



Om
Ayurveda
THE SCIENCE OF LIFE

Experience Authentic ABHYANGA

AYURVEDIC OIL THERAPY

Ancient wisdom. Personalized for You.

Abhyanga is a traditional Ayurvedic full body oil massage that nourishes, rejuvenates and restores balance to your body, mind and soul. Experience deep relaxation and holistic healing the natural way.

NOURISH
RELAX
REJUVENATE
RESTORE



KUMKUMADI TAILAM

for gentle facial nourishment,
promoting natural radiance
and healthy skin.



Enhances
Natural Glow



Improves
Complexion



Nourishes &
Rejuvenates Skin

BENEFITS OF ABHYANGA



Reduces Stress
& Anxiety



Improves Strength
& Flexibility



Improves Blood
Circulation



Promotes Better
Sleep



Boosts Immunity
& Vitality



Detoxifies &
Balances Doshas

WHAT MAKES OUR ABHYANGA SPECIAL



Personalized oils based on your Prakriti (body constitution)



Performed by experienced Ayurvedic therapists



100% Natural, Herbal & Authentic Ayurvedic Oils



Traditional Vedic Mantra Chanting for holistic healing



Optional Herbal Steam Therapy (Swedana)



Ayurvedic consultation & lifestyle guidance

IDEAL FOR

- ✓ Stress & fatigue
- ✓ Muscle stiffness & body pain
- ✓ Poor sleep & anxiety
- ✓ Skin dryness & dull complexion
- ✓ Detoxification & rejuvenation
- ✓ General wellness & vitality

A GIFT OF
HEALING
TO YOURSELF

RELAX YOUR BODY • CALM YOUR MIND • NOURISH YOUR SOUL

Book Your Abhyanga Therapy Today

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AUTHENTIC
AYURVEDA



HOLISTIC
HEALING



NATURAL
INGREDIENTS



EXPERT
THERAPISTS



PEACEFUL
ENVIRONMENT

Rooted in Ancient Wisdom
Committed to Your Wellness



ABHYANGA

AYURVEDIC OIL MASSAGE

NOURISH YOUR BODY, CALM YOUR MIND,
REJUVENATE YOUR SOUL.

Abhyanga is a traditional Ayurvedic practice of massaging the body with warm medicated oil. It is an essential part of daily self-care (Dinacharya) that promotes balance, vitality and longevity.

BENEFITS OF ABHYANGA



Nourishes skin, muscles, joints and tissues



Reduces stress, anxiety and mental fatigue



Improves sleep quality and relaxation



Improves blood circulation and lymphatic flow



Strengthens immunity and overall health



Promotes longevity, balance and well-being

HOW ABHYANGA IS DONE

- 1 Warm the oil (comfortably warm).
- 2 Apply oil gently on the entire body.
- 3 Use long strokes on limbs and circular motions on joints.
- 4 Massage the abdomen in clockwise direction.
- 5 Leave the oil for 15–30 minutes.
- 6 Bathe with warm water.

OILS USED IN ABHYANGA



SESAME OIL

Best for Vata,
Nourishing & Warming



COCONUT OIL

Cooling & Soothing,
Best for Pitta



ALMOND OIL

Moisturizing & Gentle,
For all skin types



HERBAL OILS

Infused with Ayurvedic
Herbs for specific benefits

MAKE ABHYANGA A PART OF YOUR DAILY ROUTINE AND EXPERIENCE
THE TRUE ESSENCE OF AYURVEDA.



BOOK YOUR SESSION

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AGNIKARMA

(Ayurvedic Thermal Cauterization Therapy)

**ANCIENT AYURVEDIC THERAPY
FOR PAIN RELIEF, HEALING
& TISSUE REGENERATION**

Agnikarma is a para-surgical Ayurvedic procedure in which precise application of controlled heat using a specialized instrument is done on specific points or affected areas. It helps to relieve pain, reduce inflammation, heal chronic conditions, break down deep-seated blockages and promote natural healing.

BENEFITS

- Relieves chronic pain & stiffness
- Reduces inflammation & swelling
- Breaks deep-seated blockages & adhesions
- Heals long-standing musculoskeletal conditions
- Strengthens local tissues & improves function
- Promotes blood circulation & detoxification
- Helps in faster recovery & prevents recurrence

INDICATIONS

- Chronic Joint Pain (Sandhivata)
- Lower Back Pain (Katigraha)
- Cervical Spondylosis
- Frozen Shoulder (Adhesive Capsulitis)
- Tennis Elbow
- Sciatica
- Osteoarthritis
- Muscle Spasm & Stiffness
- Ligament Sprain
- Plantar Fasciitis
- Heel Pain
- Sports Injuries
- Myofascial Pain
- Many more chronic conditions

SAFE • PRECISE • EFFECTIVE

- Minimal discomfort & quick procedure
- Targeted therapeutic action on affected area
- No cuts, no bleeding, no infections
- Time-tested Ayurvedic technique
- Performed by experienced Ayurvedic experts

HOW AGNIKARMA IS DONE



Duration: 10 – 20 minutes (depends on condition) | Performed by experienced Ayurvedic doctors

AFTERCARE

- Keep the area clean
- Avoid water & cold exposure for a few hours
- Follow diet & lifestyle advice
- Avoid heavy exertion for 24 hours
- Use prescribed herbal medications

100% NATURAL
AYURVEDIC THERAPY

SAFE, PRECISE &
EFFECTIVE

EXPERT & EXPERIENCED
AYURVEDIC DOCTORS

LONG-LASTING
PAIN RELIEF

HOLISTIC HEALING FOR
BODY, MIND & SOUL

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AGNIKARMA

(AYURVEDIC HEAT CAUTERY THERAPY)

FAST RELIEF • LONG LASTING HEALING • NATURAL

Agnikarma is a unique Ayurvedic para-surgical therapy in which controlled heat is applied to specific marma (vital) points to relieve pain, reduce inflammation and stimulate deep healing.

BENEFITS OF AGNIKARMA

-  Provides quick and lasting relief from chronic pain
-  Reduces inflammation and swelling
-  Improves joint function and mobility
-  Helps in nerve pain and muscular stiffness
-  Breaks the cycle of recurrent pain
-  Stimulates natural healing and tissue repair
-  Minimally invasive with minimal downtime
-  Safe and effective Ayurvedic para-surgical treatment

HOW AGNIKARMA IS PERFORMED

- 1 The affected marma point is identified by the Ayurvedic physician.
- 2 A special metal instrument is heated to a specific temperature.
- 3 Controlled heat is applied to the designated point for a few seconds.
- 4 This stimulates healing, reduces toxins and improves circulation.
- 5 The area is cooled and simple herbal care is applied.
- 6 The procedure is quick, safe and done on an outpatient basis.


**Ancient Wisdom for
Modern Healing**

IDEAL FOR

- Osteoarthritis and knee pain
- Back pain and sciatica
- Cervical spondylosis
- Frozen shoulder
- Heel pain (Plantar fasciitis)
- Tennis elbow and sports injuries
- Chronic muscular pain and stiffness
- Ligament and tendon disorders

THE POWER OF AYURVEDA

Agnikarma activates the body's natural healing mechanism, balances the doshas and provides long-term relief from chronic pain – naturally.



KEY HERBS USED IN POST CARE



Turmeric

Guggulu

Eranda
(Castor)

Nirgundi

Rasna

Bala

INDICATIONS



Chronic
Pain

Joint
Disorders

Back & Neck
Pain

Sports
Injuries

Muscle
Stiffness

Mobility
Issues

HEAL PAIN NATURALLY. LIVE A HEALTHIER, MORE ACTIVE LIFE.
EXPERIENCE AUTHENTIC AYURVEDIC HEALING.

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THERAPIES



AYURVEDA
TREATMENTS



YOGA &
MEDITATION



SATTVIC DIET &
LIFESTYLE



VEDIC MANTRA
CHANTING



WELLNESS
RETREATS

ALEPA

AYURVEDIC HERBAL PASTE THERAPY

HEAL • SOOTHE • REJUVENATE

Alepa is the application of medicated herbal pastes on the body to pacify Doshas, reduce inflammation, relieve pain and promote healing and rejuvenation naturally.



