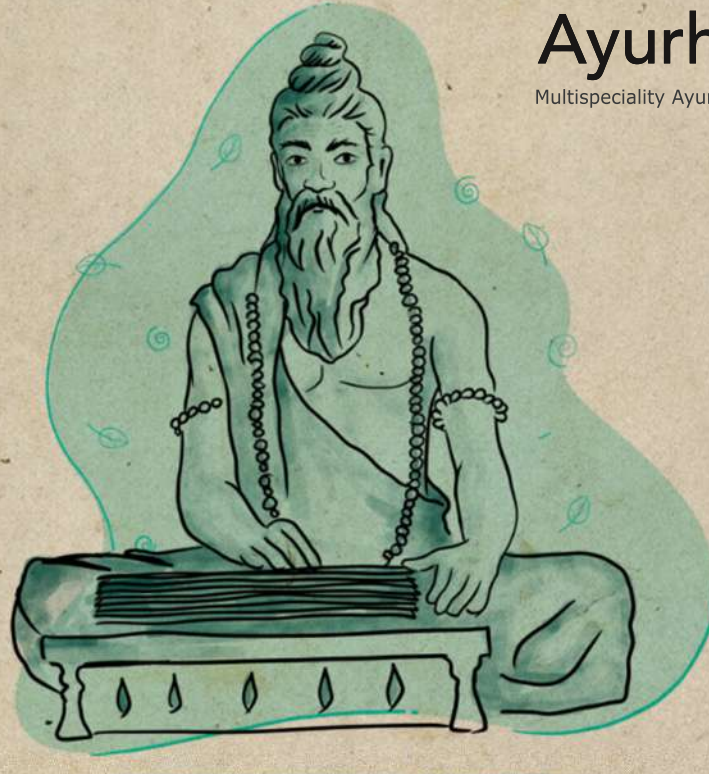


Since 1982

**Ayurhridayam**  
Multispeciality Ayurveda Holistic Healing Centre



# Healing from Within

## The Ayurvedic & Korean Way





# Ayurhridayam



## About Us

Ayurhridayam is Delhi NCR's first wellness center that seamlessly blends the ancient wisdom of Ayurveda with the time-honored traditions of Korean medicinal practices. Established in 1982, Ayurhridayam has been a trusted name in holistic wellness for over four decades, offering natural, sustainable, and effective healing solutions.

**Fusion of Traditions:** Ayurhridayam stands out for its unique approach, combining the best of two ancient medical traditions—Ayurveda and Korean medicine. This fusion not only expands the spectrum of holistic treatments but also enhances the effectiveness of therapies focusing on overall well-being.

**Holistic Wellness:** At Ayurhridayam, wellness goes beyond physical health. We focus on nurturing the mind, body, spirit, by offering treatments that address the root cause of ailments rather than just the symptoms. Our therapies are crafted to restore balance, promote rejuvenation, and maintain long-term health.

**Natural Healing:** All our treatments are entirely natural, harnessing the healing power of herbs, oils, and traditional techniques. We avoid synthetic chemicals, ensuring each therapy is both safe and gentle while delivering effective results.

**40 Years of Expertise:** With over four decades of experience, Ayurhridayam has earned the reputation of a trusted leader in the wellness industry. Our profound knowledge of Ayurveda and Korean traditions, combined with a commitment to innovation, has kept us at the forefront of holistic health.

**Handmade natural products:** At Ayurhridayam, we offer an exclusive line of handcrafted products, made in Kerala, using only the finest natural ingredients. Rooted in traditional Ayurvedic recipes, each product—from herbal oils to dietary supplements—is thoughtfully designed to nourish the body and promote holistic health, reflecting our commitment to purity and sustainability.

# Meet Our Experts



## A Unified Vision in Ayurvedic Excellence



**Dr. Anita Rana**

Co-Founder & Director

Dr. Anita Rana is a leading Ayurvedic specialist in anorectal care, recognized for her expertise and compassionate approach. As the only M.S. in Shalya Tantra practicing in Noida, Dr. Rana offers unparalleled knowledge in treating anorectal disorders.

With degrees in B.A.M.S and M.S. (Shalya Tantra), Dr. Rana delivers personalized care across Delhi and Noida, emphasizing non-invasive treatments. She advocates conservative approaches, opting for Kshar Sutra or surgery only after all other options are considered.

