PACKAGES

Ayurveda means "Science of Life"

Many scholars regard Ayurveda to be the oldest therapeutic discipline. Ayurveda means "Science of Life" in Sanskrit. Ayurvedic knowledge dates back over 5,000 years in India and is known as the "Mother of All Healing." It has its origins in ancient Vedic culture and has been passed down the generations in an oral tradition from great masters to their students.

While some of this knowledge was written down a few thousand years ago, much of it is still unavailable. Many of the natural treatment techniques that are presently popular in the West, such as Homeopathy and Polarity Therapy, have their roots in Ayurveda.





Treatment is decided by the Physician after assessing the body condition and deep investigation of present health status (Imbalances of Doshas) of the Patient. Special diet will be prescribed by the Physician after checking the pulse of the Patient. All oils used are purely Herbal. Main oils used for massages are Dhanwantharam, Nalpamaradi etc

Brief about Ayurveda Treatments

1. Relaxation Programme

- Relaxation programme is generally for people who wants to relax their body & mind during a small vacation. Relaxation programme includes whole body massage with Medicated Herbal Oil, Shirodhara, Vetevere Scrub bath, Bolus massage with Njavara Rice & Milk, Podikizhi with Herbal Powder & Ksheeradhara with Milk.

2. Rejuvenation Programme

- Rejuvenation program is for improving metabolism, vitality, and immunity. The programme includes body massage, Chavittithirummu, Shirodhara, different Vasthis, Kizhi & Pizhichil.

3. Stress Relieving Programme

- Our stress relieving programme includes Abhyanga (Body Massage), Swedana (Herbal Steam Therapy), Pizhichil (Muscular Toning with Oil Bath), Shirodhara (Medicated Oil flow on the Forehead), Thalapothichil (Mask on the Head with special herbs and Banana leaf).



4. Rejuvenation Programme with Panchakarma

- This programme includes treatments which help to rejuvenate your body by removing the toxins from your body through different cleaning procedures. The cleaning procedures include Vamanam (Emesis), Virechanam (Purgation), Nasyam (Nasal Cleaning), Sneha Vasthi (Enema with Oil, Ghee etc.) & Kashayavasthi (Preparation with Herbal Decoction, Honey, Salt etc.). These procedures are accompanied by different massages also.

5. Rejuvenation Programme for Old Age Disorders

- This programme includes Basic Herbal Oil Massages, Pizhichil, Njavarakizhi, Shirodhara, Shirovasthi, Special treatment for Joints, Vasthi (if recommended by drafter looking the patient's body condition), Nasyam, Thalam etc.

6. Panchaendriya Shodhana (Purification of Sense Organs)

- The Panchendriya Shodhana therapy involves purifying the Sense Organs. The treatments included are Abhyanga, Swedana, (General Body Massage and Steam Bath), Shirodhara (Dripping of Oil over the Forehead), Udwarthanam (Powder Massage), Ksheeradhara, (Medicated Milk Bath), Nasyam (Nasal Infusion), Virechanam (Medicated Purgation), Vasthi (Enema), Netrasekam (Eye treatment), Anjanam (Eye treatment), NethraTharpanam (Eye treatment), Karnadhooapanam (Fumigation of the Ears), Kabalam (Mouth Wash), Herbal Facial. The course of treatment will be finalized only after a detailed consultation with the Ayurvedic Physician, who will determine any dosha imbalance using ancient techniques of observation (Darshana), touching/ feeling (Sparsana) and interrogation (Prasna).



7. Spine & Neck Care Treatment

- This programme includes Nasyam, Podikizhi, Elakizhi, Kadeevasthi, Greevavasthi, Njavarakizhi, Abhyangam, Pichuetc

8. Psoriasis Treatment

- Both internal and external cleansing and detoxification is the only line of treatment. Depending upon the condition (oozing/dry/scaly/full body etc.) different Panchakarma procedures, either single or in combination, are adopted. This cleanses the complete body and detoxifies it. Proper follow-up and mild to moderate lifestyle changes will help the person manage the condition really well. Strict food restriction has to be followed for a speedy and effective cure. The earlier the person comes to Ayurveda, the better the results.

9. Arthritis Treatment

- Arthritis treatment involves special oil therapy, purification procedures, application of herbal pastes, castor oil, other herbs & supplements, cold compress, hot therapy like sauna etc are done

10. Slimming Programme

- This programme is completely holistic and natural way to get rid of the excess fat and its related health issues. This Programme is a comprehensive and dynamic package which includes Ayurvedic Massages (both Oil and Powder), restructured diet (Strictly Vegetarian) and oral medication. The therapeutic and curative Ayurvedic therapies namely, Abhyangam, Steambath, Chavittithirummu, Udwarthanam, Elakizhi, Kadikizhi, Pizhichil and Vasti are included as part of the treatment. People with weight issues will be given special Yoga and Meditation classes which serves to be an important factor in shedding those extra kilos in the most natural way possible.



11. Special Programme for Menopausal Issues

- Several changes like overweight, hot flushes, joint problems etc happens in a persons body. To maintain your body certain Ayurvedic treatments like Abhyangam, Ksheeradhara& other Dharas, Medicated Ghee, Purgation, Nasyam etc. are given. Yoga & Meditation also given.

12. Customised Immunity Programme

- Aimed in boosting the immunity system of our body through a blend of selected Ayurvedic treatments. Treatments include Abhyangam, Shirodhara, Special Herbal Bath, Bolus Massage & cleaning process like Purgation, Nasyam etc.

----- End of our Services -----

Please Note >

- ❖ All of the programs will be administered under the close supervision of an Ayurvedic doctor.
- ❖ If desired, you can visit various tourist attractions prior to the Ayurveda program.
- ❖ Please check before booking your flight since some airlines go directly to Kerala.
- ❖ The schedule, programmes are subject to change for any reason.
- ❖ Before traveling to India, always verify the current Covid19 protocol.
- ❖ Apart from India, we have Ayurvedic Packages, Yoga & Meditation programmes in Nepal & Sri Lanka as well.
- ❖ For reservation & queries please mail us at info@angloindiago.com