Alepa nourishes the skin, soothes tissues, removes toxins and restores balance to the body and mind.

BENEFITS OF ALEPA

- Reduces pain & inflammation
- Relieves muscle stiffness
- Improves circulation
- Detoxifies tissues
- Promotes skin health
- Reduces swelling
- Supports faster healing
- Calms the nervous system
- Balances Doshas
- Rejuvenates body & mind

KEY BENEFITS



Reduces Pain & Inflammation



Relieves Stiffness



Improves Circulation



Detoxifies Tissues



Enhances Skin Health



Reduces Swelling



Supports Healing



Calms Mind & Nervous System



Balances Doshas



Rejuvenates Body & Mind

WHAT IS ALEPA?

Alepa is the external application of medicated herbal pastes prepared from herbs, powders, oils or decoctions. It is applied on specific parts or whole body based on the condition and treatment goal.



TYPES OF ALEPA



Shamana Alepa – Pacifies Doshas, reduces inflammation & pain



Shodhana Alepa – Helps in detoxification and removing toxins



Brimhana Alepa – Nourishes, strengthens & rejuvenates tissues



Ropana Alepa – Promotes healing of wounds & injuries



Saundarya Alepa – Enhances skin complexion & texture

INDICATIONS

- Joint & muscle pain (Arthritis, Spondylosis)
- Swelling & inflammation
- Skin disorders (Eczema, Psoriasis, Acne)
- Sports injuries & sprains
- Stress, fatigue & nervous tension
- Post-surgery recovery
- Beauty & skin care
- General detox & rejuvenation



ALEPA PROCEDURE



1. **Consultation** – Understanding Dosha, condition & need



2. **Preparation** – Fresh herbal paste prepared as per the condition



3. **Application** – Paste applied on the body/affected area



4. **Retention** – Kept for specific duration for absorption



5. **Removal** – Removed with lukewarm water or herbal decoction



6. **Follow-up** – Supportive therapies & internal medicines if needed



IDEAL FOR



People with chronic pain



Those with skin problems



Individuals with stress & fatigue



Athletes & active individuals



Post-pregnancy care



Anyone seeking natural healing & rejuvenation



SAFE • NATURAL • EFFECTIVE
Customized Alepa therapies for your unique needs.



100% Natural Herbal Ingredients



Customized Therapies



Experienced Ayurvedic Experts



Holistic Healing for Body & Mind



Peaceful & Serene Environment



Authentic Ayurveda

“Nature has the power to heal. Alepa helps nature do its work deeper, better and faster.”
– Ayurveda

EXPERIENCE THE HEALING POWER OF ALEPA
RESTORE BALANCE. REVIVE WELLNESS. REJUVENATE LIFE.

BOOK YOUR ALEPA THERAPY TODAY!





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MOTHER EARTH
TRAVEL AND TOURISM
Soulful Journeys
Meaningful Experiences

**Best
Care**
A Step Towards
Better Health

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Connecting with Inner God

ANJANA

(Medicated Collyrium Therapy)

ANCIENT AYURVEDIC THERAPY
FOR EYE HEALTH & VISION ENHANCEMENT

Anjana is an Ayurvedic therapy in which medicated herbal collyrium is gently applied inside the lower eyelid. It helps in cleansing the eyes, improving vision, reducing strain, relieving dryness and redness, and promoting overall eye health.

BENEFITS

- Improves Vision & Eye Clarity
- Relieves Eye Strain, Dryness & Redness
- Helps in Refractive Errors (Early Stage)
- Cleanses & Detoxifies the Eyes
- Strengthens Eye Muscles & Nerves
- Promotes Sound Sleep & Relaxation
- Prevents Eye Disorders & Promotes Eye Health

INDICATIONS

- Eye Strain & Fatigue
- Dryness & Irritation
- Redness & Inflammation
- Blurring of Vision
- Kapha Imbalance in Eyes
- Watery Eyes
- Early Stage Refractive Errors
- Burning Sensation in Eyes
- Insomnia & Stress
- Weak Eye Muscles

HOW TO DO ANJANA

1. Prepare the medicated collyrium as per need
2. Lie down & relax the eyes
3. Gently pull down the lower eyelid
4. Apply a thin line of Anjana inside the lower eyelid
5. Close the eyes gently & relax
6. Wipe off excess after a few minutes

100% NATURAL
HERBAL PREPARATION

SAFE, GENTLE &
EFFECTIVE

EXPERT & EXPERIENCED
THERAPISTS

ANCIENT WISDOM
MODERN CARE

HOLISTIC HEALING FOR
BODY, MIND & SOUL

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ARISHTAM

(AYURVEDIC HERBAL FERMENTATION)



ANCIENT WISDOM • NATURAL HEALING
BALANCES DOSHAS • RESTORES HEALTH

Arishtam is a classical Ayurvedic fermented preparation made by fermenting decoctions of herbs, along with natural sugars like jaggery, in the presence of medicinal herbs and self-generated natural alcohol. It enhances the potency of herbs, improves absorption and provides long-lasting therapeutic benefits.



STRENGTHENS
IMMUNITY



IMPROVES
DIGESTION



DETOXIFIES
THE BODY



BALANCES
DOSHAS



PROMOTES
OVERALL HEALTH



RESTORES
VITALITY

BENEFITS OF ARISHTAM

- Improves appetite and digestion
- Relieves constipation and bloating
- Detoxifies liver and blood
- Supports healthy metabolism
- Helps in anemia and weakness
- Strengthens the immune system
- Balances Vata, Pitta and Kapha
- Promotes reproductive health
- Rejuvenates tissues and organs
- Enhances energy and vitality
- Supports long-term wellness and disease resistance

HOW ARISHTAM IS PREPARED

- Selected herbs are cleaned and decocted in water.
- The decoction is filtered and mixed with jaggery and herbal powders.
- Natural fermentation occurs in airtight vessels for several weeks.
- The self-generated alcohol acts as a natural preservative and enhances potency.
- The liquid is filtered, bottled and matured.
- Ready to use for health and healing.

Fermented by Nature.
Strengthened by Time.
Heals from Within.

IDEAL FOR

- Poor digestion and loss of appetite
- Constipation and indigestion
- Liver disorders and jaundice
- General debility and weakness
- Anemia and low immunity
- Menstrual irregularities
- Stress and fatigue
- Skin disorders
- Respiratory and chronic conditions
- Convalescence and recovery
- Overall health maintenance

THE POWER OF AYURVEDA

Arishtam combines the wisdom of ancient fermentation with the power of herbs to deliver deep, lasting healing and vibrant health.



COMMON HERBS USED



ASHWAGANDHA DASHMOOL TRIPHALA GUDUCHI MUSTA AMLA

DOSHA BALANCING



VATA PITTA KAPHA

HOW TO TAKE

15 – 30 ml
with equal
amount of water
after food
(or as directed by
the physician)

BEST TIME



MORNING OR EVENING



ANCIENT FORMULA. NATURAL FERMENTATION. AUTHENTIC HEALING.
EXPERIENCE THE TRUE POWER OF AYURVEDA.



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AYURVEDA
TREATMENTS

YOGA &
MEDITATION

SATTVIC DIET &
LIFESTYLE

VEDIC MANTRA
CHANTING

WELLNESS
RETREATS

ASCHYOTANA

— (Medicated Eye Drop Therapy) —

ANCIENT AYURVEDIC THERAPY FOR EYE HEALTH & REJUVENATION

Aschyotana is an Ayurvedic therapy in which medicated herbal drops are instilled into the eyes. It helps in lubricating, cleansing, soothing and nourishing the eyes, relieves irritation, improves vision and promotes overall eye health naturally.