Dr. Rana has successfully treated 95% of her patients through a blend of herbal medications and lifestyle adjustments. Working alongside her husband, Dr. Shashank Malik, Dr. Anita Rana offers comprehensive consultation and care, especially for male patients facing anorectal disorders.

Her three years of research on Kshar Sutra have led to published works both nationally and internationally, establishing her as a thought leader in the field. Dr. Anita Rana combines traditional Ayurvedic wisdom with modern insights to deliver holistic healing that addresses the body, mind, and soul.

# Meet Our Experts



## A Unified Vision in Ayurvedic Excellence



**Dr. Shashank Malik**  
Co-Founder & CEO

Dr. Shashank Malik, a second-generation Ayurvedic doctor, proudly upholds the healing legacy of his esteemed Malik family. Following in the footsteps of his father, a distinguished expert in liver disorders and chronic ailments, Dr. Malik's journey into Ayurveda began with a B.A.M.S. degree from a renowned institution in Bangalore.

He further honed his expertise in Kerala, training under the revered Dr. S. Narayanan at Narayana Ayurveda Chikitsalayam, where he mastered the art of Kerala Panchakarma. His dedication to holistic healing led him to serve as an Assistant

Physician at Jiva Ayurveda and as an Ayurveda Consultant at Kapsa Wellness, where he expanded his knowledge and contributed to the global growth of Ayurveda.

In 2015, Dr. Malik deepened his expertise through an international fellowship at Shilrom Health Clinic in South Korea, enriching Ayurvedic practices with cross-cultural insights. Today, he serves as an Advisor to Blue Nectar Ayurveda, recognized for his profound expertise and contributions to the field.

Dr. Shashank Malik seamlessly blends ancient Ayurvedic wisdom with Korean medicinal practices, providing patients with a balanced approach to holistic well-being. His unwavering dedication to restoring health and balance makes him a leading figure in Ayurvedic healing.

## Pain Management

Joint Pain  
Neck Pain  
Back Ache  
Muscular Injuries  
Headache  
Disc Prolapse  
Frozen Shoulder  
Rheumatoid Arthritis  
Ankylosing

## Anorectal

Piles  
Fistula  
Fissure  
Constipation  
Others

## Lifestyle

Diabetes  
Weight Loss  
Hypertension  
Others

## Stress Related

Depression  
Anxiety  
Memory Loss  
Insomnia  
Stroke (Paralysis)  
Others

## Digestion Related

Acid Reflux  
Irritable bowel disease  
Peptic ulcer  
Constipation  
Liver disorder  
Others

## Hormonal Diseases

Dysmenorrhea  
Amenorrhea  
PCOD  
Uterine Fibroid  
Infertility  
Thyroid related disease  
Others

## Skin Diseases

Psoriasis  
Lichen  
Herpes  
Eczema  
Dermatitis  
Hair Fall  
Others

## Respiratory System

Asthma  
Chronic cough  
Allergic rhinitis  
Sinusitis  
Tonsillitis  
COPD  
Others



**ABHYANGAM**



## Abhyangam

50 MINS | INR 1700

### (Full Body Massage including Head Massage)

Application of medicated oil over the body in a systematic way. It is the most common treatment form in Ayurveda, Used in a very wide range of disease conditions - from pain to paralysis and also to rejuvenate the body. Rejuvenates body tissues, Improves tone and lustre of skin.

## Pada Abhyangam

30 MINS | INR 800

### (Feet & Leg Massage)

An ancient therapy which helps to remove the excessive heat and toxins in the body. In this process, the feet are first cleaned with warm water, followed by the application of a medicated oil. Gives many other remarkable results such as - opening the meridians in the body, pacifying vatadosha, helping to improve the eyesight, helping to remove the burning sensation in the feet and eyes etc.

## Shiro Abhyangam

30 MINS | INR 800

### (Head Massage)

Ayurveda considers the human body as an inverted tree wherein the roots are at the top and the branches pointing downwards. If the human body is considered to be a tree The head of the human body will be considered to be the roots of this tree, Just like the roots nurture and controls all the activities and well being of the tree, the head is the operational centre of the entire body. The head comprises of all the components and machinery to control the entire body mechanics and dynamics.

