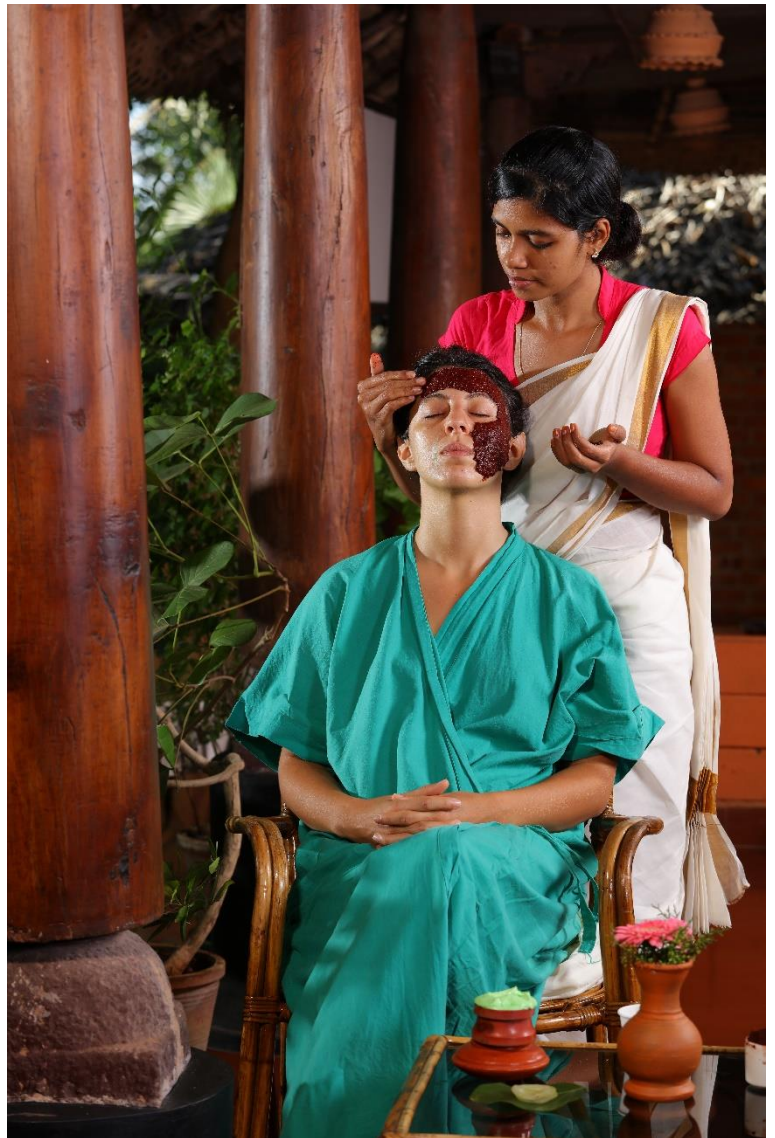


KERALA, PRIME TREATMENTS IN AYURVEDA

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.

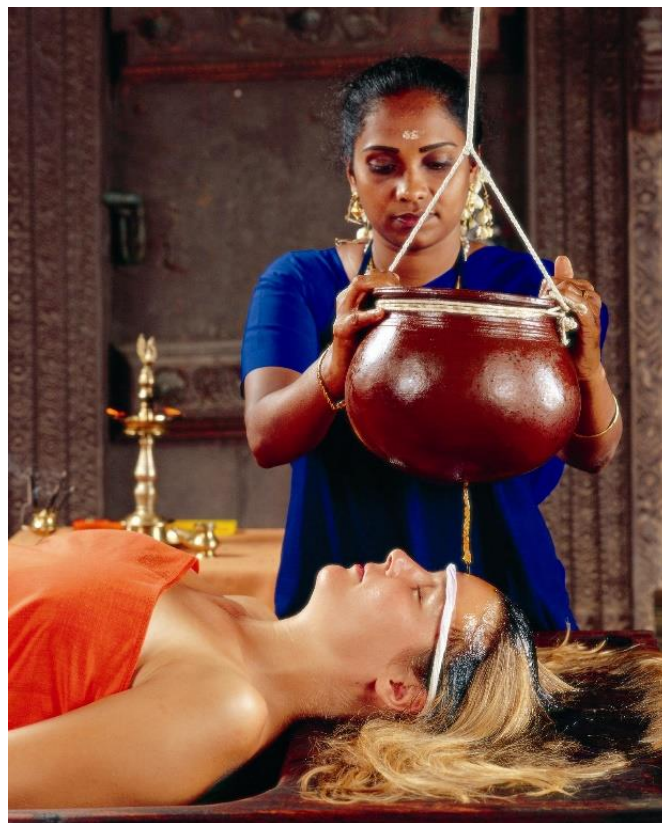
While some of this knowledge was written down a few thousand years ago, much of it is still unavailable. Many of the natural treatment techniques that are presently popular in the West, such as Homeopathy and Polarity Therapy, have their roots in Ayurveda.