BENEFITS

-  Improves Vision and Clarity
-  Relieves Dryness, Redness & Irritation
-  Soothes Tired & Strained Eyes
-  Helps in Refractive Errors (Early Stage)
-  Detoxifies and Cleanses the Eyes
-  Nourishes Eye Tissues & Strengthens Nerves
-  Promotes Sound Sleep & Relaxation
-  Prevents Eye Disorders & Promotes Eye Health

INDICATIONS

-  Dry Eyes
-  Eye Strain (Digital/Reading)
-  Redness & Irritation
-  Allergic Conjunctivitis
-  Burning Sensation
-  Blurring of Vision
-  Watery Eyes
-  Early Refractive Errors
-  Headache due to Eye Strain
-  Screen Fatigue
-  Poor Night Vision
-  General Eye Fatigue

HOW TO DO ASCHYOTANA

-  1. Prepare medicated herbal eye drops as per need
-  2. Lie down comfortably with eyes gently closed
-  3. Instill 1-2 drops in each eye using a dropper
-  4. Keep eyes closed gently for a few seconds
-  5. Allow the drops to spread & absorb naturally
-  6. Wipe off excess drops with clean cotton if needed



100% NATURAL
HERBAL FORMULATION



SAFE, GENTLE &
EFFECTIVE



EXPERT &
EXPERIENCED
THERAPISTS



ANCIENT WISDOM
MODERN CARE



HOLISTIC HEALING
FOR BODY, MIND
& SOUL

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AYURVEDIC DETOX PROGRAM

CLEANSE • DETOXIFY • REJUVENATE

A complete Ayurvedic approach to detoxify
your body, mind and emotions.

Remove toxins, restore balance and
awaken vibrant health naturally.



Detox is not just about cleansing,
it's about nourishing your body
with pure food, positive thoughts
and Ayurvedic wisdom.

BENEFITS OF AYURVEDIC DETOX

- Eliminates toxins (Ama)
- Improves digestion
- Boosts immunity
- Enhances energy
- Promotes weight balance
- Improves skin & glow
- Reduces stress & fatigue
- Balances Doshas
- Rejuvenates body & mind
- Supports overall wellness

KEY BENEFITS



Detoxifies
Body & Organs



Improves
Digestion &
Metabolism



Strengthens
Immunity



Reduces Stress
& Anxiety



Enhances
Skin Health



Promotes Deep
Sleep



Boosts Energy
& Vitality



Balances
Doshas



Promotes Mental
Clarity



Supports Long-term
Well-being

OUR AYURVEDIC DETOX APPROACH

Our detox program follows the ancient
Ayurvedic principles of Panchakarma,
herbal cleansing, sattvic nutrition,
lifestyle correction and mental
rejuvenation for complete healing.



OUR DETOX PROCESS (PANCHAKARMA)

- Purva Karma (Preparation)**
Snehapana, Abhyanga, Swedana – preparing the body
- Panchakarma Therapies (Cleansing)**
Vamana, Virechana, Basti, Nasya – eliminate toxins
- Paschat Karma (Post Care)**
Diet, herbal medicines and lifestyle guidance
to restore balance
- Rasayana (Rejuvenation)**
Nourishing therapies, herbs & diet
to rebuild and revitalize

INCLUDES

- Ayurvedic Consultation & Assessment
- Personalized Detox Plan
- Panchakarma Therapies
- Herbal Medicines & Supplements
- Sattvic Vegetarian Diet
- Yoga, Pranayama & Meditation
- Daily Detox Drinks & Herbal Teas
- Lifestyle & Diet Guidance
- Follow-up & Aftercare Support

IDEAL FOR

- People with toxin build-up
- Digestive & metabolic issues
- Skin problems & allergies
- Stress, fatigue & burnout
- Weight management
- Low immunity
- Lifestyle disorders
- Anyone seeking natural
rejuvenation

EXPERIENCE AUTHENTIC AYURVEDIC THERAPIES



SATTVIC DETOX DIET



Light, pure, fresh, seasonal
and easy to digest food
for perfect cleansing
and nourishment.

DURATION OPTIONS

- 3 DAYS
RESET
- 7 DAYS
DEEP CLEANSE
- 10 DAYS
COMPLETE DETOX
- 14 / 21 DAYS
ADVANCED HEALING

Customized programs available

WHAT TO EXPECT

- Lighter body & mind
- Improved digestion & elimination
- Clearer skin & reduced inflammation
- Better sleep & positive mood
- Enhanced energy & vitality
- Inner peace & emotional balance

OUR PROMISE

- 100% Natural & Safe
- Authentic Ayurvedic Care
- Experienced Vaidyas
& Therapists
- Personalized Attention
- Holistic Healing
for Lasting Results

“When the body is cleansed,
the mind is calm and
the soul is clear.
This is the essence of
true healing.”

– Ayurveda

DETOX TODAY, FEEL LIGHT, LIVE BRIGHT!
BEGIN YOUR AYURVEDIC DETOX JOURNEY WITH US.

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When diet is correct, medicine is of no need.
When diet is incorrect, medicine is of no use.
– Apurveda



AYURVEDIC DIET THERAPY

LET FOOD BE YOUR MEDICINE

EAT RIGHT • LIVE LIGHT • STAY HEALTHY

Ayurvedic Diet Therapy is a personalized eating plan based on your body type (Prakriti), digestive fire (Agni) and current imbalance (Vikriti). It helps restore balance, improves digestion, detoxifies the body and promotes long-term health and vitality.



IMPROVES
DIGESTION &
METABOLISM



DETOXIFIES
THE BODY
NATURALLY



BALANCES
DOSHAS
(VATA, PITTA, KAPHA)



SUPPORTS
IMMUNITY &
ENERGY



HELPS MAINTAIN
IDEAL WEIGHT
NATURALLY



IMPROVES
MENTAL CLARITY
& FOCUS



PROMOTES
OVERALL
WELL-BEING

FOOD THAT
NOURISHES YOUR BODY,
BALANCES YOUR DOSHAS
& HEALS YOU
NATURALLY

BENEFITS OF AYURVEDIC DIET

- Improves digestion & absorption of nutrients
- Eliminates toxins (Ama) from the body
- Balances Vata, Pitta & Kapha doshas
- Boosts immunity & natural healing
- Helps in weight management
- Supports healthy skin, hair & eyes
- Reduces stress, anxiety & fatigue
- Enhances energy, strength & stamina
- Prevents lifestyle diseases naturally
- Promotes longevity & youthful vitality

PRINCIPLES OF AYURVEDIC DIET

- Eat according to your Prakriti (body type)
- Follow seasonal & local eating
- Eat fresh, natural & sattvic (pure) food
- Eat in a calm mind & peaceful environment
- Respect your Agni (digestive fire)
- Eat at the right time & in right quantity
- Combine foods wisely
- Include all six tastes in your diet
- Drink warm water, herbal teas & buttermilk
- Avoid incompatible, processed & over-stimulating foods

IDEAL FOR

- Poor digestion & acidity
- Weight gain or weight loss
- Diabetes & high blood pressure
- PCOS & hormonal imbalance
- Skin problems & allergies
- Fatigue, low immunity & stress
- Joint pain & inflammation
- Detoxification & lifestyle disorders
- Children, adults & elderly
- Anyone who wants healthy living naturally

AYURVEDIC DIET – THE SIX TASTES (SHAD RASA)



SWEET
Nourishes
& builds
tissues



SOUR
Improves
digestion
& appetite



SALTY
Balances
electrolytes
& hydration



PUNGENT
Increases
circulation
& detoxifies



BITTER
Cleanses
& purifies
the blood



ASTRINGENT
Tones
& heals
tissues

Include all six tastes in every meal for perfect balance.

SAMPLE AYURVEDIC DAILY DIET PLAN

EARLY MORNING	Warm water with lemon, honey or cumin
BREAKFAST	Light, warm & easy to digest (Khichdi, Poha, Fruits)
LUNCH (Main Meal)	Freshly cooked, balanced, includes all six tastes
EVENING	Herbal tea, nuts, fruits or light snacks
DINNER (Light Meal)	Soups, Khichdi, steamed vegetables
BEFORE SLEEP	Golden milk (Turmeric milk) or warm herbal drink



FOODS TO CHOOSE



Fresh Fruits & Vegetables



Whole Grains & Millets



Pulses & Legumes



Nuts & Seeds



Herbs & Spices



A2 Cow Ghee, Buttermilk

Eat natural. Eat local. Eat seasonal. Eat mindful.

FOODS TO AVOID



Processed & Packaged Food



Refined Sugar & Salt



Cold, Frozen & Leftover Food



Red Meat & Excess Dairy



Alcohol & Smoking



Overeating & Late Night Meals

Avoid what harms. Choose what heals.