ShiroAbhyanga is a word comprising of 2 terms, Shiro meaning head, Abhyanga meaning massage.

## Abhyangam - Ekanga

30 MINS | INR 800

### (Localised Massage)

Application of medicated oil over the effected body part in a systematic way. Beneficial in Arthritis, Sciatica, Cervical and Lumbar Spondylosis, Frozen Shoulder, Muscle Spasm and Sprain.



**POTLI**



## **Elakizhi**

**60 MINS | INR 2000**

Leaves of various medicinal plants are made into a bolus with cotton cloth. This is applied on the affected body parts.

## **Podi kizhi**

**60 MINS | INR 2000**

Medicated powders are made into a bolus with cotton cloth and used for giving fomentation. Podikizhi is a therapy that is mainly done with the powdered roots of 12 herbal plants such as alpiniagalanga, ricinuscommunis, sandalwood and dry ginger. This is mainly used in relieving pain, reducing weight and removing excess fat.

## **Mutta Kizhi**

**60 MINS | INR 2000**

MuttaKizhi is a form of treatment where boiled eggs and herbal powders are made into pouches and then applied to the body, along with hot medicated oils. MuttaKizhi is very effective in facial paralysis and hemiplegia.

## **Navara Kizhi**

**60 MINS | INR 2000**

Application of medicated paste prepared by processed milk and with a variety of rice called Navara all over the body. It is a procedure that visibly enhances the muscle mass and physical strength of the body and useful in treating many degenerative disorders.

## **Naranga Kizhi**

**60 MINS | INR 2000**

NarangaKizhi which is done with linen bags containing cut and fried pieces of lime, garlic, dill seed powder and rock salt. It is a method of therapeutic sweating and as moderate heat is required to sweat, the bundles have to be warmed up periodically by dipping in warm medicated oil.