There are many Ayurveda Centers in India where you can go for wellness retreat for mind, body, soul and spiritual relief. All of them provide the top class professional treatments and healing. However, we suggest doing this at Somatheeram in Kerala.

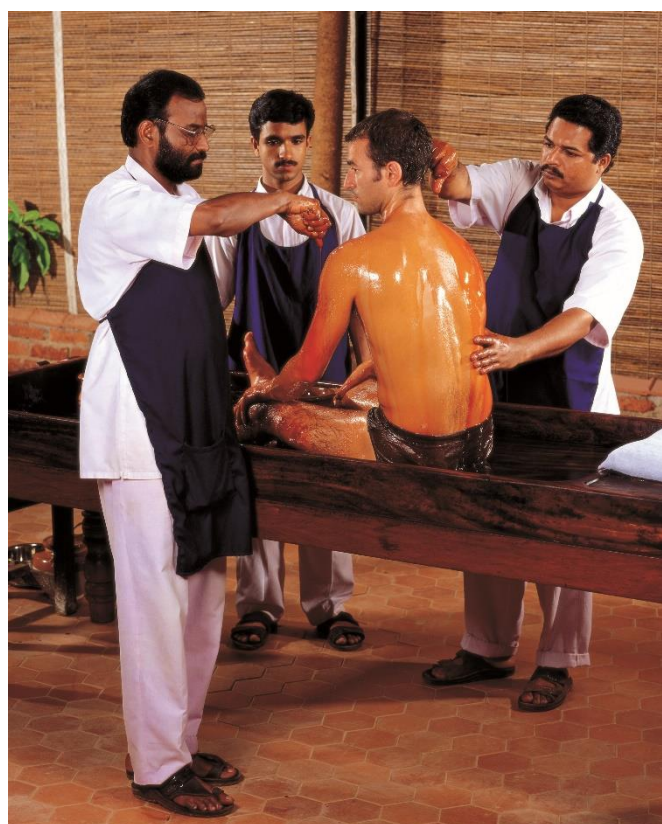


Somatheeram is a serene Ayurvedic beachfront resort tucked amidst the renowned greenery of Kerala, popularly known as God's own country. This award-winning resort offers you the expertise and specialization of the best Ayurvedic hospitals set within the relaxing atmosphere of a holiday retreat. Here you can experience the traditional Ayurvedic therapies, wellness packages and Yoga practices while enjoying world-class amenities and breath-taking sceneries.



A variety of authentic Ayurvedic treatments are offered at the retreat including Panchakarma/ Detoxification therapy, Rejuvenation therapy, Slimming therapy, Stress management, Anti-ageing, Beauty care as well as clinical treatments for specific ailments.

Yoga and Meditation helps you to make your body extremely agile. Blood circulation is improved by the flexibility of the spine and joints, as well as the suppleness of muscles. Yoga is a mind-body discipline.





PRIME TREATMENTS IN AYURVEDA

PIZHICHIL – 14 Days

- In this treatment, lukewarm herbal oils are applied all over the body by two to four trained therapists in a special rhythmic way continuously for about 60 to 90 minutes per day for a period of 7 to 21 days. This treatment is very useful for Rheumatic diseases like Arthritis, Paralysis, Hemiplegia, Paralysis-Agitanus, Sexual Weakness, Nervous Weakness and Nervous Disorders etc.

NJAVARAKIZHI - 14 Days

- It is a process by which the whole body or any specific part thereof is made to perspire by the external application of certain medical packs in the form of boluses tied up in muslin bags. This is applied by two to four masseurs for about 60 to 90 minutes per day for a period of 14 days. This treatment is for all types of rheumatism, pain in the joints, emaciation of limbs, high blood pressure, cholesterol and certain kinds of skin diseases.

DHARA -14 Days (THAKRA DHARA & KSHEERA DHARA & THYLADHARA)

- In this process, some herbal oils, medicated milk, medicated butter milk etc., are poured on the forehead in a special method for about 45 minutes in a day for a period of 7 to 21 days. This treatment is mainly for Insomnia, Vatha predominated diseases, mental tension and certain skin diseases.

SARVANGA KASHAYA DHARA

- This treatment is a kind of sudation therapy using herbal decoction. This is a process by which the body is made to perspire by means of pouring warm decoction from special herbs with a special vessel from a certain height in a rhythmic manner and is rubbed into the body. This method removes 'ama' or toxins from the tissues and promotes fat metabolism, removes tension from muscles and also alleviates pain and stiffness of the joints and muscles, Fibromyalgia etc.



DASHAMOOOLA KSHEERA DHARA

- Medicated milk is poured all over the body and head with a special vessel from a certain height in a rhythmic manner. This treatment is good for insomnia, mental tensions, headache due to Pitha dominance, menopause problems etc.

VASTHI – 14 Days (MATRA VASTHI / SNEHA VASTHI / KASHAYA VASTHI

- Certain herbal oils, herbal extracts etc., are applied through the rectum daily for a period of 5 to 25 days. This treatment is for Arthritis, Paralysis, Hemiplegia, Numbness, Gastric complaints associated with Rheumatism and constant Constipation.

