

Ayurhridayam™

Multispeciality Ayurveda Holistic Healing Centre



Ayurveda, The science of life, is an ancient holistic medicinesystem practiced more than 5000 years in the pristine land of India.

The knowledge passed on over the generations defines that a human bodyis naturally constituted of 3 diffrent doshas, 7 dhatus and 3 malas, The science of ayurveda aslo details out the affect of panchmahabutha, the 5 elements of cosmic system, namely earth, water, air, fire and space on and individual, and the need of balancing all these factors for a healthy body.

Appericiating this holistic approach, the ayurvedic treatments are classified into two, shamana (balancing doshas) and shodhana (purification). The purification, a process of detoxification of the body is carried out by the panchkarma after understanding the disease and the constitution of an individual. an effective treatment will get rid of the toxins accumulated in the body due to the stressful and sedentary lifestyle. The benefits of panchkarma includes boosting of immune system, increasing energy, a relaxed body and mind, Leading to a healthy body and lifestyle.



Health is state of complete physical, mental, social well being and
not just the absence of disease or infirmity - WHO

AILMENTS WE TREAT



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 and diseases

- 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



AYURVEDIC THERAPIES

Abhyangam

50 Mins

(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

(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

(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 (Localised Massage)

30 Mins

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

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

60 Mins

Podi kizhi

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.

60 Mins

Mutta Kizhi

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.

60 Mins

Navara Kizhi

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.

60 Mins

Naranga Kizhi

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.

60 Mins



MUST MASSAGES AFTER LONG TRAVEL

Back & Shoulder Massage

20 Mins

Foot Reflexology with Massage

20 Mins

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.

Sirodhara

60 Mins

(Taila/Takra/Ksheer/Mastu Dhara)

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

45 Mins

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.

Sarwanga Taila Dhara / Ksheer Dhara

60 Mins

Beneficial in Neuromuscular disorders. Peripheral Vascular Diseases.



VASTHI

Greeva Vasthi

30 Mins

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

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

Beneficial in pain and stiffness of joints due to Arthritis.

Kati Vasthi

30 Mins

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 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

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

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

Thalam

30 Mins

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.

Thalapothishil/Shirolepanam

45 Mins

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

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

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

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

15 Mins

Sarwanga Bashpa Sweda

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

20 Mins

TREATMENT FOR EARS

Karna Dhoopanam & Karna Poornam

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.

30 Mins

TREATMENT FOR EYES

Netra Vasthi/Tarpanam

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.

30 Mins

TREATMENT FOR NOSE AND HEAD

Nasyam

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.

30 Mins



OTHER TREATMENTS

Udwartanam

60 Mins

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

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 Min.

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.

Ayur hridayam Face-Care

120 Mins

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

Ayur hridayam Hair-Care

60 Mins

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

Cupping Therapy

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

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

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

30 Min.

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

(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

AnuvasanBasti 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

Infiltration

15 Mins

Kshar Sutra

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

Every week we change kshar sutra for fast & better healing.

Special Ayur Hridayam Treatment

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.

30 Mins

WELLNESS PACKAGES

Personal secrets
10 Abhyangam

6 Months

Navsanjivan
10 Abhyangam & 5 Shirodhara

6 Months

Chinta mukti
3 Abhyangam & 3 Shirodhara

3 Months

DAY PACKAGES

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

130 Mins

Boom your body
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.

80 Mins

Punarnava /Rejuvenation package 90 min
A perfect pick for you to relax and de-stress. Provides you a rejuvenated day & sound sleep for night. This included Abhyangam and Shirodhara.

90 Mins

Navjivan care
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 Abhyangam and Podikizhi.

90 Mins

Yoga is a spiritual tradition that began in India about 5,000 years ago. Historically its practices have been adopted by such religions as Hinduism, Jainism, and Buddhism. However, the practice of yoga is compatible with any religion, as well as atheism.

The word yoga means union in Sanskrit. Many of the yoga traditions believe that the practices of yoga lead to union of a person with his or her true nature, or with God or the universe (however one wishes to conceptualize it). How this is interpreted and the means employed to get there differ in the various yoga traditions.

Patanjali, author of the classic yoga text, the Yoga Sutra, defined yoga as the quieting of the fluctuations of the mind. From a yogic perspective, the mind, and its ceaseless internal monologue, is the source of suffering. The various yoga practices serve to calm the mind. From a wellspring of relaxed concentration-the hallmark of yoga-comes inner peace, heightened creativity, and awareness of our essential nature.



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