A CORRECT DIET TODAY, CREATES A HEALTHY TOMORROW.
EXPERIENCE AUTHENTIC AYURVEDIC DIET THERAPY WITHOM AYURVEDA.



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TRAVEL AND TOURISM
(Explors, Experiences, Endless Diversity)



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WELLNESS
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BALA THERAPY

(Ayurvedic Rejuvenation Therapy
Using Bala)

STRENGTHENS THE BODY, NOURISHES
THE TISSUES & PROMOTES VITALITY,
STAMINA AND OVERALL WELL-BEING

Bala (Sida cordifolia) is a powerful Ayurvedic herb known for its Balya (strength-promoting) and Brimhana (nourishing) properties. Bala Therapy involves its use in various forms like oil massage, decoctions, ghee and poultices to rebuild strength, enhance immunity and support recovery.

BUILDS STRENGTH
ENHANCES IMMUNITY
SUPPORTS GROWTH
PROMOTES RECOVERY
NOURISHES TISSUES
RESTORES VITALITY

BENEFITS

- Builds strength and stamina
- Improves physical endurance
- Nourishes muscles and tissues
- Enhances immunity
- Supports growth in children
- Promotes recovery after illness, injury or surgery
- Reduces fatigue and weakness
- Improves overall vitality and well-being
- Supports bone and joint health
- Promotes quality sleep

INDICATIONS

- General debility
- Physical weakness
- Post illness recovery
- Chronic fatigue
- Low immunity
- Loss of appetite
- Growth retardation in children
- Convalescence after illness or surgery
- Debility in old age
- Stress and exhaustion
- Muscular weakness
- Recurrent infections
- General weakness due to Vata aggravation

COMMON BALA THERAPY FORMS

- Bala Taila Abhyanga – Strengthens muscles and nourishes body
- Bala Ksheerapaka – Nourishing decoction for internal strength
- Bala Ghrita – Strengthens tissues and supports immunity
- Bala Pinda Sweda – Warm poultice for strength and pain relief
- Bala Lepa – External application for weakness and injuries
- Bala Nasya – Supports nervous system and energy

HOW BALA THERAPY WORKS



Therapy is personalized based on Prakriti (constitution) and health condition.

KEY FEATURES

- Strengthens body and mind
- Nourishes all seven dhatus
- Safe and natural Ayurvedic therapy
- Suitable for all age groups
- Enhances immunity and resilience
- Supports recovery and regeneration

100% NATURAL
AYURVEDIC THERAPY

STRENGTH &
STAMINA

IMMUNITY
BOOST

SAFE & GENTLE
FOR ALL AGES

HOLISTIC HEALING
FOR BODY & MIND

SUPPORTS RECOVERY
& WELL-BEING

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BALA THERAPY

(Ayurvedic Rejuvenation Therapy for Strength & Vitality)

NOURISHES, STRENGTHENS & REJUVENATES THE BODY, MIND & IMMUNITY

Bala Therapy is an Ayurvedic rejuvenation treatment using Bala (*Sida cordifolia*) – a powerful herb known for its strength-boosting, nourishing and revitalizing properties. It helps build physical strength, boosts immunity, improves stamina and supports recovery from fatigue, debility and stress.

BUILDS STRENGTH
BOOSTS IMMUNITY
ENHANCES STAMINA
SUPPORTS RECOVERY
IMPROVES VITALITY
PROMOTES GROWTH & WELL-BEING

BENEFITS

- Enhances physical strength and muscle strength
- Boosts immunity and resistance to illness
- Improves stamina and energy levels
- Supports growth and tissue nourishment
- Helps in recovery from fatigue and weakness
- Promotes overall vitality and well-being
- Useful in debility, post-illness and convalescence
- Improves sleep and reduces stress

INDICATIONS

- General debility
- Physical weakness
- Fatigue
- Post-illness recovery
- Loss of strength
- Underweight or emaciation
- Convalescence
- Low immunity
- Weak muscles
- Poor appetite
- Stress and exhaustion
- Children's growth delay
- Elderly weakness

COMMON BALA THERAPY FORMS

- Bala Lepa (Herbal Paste Application)
- Bala Taila Abhyanga (Oil Massage)
- Bala Pichu / Basti (Special Therapeutic Application)
- Bala Shirodhara (Medicated Oil Flow)
- Bala Garshana (Herbal Powder Massage)
- Bala Swedana (Herbal Fomentation)

HOW BALA THERAPY WORKS

- Bala herb absorbed into the body
- Strengthens muscles and tissues
- Boosts immunity and improves resilience
- Enhances energy and reduces fatigue
- Improves overall vitality and well-being

A Natural Remedy for Strength, Immunity & Lasting Vitality

KEY FEATURES

- Uses Bala – a time-tested Ayurvedic herb
- Strengthens body and builds immunity
- Safe, gentle and suitable for all ages
- Customizable as per individual needs
- Supports long-term wellness and recovery

100% NATURAL & SAFE

TRADITIONAL AYURVEDIC CARE

PERSONALIZED THERAPY

HOLISTIC HEALING FOR BODY & MIND

BETTER TODAY STRONGER TOMORROW

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BHASMA

(Ayurvedic Herbo-Mineral
Calcined Preparations)

THE PUREST FORM OF AYURVEDIC
ALCHEMY FOR DEEP HEALING,
REJUVENATION & LONGEVITY

Bhasma is an Ayurvedic herbo-mineral preparation made by purifying metals, minerals or gems through traditional Shodhana and Marana (calcination) processes. The final product is converted into extremely fine, bioavailable, non-toxic form that rejuvenates tissues, balances doshas and supports deep healing at the cellular level.

SATTVIC
POWERFUL
MICRONIZED
MAXIMUM ABSORPTION
DEEP PENETRATION
SAFE • EFFECTIVE
TIME-TESTED
RESULTS



BENEFITS

- Deep tissue rejuvenation & regeneration
- Balances Vata, Pitta, Kapha
- Enhances Ojas, immunity & vitality
- Supports chronic disease management
- Improves strength, stamina & endurance
- Promotes healthy aging & longevity
- Detoxifies at cellular level
- Highly potent – works in micro doses
- Safe, time-tested & effective when prepared properly

INDICATIONS

- Chronic Fever
- Anemia
- Diabetes (Madhumeha)
- Arthritis & Joint Pain
- Skin Disorders
- Liver Disorders
- Respiratory Disorders
- Digestive Disorders
- Cardiac Disorders
- Neurological Disorders
- Urinary Disorders
- General Debility
- Stress, Anxiety
- Weak Immunity
- Rejuvenation & Anti-aging
- Detoxification & Cellular Repair

COMMON BHASMA EXAMPLES

- Swarna Bhasma – Rejuvenation, Immunity, Longevity & Vitality
- Rajat Bhasma (Pravala) – Cooling, Pitta Balance, Heart & Mind
- Abhraka Bhasma – Respiratory Health, Strength, Ojas & Longevity
- Mukta Bhasma – Calming, Pitta Balance, Insomnia, Mental Peace
- Vanga Bhasma – Diabetes, Urinary Disorders, Reproductive Health
- Yashada Bhasma – Skin Health, Immunity, Wound Healing
- Triphala Bhasma – Digestive Health, Detoxification, Rejuvenation
- Mandura Bhasma – Anemia, Weakness, Liver & Spleen Support

THE BHASMA PREPARATION PROCESS (SAMSKARA)



Prepared under strict Ayurvedic guidelines by experienced Vaidyas.

KEY FEATURES

- Ultra-fine particle size
- 100% bioavailable
- Non-toxic when prepared through proper processes
- Stable, long-lasting potency
- Works in micro doses
- Prepared using authentic texts & traditional methods

AUTHENTIC
AYURVEDIC MINERAL
PREPARATIONS

PURE • SAFE
POTENT

MICRONIZED FOR
MAXIMUM ABSORPTION

EXPERTLY PREPARED
BY VAIDYAS

HOLISTIC HEALING
FOR BODY, MIND & SOUL

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BREATH AWARENESS THERAPY

Awaken Your Breath,
Awaken Your Life.