SIROVASTHI -- 14 Days

- Certain lukewarm herbal oils are poured into a cap fitted on the head for 15 to 60 minutes per day according to the patient's condition for a period of 7 days. This treatment is highly effective for facial paralysis, dryness of nostrils, mouth and throat, severe headaches and other Vatha originated diseases.

UDVARTHANAM –14 Days

- This is a typical massage with herbal powders for about 30 to 45 minutes daily for a period of 14 to 28 days. This treatment is for diseases like Hemiplegia, Paralysis, Obesity (excess fat) and certain Rheumatic ailments.

ABHYANGAM –14 Days

- Special type of oil massage with strokes given according to the diseases for 45 minutes per day for 14 days. This treatment is very useful for obesity, especially for diabetic gangrene etc.

SNEHAPANAM – 14 Days

- Medicated ghee is given internally in a proportionally increased quantity for a period of 8 to 12 days. This treatment is for osteoarthritis, psoriasis, leukemia etc.



NASYAM –14 Days

- Herbal juices, medicated oils etc., are applied through the nose for 7 to 14 days. This treatment is highly effective for certain kinds of headaches, paralysis, mental disorders, certain skin diseases etc.

KIZHI – 14 Days

- Herbal leaves and herbs or herbal powders are applied to the whole body in boluses with hot medicated oils for 45 minutes per day for a period of 7 to 14 days. This treatment is for osteoarthritis, arthritis with swelling, spondilosis, sports Injuries etc.

DHANYAMLA DHARA –14 Days

- Warm herbal liquid is poured all over the body in a rhythmic way through a special vessel for 45 minutes to 1 hour daily. This treatment is very effective for hemiplegia, paralysis, rheumatic complaints etc.

YONI PRAKSHALANAM

- Herbal oils and decoctions are applied through the vaginal route. This treatment is good for gynecological disorders. It is also a purification process for genital organs.

KATIVASTHI

- In this process specially prepared warm medicated oil is kept over the lower back with herbal paste boundary. This treatment lasts for 45 minutes to 1 hour and it is good for any type of back pain and spinal disorders.

UROVASTHI – 1 time

- Like Kativasthi warm medicated oil is kept over the chest for 45 minutes. This is an effective treatment for asthma, certain respiratory problems, heart diseases and muscular chest pain.



KSHEERADHOOMAM

- This is fomentation with medicated cow's milk. This treatment is good for facial paralysis, Bell's Palsy, speech disorders and certain nervous disorders of the face.

THALAM - 1 time

- Special powder mixed with medicated oil applied on top of the head for 20 to 45 minutes. This treatment is helpful for ENT problems, insomnia, migraine etc.

LEPANAM - 1 time

- This is a process by which medicated herbal paste is applied on the affected part. It is useful for various types of inflammatory conditions.

MARMA MASSAGE (1 TIME)

- This massage stimulates all the vital points called "Marma" of the body. It helps to attain the equilibrium of Vatha, Pitha and Kapha. This massage is helpful for old trauma and injuries from activities like sports, dance and martial arts. This also helps to strengthen the inner muscles and ligaments.

LEKHANEYAM

- It is a special treatment for obesity. A very special herbal paste is massaged on the body in an upward direction. It is also good for obesity, cellulites and to tone up the muscles and skin.

KARNAPOORNAM (1 TIME)

- In this process, medicated fumes are directed into the ears for 5 to 10 minutes. This process clears the ears and prevents ailments associated with the ear.



THARPANAM (1 TIME)

- This process helps clean the eyes, giving them a cooling effect, prevents eye diseases and strengthens the optic nerves.

MUKHALEPAM (1 TIME)

- This is herbal face pack is made up of specially made herbal powder and fresh cream. This prevents wrinkles and improves the skin tone. This is also good for the eyes.

MEDICATED STEAM BATH (1 TIME)

- Certain precious herbal leaves and herbs are boiled and the steam is passed over the whole body for 10 to 20 minutes. This is good for certain skin diseases, to eliminate impurities from the body, to improve the tone of the body, to reduce fat etc.

BODY UZHICHIL

- Body massage with herbal oil or herbal powder by hand to tone up the body and to improve the blood circulation etc.

PRADHANAKARMA: FIVE THERAPEUTIC MEASURES

- | | | |
|-----------------|---|--|
| 1. Vamana | - | Therapeutic Vomiting (emesis) |
| 2. Virechana | - | Purgation |
| 3. Nasyam | - | Elimination of toxins through nose (nasal purging) |
| 4. Vasthy | - | Eneama |
| 5. Rekthamoksha | - | Blood letting |

REJUVENATION MASSAGE – 1 Time -

- This massage includes whole body massage with herbal oil or herbal powder by hand and foot, head massage, face massage for one and half hours. This is good for rejuvenating the body, to reduce mental tension, sexual weakness, to improve vitality etc.



YOGA AND MEDITATION

- Duration of the treatment may vary according to doctor's directions with the corresponding changes in rates.
- Process may change depending upon the patient's body conditions.
- Body massage course and Yoga-Meditation course will be conducted as per request at a price.

----- 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