# **RELAXATION THERAPIES**

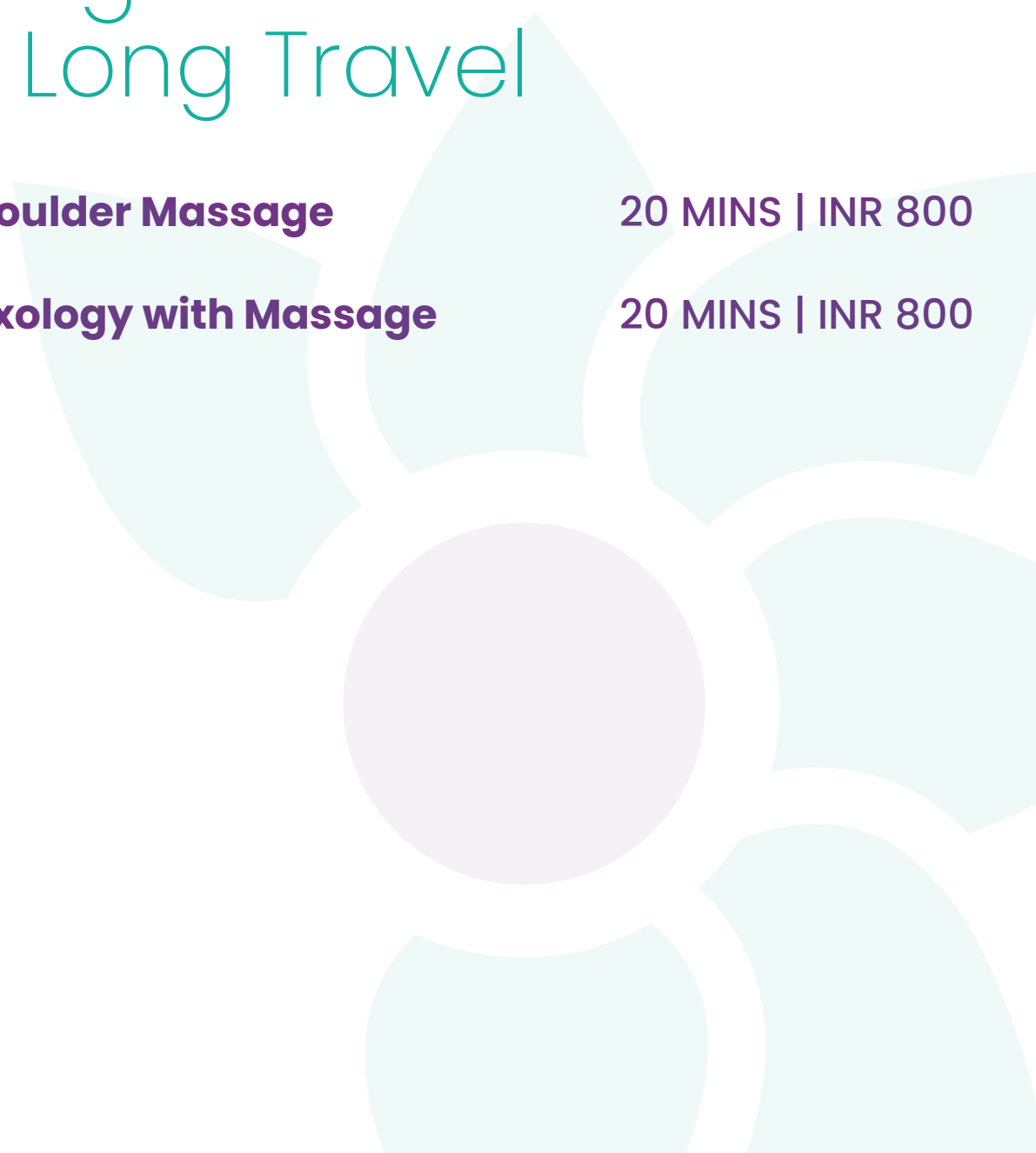
# Must Massages After Long Travel

**Back & Shoulder Massage**

**20 MINS | INR 800**

**Foot Reflexology with Massage**

**20 MINS | INR 800**







**DHARA**

Dhara's are among the main therapies in Ayurveda, and it has everything that you would prefer from an Ayurveda therapy. Over the past few years, the therapy Dhara got popular everywhere and obtained wide recognition. The urban section of the population gives much priority to Ayurveda Dhara and it has gained enormous reputation all over the world.

Dhara's are result oriented in every aspect and it enlarges guaranteed curing features. It has an ancestral traditional backup of Ayurveda and all the Dhara's are the live examples of the rishi medicinal exposure. The individuals who experienced Dhara spreads the benefits of Ayurveda Dhara everywhere. Dhara gives relief to chronic headaches, insomnia, mental tension, hysteria, hallucination and insanity etc.

## **Shirodhara**

**60 MINS | INR 2200**

### **(Taila/Takra/Ksheer/MastuDhara)**

Under this, warm medicated oil or suitable liquid medium is poured on the entire forehead region when the patient lies on his back. It is found to be beneficial in treating sleeplessness, mental disturbances and disorders of the head and neck.

## **Ekanga Dhara**

**60 MINS | INR 2200**

Pouring of warm medicated oil or suitable liquid medium in an uninterrupted way over one particular region of the body. It is employed for a localised problem that is specific to a particular organ or body part.

## **Sarwaang Taila Dhara/Ksheer Dhara** 60 MINS | INR 2600

Beneficial in Neuromuscular disorders. Peripheral Vascular Diseases.





**VASTHI**



## **Greeva Vasthi**

**30 MINS | INR 1000**

This is the technique of retaining medicated oils within the boundaries formed out of blackgram paste over the back of neck region for a specific period of time. It is found to be beneficial in conditions of cervical spondylosis and neurological deficits of the upper limbs.

## **Hridaya Vasthi**

**30 MINS | INR 1000**

It is retained on the chest and heart area. It applies medicated oils in a container that is also constructed of black gram dough around the heart.

It helps in reducing pain in the sternum area and strengthening the heart. Strengthening the heart muscle and increasing the strength and vitality of the organ. Helps in removing blockages in the arteries and improving circulation.

## **Janu Vasthi**

**30 MINS | INR 1000**

Beneficial in pain and stiffness of joints due to Arthritis.

## **Kati Vasthi**

**30 MINS | INR 1000**

This is the technique of retaining medicated oils within the boundaries formed out of blackgram paste over the lower-back region for a specific period of time. It is also useful for lumbago and sciatica. This is a very effective therapy in the cases of degenerative spinal problems, as it nourishes the spinal cord and nerves.