Breath Awareness Therapy is a simple yet powerful Ayurvedic practice that helps you connect with your natural breath, balance the mind, calm the nervous system and activate the body's innate healing intelligence.



YOUR BREATH
IS YOUR
LIFE FORCE.
BECOME AWARE,
BREATHE DEEPLY,
LIVE FULLY.

BENEFITS OF BREATH AWARENESS THERAPY



Improves Lung
Function &
Oxygenation



Calms Mind &
Reduces Stress



Balances Doshas
(Vata, Pitta, Kapha)



Boosts Immunity
& Vitality



Supports Heart
Health



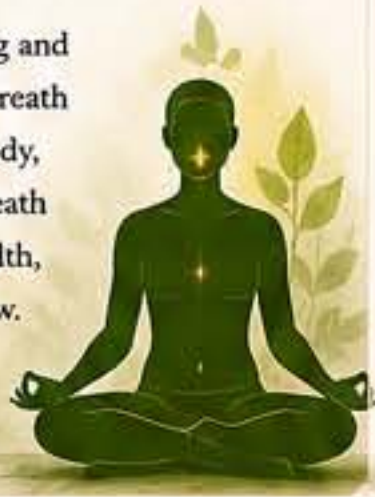
Improves Sleep
Quality



Promotes Longevity
& Inner Peace

WHAT IS BREATH AWARENESS THERAPY?

It is the art of observing, understanding and regulating your breath. In Ayurveda, breath (Prana Vayu) is the bridge between body, mind and consciousness. When the breath is balanced, Prana flows freely and health, harmony and happiness naturally follow.



HOW IT WORKS

- ✓ Become aware of your natural breathing pattern
- ✓ Slow down and deepen your breath
- ✓ Activate the parasympathetic nervous system
- ✓ Release stress and emotional blockages
- ✓ Restore balance in body, mind and energy
- ✓ Rejuvenate from within

SIMPLE BREATH AWARENESS PRACTICE

- 1 Sit comfortably with a straight spine
- 2 Close your eyes and relax your body
- 3 Observe your natural breath without changing it
- 4 Feel the breath at your nostrils, chest and abdomen
- 5 Inhale peace... Exhale stress
- 6 Practice for 10-20 minutes daily



POWERFUL BREATH AWARENESS TECHNIQUES

-  **Natural Breath Observation**
Simply observe your breath as it is.
-  **Deep Belly Breathing (Dirgha Shwas)**
Breathe deep into the abdomen.
-  **Equal Breathing (Sama Vritti)**
Inhale and exhale at equal length.
-  **4-7-8 Breathing**
Inhale for 4, hold for 7, exhale for 8.
-  **Nadi Shodhana (Alternate Nostril)**
Balances energy, calms the mind.



*"When the breath
wanders, the mind
is unsteady.*

*When the breath is calm,
the mind will be still
and life becomes
beautiful."*

— Ayurveda



BEST TIME TO PRACTICE

-  **Early Morning (Brahma Muhurta)**
For energy and clarity
-  **Before Meals**
To improve digestion
-  **During Stress or Anxiety**
To calm the mind
-  **Before Sleep**
For deep and restful sleep



WHO CAN BENEFIT?



- ✓ People of all ages
- ✓ Students & professionals
- ✓ People with stress, anxiety, insomnia
- ✓ People with respiratory issues
- ✓ Anyone seeking better health & peace

DAILY TIPS FOR BETTER BREATH & LIFE

- ✓ Sit in fresh air or near plants
- ✓ Avoid holding your breath
- ✓ Practice regularly, even if for 5 minutes
- ✓ Eat sattvic food & stay hydrated
- ✓ Live with gratitude and positivity



BREATHE AWARE. LIVE AWARE. HEAL NATURALLY.
YOUR BREATH IS THE KEY TO YOUR WELL-BEING.

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CHILD WELLNESS PROGRAMME

NURTURE • PROTECT • EMPOWER

Healthy children, happy families,
brighter tomorrow.

Ayurvedic care for every stage
of your child's growth.



Our Child Wellness Programme combines Ayurveda, nutrition, yoga and loving care to support your child's physical, mental, emotional and spiritual growth naturally.



HEALTHY
CHILDREN
BUILD A
HEALTHY
FUTURE.
STRONG BODY.
SHARP MIND.
HAPPY SOUL.

KEY BENEFITS



Boosts
Immunity
Naturally



Improves Memory
& Concentration



Enhances
Digestion &
Appetite



Supports Healthy
Growth &
Development



Reduces Stress
& Anxiety



Promotes Better
Sleep



Enhances Energy
& Stamina



Improves Mood
& Confidence



Detoxifies Body
& Builds
Resilience

AYURVEDIC SUPPORT FOR CHILDREN

- ✔ Strengthens Immunity & Vitality
- ✔ Supports Healthy Weight & Growth
- ✔ Improves Digestion & Gut Health
- ✔ Enhances Learning & Memory
- ✔ Balances Emotions & Behavior
- ✔ Relieves Stress, Fear & Anxiety
- ✔ Supports Better Sleep & Focus
- ✔ Detoxifies & Rejuvenates Naturally



OUR PROGRAMME INCLUDES

- ✔ Ayurvedic Consultation & Assessment
- ✔ Personalized Diet & Lifestyle Plan (According to Prakriti & Age)
- ✔ Ayurvedic Herbs & Natural Supplements
- ✔ Panchakarma (Child-friendly Detox)
- ✔ Abhyanga, Swedana, Shirodhara (Mild)
- ✔ Yoga, Pranayama & Breathing Exercises
- ✔ Meditation, Mantra & Value Education
- ✔ Parent Guidance & Follow-up



FOCUS AREAS

- ★ Immunity & Frequent Illness
- ★ Poor Appetite & Digestion
- ★ Growth & Development
- ★ Learning Problems
- ★ Attention & Concentration
- ★ Stress, Anxiety & Hyperactivity
- ★ Sleep Disorders
- ★ Skin Problems & Allergies
- ★ Respiratory Issues (Cough, Cold, Asthma)
- ★ Obesity & Lifestyle Disorders
- ★ Emotional & Behavioral Balance

WHO CAN BENEFIT?

- 🧑 Infants, Toddlers & Kids
- 🧑 School Going Children
- 🧑 Teens
- 🧑 Children with Recurring Illness
- 🧑 Children with Learning or Behavioral Challenges
- 🧑 Parents who want Natural & Holistic Care

AYURVEDIC THERAPIES

Abhyanga, Shirodhara, Pizhichil, Nasya (Mild), Herbal Steam & more



NUTRITION & DIET

Sattvic, balanced diet to support growth, immunity & brain power



YOGA & PRANAYAMA

Fun yoga, breathing exercises to improve focus, calm & energy



MIND & EMOTIONAL CARE

Meditation, mantra chanting, positive activities for emotional balance



HERBAL SUPPORT

Safe, natural herbs to boost immunity, digestion & strength



Happy Child,
Healthy Future!

Let's raise strong, smart
& compassionate children
the Ayurvedic way.

OUR PROMISE

- ✔ 100% Natural & Safe
- ✔ Personalized Care
- ✔ Experienced Ayurvedic Doctors
- ✔ Sustainable & Holistic Healing

Because You Deserve the Best Care.

- 🧑 Safe & Gentle for Children
- 🧑 No Side Effects
- 🧑 Long-term Health Benefits
- 🧑 Supports Body, Mind & Soul



NURTURE THEIR HEALTH. EMPOWER THEIR FUTURE.
JOIN OUR CHILD WELLNESS PROGRAMME TODAY!



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TRAVEL AND TOURISM
Soulful Journeys
Meaningful Experiences

Best Care
A Step Towards
Better Health

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Connecting with Inner God

CHOORNA YOGA

(Ayurvedic Herbal Powder Therapy)

ANCIENT AYURVEDIC THERBAL POWDER
THERAPY FOR HEALING, BALANCE
& TOTAL WELL-BEING

Choorna Yoga is an Ayurvedic internal therapy that uses finely powdered herbs to restore balance of doshas, improve digestion, detoxify the body, strengthen tissues and support natural healing. These herbal powders are prepared using authentic Ayurvedic texts and are highly effective, easy to use and safe when taken as per expert guidance.