## **Pristha Vasthi**

**30 MINS | INR 1000**

Pristha Vasti is a unique procedure which is specially being performed for the complete back region and is mainly indicated for the diseases related to the whole spine. The word Pristha is nothing but the back portion including the complete spine. Pristha Vasti involves the procedure where medicated oil is retained over the back area for a period of time.



**LEPANAM**

Ayurveda unveils lot of devices for care and cure to Skin diseases. It has so many treatments which enlarges better result and curing to skin problems. Lepanam is an Ayurvedic natural way to cease skin related unhealthy problems. Lepanam is the use of medicated herbal paste. This is an effective therapy in every aspect and it ensures the elimination of all kind of skin diseases. Basically Lepanam is a procedure especially designed to prevent skin diseases.

It's an application process to all over the body. The preparation of the medicated herbal paste is with ghee and milk. It applies on the whole body or part of body of the patient. Lepanam is very effective for inflammatory conditions.

## **Mukhalepanam**

**30 MINS | INR 1200**

Application of medicated pastes over the face. It restores skin tone and improves skin texture.

## **Thalam**

**30 MINS | INR 900**

Application of medicated paste made with appropriate herbs over the scalp for a specific period of time. Used as therapy for problems having pathology that involves the brain. Beneficial in Headache, Mental Stress, Anxiety, Insomnia.

## **Thalapothichil/Shirolepanam**

**45 MINS | INR 1500**

Application of wet medicated paste over the head and then covering the same with a processed plantain leaf.

It is found to be beneficial in treating cerebro-vascular accidents, sleeplessness etc.

## **Anna Lepanam**

**45 MINS | INR 1500**

Here, the rice used is the same type as that in NavaraKizhi. But instead of tying the cooked rice into a bolus, it is made into a paste and is applied all over body (excluding head and face) or on a specific part. It is useful to provide nourishment to children and the elderly, who cannot withstand strong procedures like NavaraKizhi.

## **Upanaham**

**30 MINS | INR 1000**

One of the types of fomentation done by tying warm medicated poultice on the affected part of the body. It is used for local afflictions like pain and inflammation.



# Swedan

## Nadi Sweda

15 MINS | INR 500

Localised Medicated Steam Beneficial in Pain, Swelling and Stiffness of joints, spondylosis, Ashtama, Facial paralysis, Muscle spasm and sprain.

## Sarwanga Bashpa Sweda

20 MINS | INR 700

Full Body is given Medicated Steam.  
Beneficial in Vata and Kapha disorders, paralysis, polyarthritis.

# Treatment For Ears

## Karna Dhoopanam & Karna Poornam 30 MINS | INR 1000

Fumigation of the ear with smoke created by burning dry parts of certain medicinal plants. Useful in relieving pain (especially in ears) and treating otorrhoea, earache, tinnitus. Karna Poornam is Filling of medicated oil into the ears. Practised in healthy as well as in those with certain ear disorders.

# Treatment For Eyes

## **Netra Vasthi/Tarpanam**

**30 MINS | INR 1000**

It is also known as netratarpana, where medicated ghee to the eyes is applied. The ghee is contained by a dam constructed around the eye sockets that are made of the dough from black gram flour.

Netrabasti is highly nourishing for the eyes and it helps in removing eye strain and it also improves vision. Beneficial in Eye disorders like Dry eyes, Refractive errors like short sightedness, Conjunctivitis, Computer vision syndrome.

# Treatment For Nose & Head

## **Nasyam**

**30 MINS | INR 1000**

Purification of the head region by instilling medicines through nostrils. Beneficial in treating headache, sinusitis, grey hair and baldness.

Allergic Rhinitis, Cervical Spondylosis, Frozen Shoulder, Facial Paralysis, Dementia.



**OTHER  
TREATMENTS**



## Udwartanam

60 MINS | INR 2200

Gentle rubbing of medicated powders over the skin. Beneficial in obesity and similar conditions. Excessive sweating and bad body odour. Improves tone and complexion of skin.

## Pichu

20 MINS | INR 900

Cotton, or a clean cotton cloth, is soaked in medicated oil and is placed over the affected part in the body. This is beneficial in various pains, sprain, fractures and other neurological disorders.