PURE HERBS
FINEST QUALITY
MAXIMUM POTENCY
EASY TO DIGEST
SAFE & EFFECTIVE
TIME-TESTED
RESULTS

BENEFITS

- Balances all three doshas (Vata, Pitta, Kapha)
- Improves digestion & appetite
- Detoxifies the body naturally
- Strengthens immunity & vital organs
- Supports tissue repair & rejuvenation
- Helps in chronic diseases & recurring disorders
- Promotes vitality, energy & stamina
- Maintains overall health & well-being

INDICATIONS

- Indigestion & Acidity
- Constipation
- Joint Pain & Arthritis
- Respiratory Disorders
- Skin Diseases
- Diabetes (Madhumeha)
- Obesity (Sthaulya)
- Liver Disorders
- Stress, Anxiety & Insomnia
- Weak Immunity
- High Cholesterol
- Menstrual Disorders
- Urinary Problems
- General Debility
- Detoxification & Rejuvenation

COMMON CHOORNA YOGA EXAMPLES

- Triphala Choorna – Detox & Rejuvenation
- Ashwagandha Choorna – Strength & Vitality
- Haritaki Choorna – Digestive Support
- Amalaki Choorna – Immunity & Rejuvenation
- Guduchi Choorna – Detox & Fever Support
- Shatavari Choorna – Women's Health
- Dashamoola Choorna – Pain & Inflammation
- Sitopaladi Choorna – Cough & Cold Relief

HOW CHOORNA YOGA IS TAKEN

1. Take the recommended dose
2. Mix with warm water, honey, ghee or as advised
3. Consume on empty stomach or as directed
4. Follow time & diet guidelines strictly
5. For best results, follow with proper lifestyle & diet

Always use under the guidance of experienced Ayurvedic Doctor.

FORMS & USAGE

- Choorna (Herbal Powders)
- Kashayam Choorna (Decoction Powders)
- Vati / Tablets (Powdered Herbs in Tablet Form)
- Herbal Capsules

100% PURE &
NATURAL HERBS

AUTHENTIC AYURVEDIC
FORMULATIONS

NO CHEMICALS
NO SIDE EFFECTS

EXPERTLY PREPARED
& PRESCRIBED

FOR LONG-LASTING
HEALTH & VITALITY

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THE SCIENCE OF LIFE



CHURNAM

(AYURVEDIC HERBAL POWDER)



PURE HERBS • FINE POWDER • POWERFUL RESULTS
BALANCES DOSHAS • SAFE & EFFECTIVE



Churnam is a classical Ayurvedic formulation made by finely powdering selected herbs. It is easy to consume, quickly absorbed and works gently yet effectively to restore balance, promote health and prevent diseases.



NATURAL
& SAFE



EASY TO TAKE
& ABSORB



BALANCES
DOSHAS



BOOSTS
IMMUNITY



IMPROVES
DIGESTION



PROMOTES
OVERALL HEALTH

ANCIENT WISDOM
PURE HERBS
LASTING HEALTH

BENEFITS OF CHURNAM

- Improves digestion and metabolism
- Relieves constipation and bloating
- Detoxifies the body and purifies blood
- Balances Vata, Pitta and Kapha
- Supports liver and kidney function
- Boosts immunity and resistance
- Relieves cough, cold and allergies
- Helps in anxiety, stress and insomnia
- Supports joint and muscle health
- Promotes healthy skin and hair
- Enhances energy and vitality
- Supports weight management naturally

HOW CHURNAM IS PREPARED

- Selected herbs are cleaned and shade dried.
- Dried herbs are coarsely crushed.
- The herbs are finely powdered using traditional methods.
- Powder is sieved to get fine, smooth texture.
- Stored in airtight containers to preserve potency and freshness.
- Ready to use for daily health and wellness.



Nature's Finest Herbs.
Traditional Wisdom.
Complete Wellness.



IDEAL FOR

- Indigestion and bloating
- Constipation
- Weak immunity
- Sugar level management
- Cholesterol management
- Stress and anxiety
- Joint pain and arthritis
- Skin disorders
- Respiratory problems
- General debility and fatigue
- Detoxification and rejuvenation
- Daily preventive health

THE POWER OF AYURVEDA

Churnam delivers the healing power of herbs in its purest form – easy to use, gentle on the body and effective in restoring natural balance.



COMMON HERBS USED



TRIPHALA

ASHWAGANDHA

GILOY

TULSI LEAF

AMLA

SHATAVARI

HOW TO TAKE



1 – 2 teaspoons
with warm water,
milk or as directed
by the physician.



Best taken on
empty stomach
or as advised.

BEST TIME



MORNING
(before food)



EVENING
(bedtime)

PURE HERBS. POWERFUL HEALING. PERFECT BALANCE.
EXPERIENCE AUTHENTIC AYURVEDA.

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PANCHAKARMA
THERAPIES

AYURVEDA
TREATMENTS

YOGA &
MEDITATION

SATTVIC DIET &
LIFESTYLE

VEDIC MANTRA
CHANTING

WELLNESS
RETREATS



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Customized MEDICATED BODY OILS

Selected According to Your
Vata, **Pitta**, or **Kapha**
Constitution After
Ayurvedic Consultation.

Ayurveda believes that true healing
begins with understanding **YOU**.



Each individual is unique, and so is their body. That is why our
medicated oils are customized to balance your doshas and support your
body, mind and spirit naturally.

OILS SELECTED AS PER YOUR DOSHA



VATA

For dryness, stress,
anxiety, irregularity,
body pain.

Oils Used:

Mahanarayana Taila,
Ksheerabala Taila,
Dhanvantaram Taila



PITTA

For heat, acidity,
irritability, inflammation,
sensitive skin.

Oils Used:

Chandanabala Lakshadi Taila,
Ksheerabala Taila,
Brahmi Taila



KAPHA

For sluggishness, weight
gain, congestion,
lethargy.

Oils Used:

Bala Ashwagandhadi Taila,
Triphala Taila,
Kataka Taila



BENEFITS OF CUSTOMIZED MEDICATED OILS



Restores Dosha
Balance



Nourishes &
Rejuvenates Tissues



Relieves Pain,
Stiffness & Stress



Improves Circulation
& Immunity



Calms the Mind &
Nervous System



Promotes Deep Healing
& Overall Well-being



Every drop is chosen for you,
because you are unique.

Begin your journey to natural healing
with a personalized Ayurvedic consultation.



Authentic Ayurveda.
Personalized for You.
Healing for Life.

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Rooted in Ancient Wisdom
Committed to Your Wellness

PURE • NATURAL • AUTHENTIC • EFFECTIVE

DHYANA SADHANA

THE ART OF MEDITATION

Calm the mind. Awaken the soul.
Realize the true Self.



Dhyana Sadhana in Ayurveda is the practice of deep meditation to quiet the mind, balance the doshas, and connect with our inner wisdom and divine consciousness.



IN STILLNESS
WE FIND
CLARITY.
IN SILENCE
WE EXPERIENCE
THE DIVINE.

BENEFITS OF DHYANA SADHANA



Reduces Stress
& Anxiety



Calms the Mind
& Emotions



Improves Focus
& Concentration



Supports Heart
Health



Boosts Immunity
& Vitality



Improves Sleep
Quality



Balances Doshas
(Vata, Pitta, Kapha)



Spiritual Growth
& Inner Peace

AYURVEDIC VIEW

- ✓ The mind (Manas) is influenced by the three Gunas – Sattva, Rajas & Tamas.
- ✓ Dhyana increases Sattva (purity, clarity), reduces Rajas (restlessness) and Tamas (inertia).
- ✓ A calm and steady mind helps in digestion, immunity, and overall well-being.
- ✓ It is a powerful tool for detoxifying emotions and deep healing.



TECHNIQUES OF DHYANA



Breath Awareness (Anapanasati)
Focusing on natural breath.



Mantra Dhyana (Japa Dhyana)
Repetition of a sacred mantra.



Visualization (Bhavana)
Visualizing light, deity or sacred symbol.



Trataka (Candle Gazing)
Steady gazing to improve concentration.