## Agnikarma

30 MINS | INR 1000

Agnikarma (therapeutic heat burn) is one which gives instant relief from pain by balancing local Vata and Kapha Dosha without any untoward effects. Aim: To evaluate the efficacy of Agnikarma with Rajata and Loha Dhatu Shalaka in the management of joints pain.

## Ayurhridayam Face Care

60 MINS | INR 1800

{Mukhprakshalana (Cleansing) + Mukhudwartanam (Face Scrub) + Mukhabhyangam (Face Massage) + Mukhswedan (Face Steam) + MukhShashtikapindaSwedan (Face Sauna with Potli Massage) + Mukhalepam (Face Pack)}

## Ayurhridayam Hair Care

60 MINS | INR 3000

{Shirodhara + Shiroabhyangam (Head Massage) + Thalapothichil + Keshprakshalan}

## Cupping Therapy

Dry | Wet

Cupping therapy is an ancient form of alternative medicine in which a therapist puts special cups on your skin for a few minutes to create suction. People get it for many purposes, including to help with pain, inflammation, blood flow, relaxation and well being, and as a type of deep-tissue massage.

## Acupuncture

30 MINS | INR 1000

Acupuncture is a form of alternative medicine and a component of traditional Chinese medicine in which thin needles are inserted into the body.

# Panchakarma

## Virechanam/Vamana

8 DAYS | INR 10000

Eliminating toxins through the anal route by way of purgation (inducing loose motions). Best treatment for Pitta dosha. Beneficial for Skin Diseases, Ashtma, Liver Disorders, Anemia, Blood Disorders, Ano rectal diseases, Gastro Intestinal Tract diseases. This treatment includes Body Oilation both internal and external i.e. abhyangam.

**(To be given only after consultation and under observation of Ayurvedic Doctor).**

## Raktamokshana

15 MINS | INR 1500

Raktamokshana that is made with two words Rakta which mean blood and Mokshana means to leave and combining. The both these words makes the word Rakta-mokshana it means 'to let out blood'. Raktamokshana treatment is very effective for blood purification and also carefully controlled removal of small quantities of blood.

# Basti

One of the main procedures of PanchakarmaChikitsa, Basti karma concentrates on the elimination of the loosened vatadosha out through the rectum. The treatment involves the introduction of medicinal substances, such as, herbal oils and decoctions in a liquid medium, into the rectum of the person. This is because vata is predominantly located in the colon and bones. Herbal concoctions made of sesame oil are generally used for the purpose. Vata disorders can be effectively cured by Basti karma. Common cold, sexual disorders, constipation, distention, kidney, backache, pain in the neck region, vomiting and hyperacidity can also be cured by Basti karma. If administered properly, Basti karma is an effective treatment that has very few or no side effects on the body. The medication techniques used for the treatment are known as enemas. According to Ayurveda, the enemas are not suitable for people suffering from shortness of breath, chronic abdominal pain, bleeding from rectum, cough, diarrhea and severe anemia. Therefore, barring the exceptions, Basti karma can be adopted to people in order to rejuvenate the body, provide strength and longevity.

## **Aasthapan Basti / Nirhua Basti**

**30 MINS | INR 900**

### **(Decoction Enema)**

This type of treatment is predominantly used to treat arthritic conditions and nervous disorders, obstruction of urine, stools and flatus; amenorrhea and infertility. Herbal decoction and small amounts of oil are used to treat the ailments.

**(To be given only after consultation and under observation of Ayurvedic Doctor)**

## **Anuvasan Basti / Oil Enema**

**30 MINS | INR 900**

Anuvasan Basti is used to treat the people who are not recommended to opt NirhuaBasti treatment. Warm oil with small amounts of decoction is used in AnuvasanBasti. The treatment rejuvenates the body.

**(To be given only after consultation and under observation of Ayurvedic Doctor)**

# Anorectal Treatment

Anorectal treatment focuses on addressing disorders related to the anal and rectal regions, including conditions like hemorrhoids, fissures, and fistulas. This approach combines holistic methods and advanced techniques to relieve symptoms, promote healing, and restore function. Treatments often involve a blend of dietary changes, herbal remedies, and minimally invasive procedures for effective, personalized care.

## Infiltration

**15 MINS | INR 700**

Infiltration treatment delivers targeted medication to the affected anorectal area, providing localized pain relief and supporting healing.

## Kshar Sutra

**INR 45000**

Kshar sutra is an ancient ayurvedic parasurgical treatment used for the treatment such as piles (Hemorrhoids), Fistula-in-ano, anal fissure and pilonidal sinus. Kshar sutra is a surgical linen thread which is coated by different ayurvedic herbs for multiple times.

## Changing of Kshar Sutra

**INR 2000**

Every week we change kshar sutra for fast & better healing.  
Special Ayur Hridayam Treatment.

## Special Ayurhridayam Treatment

**30 MINS | INR 1200**

In this process we do local abhayangam for 10 min after that we ask patient to sit in a decoction prepared by Ayurvedic herbs for 10 min, as a last procedure we do infiltration.



# Wellness Package

## Package 1: Abhayangam 10

1 YEAR | INR 13000

Includes: 10 Abhayangam sessions | Complimentary: 2 Relaxation Therapies

## Package 2: Wellness 20

1 YEAR | INR 20000

Includes: 20% off on any therapy | Complimentary: 2 Relaxation Therapies

## Package 3: Wellness 30

1 YEAR | INR 30000

Includes: 25% off on any therapy | Complimentary: 4 Relaxation Therapies

## Package 4: Wellness 50

1 YEAR | INR 50000

Includes: 35% off on any therapy | Complimentary: 5 Relaxation Therapies

# Day Packages

## Samagrah Care

120 MINS | INR 4000

Combination of special Ayurvedic therapies (Abhyangam, Shirodhara, Nasyam and Elakizhi) to relax, revive & detox.

## Boost Your Body

80 MINS | INR 2800

An especial massage of the whole body with Ayurvedic oil to relax the body and mind completely. Ayurvedic facial cleanses and exfoliate the skin followed by Ayurvedic face pack to bring radiance and glow to the skin.

## Punarnava/Rejuvenation Package

90 MINS | INR 3500

A perfect pick for you to relax and de-stress. Provides you a rejuvenated day & sound sleep for night. This included Abhyangam and Shirodhara.

## Navjivan Care

90 MINS | INR 2800

A perfect pick to revive and rejuvenate after hectic schedules of day to day life. Relieves you from minor aches, spasms & pains. Improves nerve conduction and blood circulation. It included Abhayangam and Podikizhi.

# **Ayurhridayam: Your Ultimate Wellness Destination**

We warmly invite you to experience the holistic wellness journey at our centers. Discover the art of Ayurvedic healing in serene and accessible locations across Delhi and Noida. Each center is thoughtfully designed to provide a peaceful retreat where you can rejuvenate your mind, body, and soul.

## **Delhi Centre**

B-87, Mahatma Gandhi Flyover,  
South Extension, Block B  
Defence Colony, New Delhi  
Contact: +91 92893 59859

## **Bijnor Centre**

Ayurhridyam c/o Malik Clinic  
Noorpur Road, Opposite to Sales Tax Office  
Chandpur, Disst - Bijnor, Uttar Pradesh  
Contact: +91 9412536454

## **Noida Sec 51 Centre**

Kisan Tower, Capt Shashikant Sharma Marg  
Near Sector 34 Metro Station - Opposite to Metro Pillar No. 215  
Hoshiyarpur, Sector 51, Noida, Uttar Pradesh  
Contact: 0120-4599990

## **Noida Day Care Centre**

BR-91, Ground Floor,  
Sector 116, Noida, Uttar Pradesh  
Contact: 0120-4599990

## **Noida Ayurveda Hospital**

BR-84, Ground Floor,  
Sector 116, Noida, Uttar Pradesh  
Contact: 0120-4599990

## Stay Connected with Us!

Be a part of our growing community and embark on a journey to better health with Ayurhridayam. Get in touch with us on our digital platforms for the latest updates, wellness tips, and exclusive offers.

**Follow us on Instagram @ayurhridayam**  
**Visit our website [www.ayurhridayam.com](http://www.ayurhridayam.com)**

We look forward to welcoming you to one of our centers soon!



Since 1982

# Ayurhridayam

Multispeciality Ayurveda Holistic Healing Centre



## Our Association



**NARAYANA AYURVEDA CHIKITSALAYAM**  
(P.O), Chittilamchery,  
Palakkad, Kerala - 678704