Witness Consciousness (Sakshi Bhava)
Observing thoughts without attachment.

HOW TO PRACTICE (STEP BY STEP)

- 1 Choose a quiet, clean and peaceful place.
- 2 Sit in a comfortable posture (Padmasana, Sukhasana or on a chair with straight spine).
- 3 Close your eyes and take a few deep breaths.
- 4 Bring your awareness to your natural breath or chosen mantra.
- 5 Let go of distractions and be in the present moment.
- 6 Continue for 10–20 minutes daily.
- 7 End with gratitude and positive sankalpa (intention).



BEST TIME FOR DHYANA



Brahma Muhurta
(4:00 AM – 6:00 AM)



Sunrise Time



Sunset Time



Before Sleep



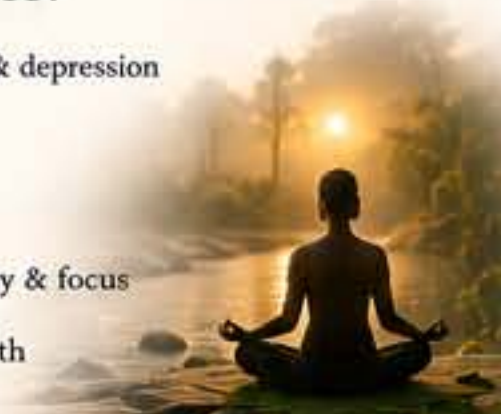
TIPS FOR EFFECTIVE PRACTICE

- ✓ Practice at the same time daily
- ✓ Keep the stomach light
- ✓ Avoid heavy meals before meditation
- ✓ Use natural scents like sandalwood
- ✓ Be consistent and patient
- ✓ Keep a diary of your experience



WHO CAN BENEFIT?

- People with stress, anxiety & depression
- Students & professionals
- People with insomnia
- Those seeking peace, clarity & focus
- Anyone on the spiritual path



*“When the mind is calm,
the soul shines.
In Dhyana, we discover
our true nature.”*
– Ayurveda

DAILY DHYANA SADHANA PRACTICE



Prepare
the Body



Observe
the Breath



Chant or
Focus



Dhyana
(Meditate)



Gratitude
& Sankalpa



SILENCE THE MIND. AWAKEN THE SOUL.
EXPERIENCE THE TRANSFORMATIVE POWER OF DHYANA SADHANA.



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DHANYAMLA DHARA

(FERMENTED HERBAL
THERAPEUTIC POURING THERAPY)

🌿 DETOXYFY • RELIEVE PAIN • REDUCE INFLAMMATION 🌿
IMPROVE MOBILITY • RESTORE BALANCE

Dhanyamla Dhara is an effective Ayurvedic therapy in which medicated fermented liquid prepared from Dhanyamla (fermented rice water) and herbal decoctions is poured over the body in a continuous stream. It helps in reducing pain, inflammation, stiffness and toxin accumulation while rejuvenating the body tissues.



NATURAL
DETOX



RELIEVES PAIN
& STIFFNESS



REDUCES
INFLAMMATION



IMPROVES
FLEXIBILITY



PROMOTES
HEALING

Ancient Wisdom
Holistic Healing
Natural Relief

BENEFITS OF DHANYAMLA DHARA

- 🌿 Reduces pain and inflammation
- 🌿 Relieves stiffness and improves joint mobility
- 🌿 Detoxifies the body and removes metabolic wastes
- 🌿 Improves blood circulation and lymph flow
- 🌿 Helpful in arthritis, spondylitis and muscle disorders
- 🌿 Nourishes and strengthens muscles and joints
- 🌿 Promotes faster healing and tissue repair
- 🌿 Enhances flexibility and physical performance
- 🌿 Balances Vata and Kapha doshas
- 🌿 Relieves stress and induces relaxation

HOW DHANYAMLA DHARA IS PERFORMED

- 1 The patient is assessed by the Ayurvedic physician and prepared for the therapy.
- 2 A fermented herbal liquid (Dhanyamla) is prepared by fermenting rice with specific herbs.
- 3 The patient lies on the treatment table.
- 4 The warm Dhanyamla liquid is poured in a continuous stream over the body.
- 5 The pouring is done for 30–45 minutes with gentle massage.
- 6 The liquid helps in soothing, detoxifying and relieving pain.
- 7 Rest and a light diet are advised after the therapy.

Experience Deep Relief.
Restore Balance.
Rejuvenate Naturally.

IDEAL FOR

- 🌿 Arthritis and joint pain
- 🌿 Rheumatoid arthritis
- 🌿 Muscle pain and stiffness
- 🌿 Lower back pain and sciatica
- 🌿 Cervical spondylosis
- 🌿 Sports injuries
- 🌿 Tendonitis and bursitis
- 🌿 Neurological disorders (Vata disorders)
- 🌿 Frozen shoulder
- 🌿 General body pain and fatigue

THE POWER OF AYURVEDA

Dhanyamla Dhara nourishes the body while eliminating toxins, reducing inflammation and bringing harmony to the doshas for long lasting relief and wellness.

KEY INGREDIENTS



Dhanyamla
(Fermented
Rice)

Dashamoola

Guduchi
(Giloy)

Nirgundi

Rasna

INDICATIONS



Pain &
Inflammation

Joint
Stiffness

Muscle
Spasm

Reduced
Mobility

Stress &
Fatigue

AFTER CARE



Rest Well

Drink Warm
Water

Light
Sattvic Diet

Avoid Day
Sleep

Regular
Follow up

DETOXYFY THE BODY. RELIEVE PAIN. RESTORE WELLNESS.
EXPERIENCE AUTHENTIC AYURVEDIC HEALING.

BOOK YOUR AYURVEDIC THERAPY

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PANCHAKARMA
THERAPIES



AYURVEDA
TREATMENTS



YOGA &
MEDITATION



SATTVIC DIET &
LIFESTYLE



VEDIC MANTRA
CHANTING



WELLNESS
RETREATS



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THE SCIENCE OF LIFE

MOTHER EARTH
TRAVEL AND TOURISM
Soulful Journeys
Meaningful Experiences

**Best
Care**
A Step Towards
Better Health

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Connecting with Inner God

DHATU POSHANA THERAPY

(Ayurvedic Tissue Nourishment Therapy)

COMPLETE NOURISHMENT OF ALL SEVEN DHATUS
FOR STRENGTH, VITALITY, IMMUNITY
AND LONGEVITY

Dhatu Poshana Therapy is an advanced Ayurvedic rejuvenation therapy that focuses on the deep nourishment and strengthening of the seven body tissues (Dhatus) – Rasa, Rakta, Mamsa, Meda, Asthi, Majja and Shukra. It helps in restoring balance, improving tissue quality, boosting immunity and promoting overall vitality and longevity.

NOURISHES DHATUS
IMPROVES OJAS
ENHANCES STAMINA
SUPPORTS GROWTH
PROMOTES HEALTHY
AGING & VITALITY



BENEFITS

- Nourishes all seven Dhatus (body tissues)
- Improves strength, stamina and endurance
- Enhances immunity and resistance
- Promotes healthy weight and muscle tone
- Improves skin, hair and overall complexion
- Supports reproductive health and vitality
- Enhances bone strength and joint health
- Improves mental clarity and emotional balance
- Delays aging and promotes longevity
- Increases Ojas (vital essence)

SEVEN DHATUS & THEIR NOURISHMENT

RASA (Plasma)	Hydration, nutrients, vitality – Nourished by herbs, milk, ghee, fruits
RAKTA (Blood)	Purity, complexion, energy – Nourished by greens, beets, manjistha, ghee
MAMSA (Muscle)	Strength, growth, stability – Nourished by proteins, urad, ashwagandha
MEDA (Fat)	Lubrication, energy reserve – Nourished by healthy fats, ghee, nuts
ASTHI (Bone)	Structure, support, stability – Nourished by calcium-rich herbs, sesame, ghee
MAJJA (Marrow/ Nervous Tissue)	Lubrication, immunity, nerve strength – Nourished by ghee, medhya herbs, milk
SHUKRA (Reproductive Tissue)	Fertility, vigor, Ojas – Nourished by safed musli, shatavari, dates, ghee

THERAPIES & FORMULATIONS USED

- Abhyanga (Herbal Oil Massage) with nourishing medicated oils
- Shirodhara / Ksheeradhara for mental and nervous nourishment
- Pichu / Lepam with herbal pastes for tissue rejuvenation
- Snehapana with medicated ghee for internal nourishment
- Rasayana Chikitsa (Rejuvenative herbs) like Ashwagandha, Shatavari, Amalaki, Guduchi, Bala, Yashtimadhu
- Nutritional support with Ksheera (medicated milk), ghee, herbal decoctions and sattvic diet

IDEAL FOR

- Weakness, fatigue & low immunity
- Post illness / surgery recovery
- Weight loss & muscle wasting
- Reproductive weakness
- Premature aging & stress
- Growing children & elderly care



HOW DHATU POSHANA THERAPY WORKS



KEY FEATURES

- 100% Natural & Ayurvedic
- Personalized Therapy
- All age groups (as per suitability)
- Holistic healing for body, mind & soul
- Safe, effective & side-effect free

COMPLETE
TISSUE NOURISHMENT

STRENGTH
& STAMINA

IMMUNITY
BOOST

YOUTHFUL SKIN
& GLOW

LONGEVITY
& VITALITY

HOLISTIC HEALING
FOR BODY, MIND & SOUL

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AUTHENTIC AYURVEDA · ANCIENT WISDOM · NATURAL HEALING

DHOOMAPANA

— (Herbal Smoke Therapy) —

**ANCIENT DETOX THERAPY
FOR BODY, MIND & SENSE ORGANS**

Dhoomapana is an ancient Ayurvedic therapy in which medicated herbal smoke is administered through the mouth or nose. It helps in cleansing the respiratory tract, sinuses and head region, eliminates toxins, balances doshas and promotes clarity of mind and sense organs.

BENEFITS

-  Clears Respiratory Tract & Relieves Congestion
-  Helps in Sinusitis, Allergies & Nasal Blockage
-  Improves Clarity of Mind, Memory & Concentration
-  Strengthens Sense Organs & Immunity
-  Balances Kapha & Vata Dosha
-  Relieves Stress, Anxiety & Mental Fatigue
-  Promotes Sound Sleep & Relaxation

**PURE
AUTHENTIC
EFFECTIVE**

INDICATIONS

- ♦ Chronic Cough & Cold
- ♦ Sinusitis & Allergic Rhinitis
- ♦ Headache & Migraine
- ♦ Asthma & Bronchitis
- ♦ Tonsillitis & Sore Throat
- ♦ Ear, Nose, Throat Disorders
- ♦ Kapha Imbalance
- ♦ Mental Fatigue
- ♦ Dullness of Sense Organs
- ♦ Toxic Build-up in Head & Neck


MEDICATED HERBS
& NATURAL INGREDIENTS


ANCIENT AYURVEDIC
TECHNIQUE


EXPERT & EXPERIENCED
THERAPISTS


SAFE, GENTLE &
DETOXIFYING


HOLISTIC HEALING
FOR BODY, MIND
& SOUL

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DINACHARYA LIFESTYLE THERAPY

DAILY ROUTINE FOR A HEALTHY, BALANCED & JOYFUL LIFE

Dinacharya is the Ayurvedic daily regimen that aligns your body, mind and spirit with the rhythm of nature for vibrant health, longevity and inner happiness.



BALANCES
DOSHAS



BOOSTS
IMMUNITY



IMPROVES
DIGESTION



ENHANCES
ENERGY & FOCUS



PROMOTES
LONGEVITY



SUPPORTS
MENTAL WELL-BEING

Follow Dinacharya
daily and let
Ayurveda be your
way of life.
– Ayurveda



A DISCIPLINED DAY
BRINGS HEALTH,
CLARITY &
HAPPINESS

IDEAL DINACHARYA – DAILY ROUTINE



4:30 – 5:30 AM

BRAHMA MUHURTA – WAKE UP

- Wake up early in Brahma Muhurta
- Be grateful and think positive
- Observe silence for a few minutes



5:30 – 6:00 AM

ELIMINATION & CLEANSING

- Evacuate bowels & bladder
- Clean tongue with a tongue scraper
- Rinse mouth & wash face



6:00 – 6:30 AM

ABHYANGA – SELF OIL MASSAGE

- Apply warm oil on the body
- Nourishes skin, muscles & joints
- Improves blood circulation



6:30 – 7:00 AM

EXERCISE & YOGA

- Do yoga asanas & stretching
- Enhances strength, flexibility & stamina
- Keeps the body fit and active



7:00 – 7:30 AM

PRANAYAMA & MEDITATION

- Practice pranayama for breath control
- Meditate to calm the mind
- Increases focus and inner peace



7:30 – 8:00 AM

BATH & PERSONAL HYGIENE

- Take a warm bath
- Cleanses body & refreshes mind
- Wear clean, light & comfortable clothes



8:00 – 8:30 AM

SATTVIC BREAKFAST

- Eat fresh, warm & easy to digest food
- Ideal: Fruits, porridge, nuts, herbal tea
- Eat mindfully and in calm state



9:00 AM – 1:00 PM

WORK WITH FOCUS

- Give your best at work
- Take short breaks & stay hydrated
- Maintain good posture



1:00 – 2:00 PM

LUNCH – MAIN MEAL

- Eat your main meal at midday
- Freshly cooked, balanced diet
- Include all six tastes



2:00 – 4:00 PM

LIGHT WORK & WALK

- Take a gentle walk after lunch
- Avoid heavy sleep in daytime
- Engage in creative or light work



6:00 – 7:00 PM

EVENING ROUTINE

- Spend time with family
- Do light exercise, prayer or reading
- Avoid screens and negativity



9:00 – 9:30 PM

SLEEP EARLY

- Go to bed early, by 9:30 – 10:00 PM
- Ensure proper sleep for rejuvenation
- A peaceful mind leads to deep sleep

IMPORTANT GUIDELINES

- ✓ Follow the natural rhythm of sun
- ✓ Eat only when hungry
- ✓ Eat fresh, seasonal and local food
- ✓ Drink warm water through the day
- ✓ Avoid day sleep and late nights
- ✓ Speak truth and be positive
- ✓ Stay in harmony with nature
- ✓ Maintain cleanliness of body & mind

BENEFITS OF DINACHARYA



BALANCED
DOSHAS



STRONG
IMMUNITY



GOOD
DIGESTION



MENTAL
CLARITY



HEALTHY
SKIN



LONG LIFE &
HAPPINESS

“DISCIPLINE IN DAILY LIFE IS THE
FOUNDATION OF PERFECT HEALTH.”

THE POWER OF AYURVEDA

When Dinacharya becomes your lifestyle, Ayurveda becomes your natural protection, your energy source and your path to a disease-free, joyful life.



DAILY ESSENTIALS FOR A HOLISTIC LIFE



DRINK WARM
WATER



EAT SEASONAL
FOODS



USE HERBAL
PRODUCTS



STAY ACTIVE
DAILY



THINK POSITIVE
BE GRATEFUL



CONNECT WITH
NATURE



READ SPIRITUAL
BOOKS



SERVE & SPREAD
KINDNESS

FOLLOW DINACHARYA TODAY, LIVE IN HARMONY WITH NATURE,
AND ENJOY A HEALTHY, HAPPY & FULFILLING LIFE.

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ELAKIZHI

(PATRA PINDA SWEDA)

🌿 DETOX • RELIEVE • REJUVENATE 🌿

Elakizhi, also known as Patra Pinda Sweda, is a special Ayurvedic therapy in which medicinal herbs are cooked with rice, tied in a bundle and used to massage the body with warm medicated oil. It helps to relieve pain, reduce inflammation, improve circulation, detoxify the body and promote deep relaxation.

BENEFITS OF ELAKIZHI

- Relieves muscle pain, joint pain and stiffness
- Reduces inflammation and swelling
- Improves blood circulation and lymphatic flow
- Relaxes the body and calms the nervous system
- Detoxifies the body by removing toxins
- Strengthens muscles, bones and connective tissues
- Improves sleep quality and reduces stress
- Boosts immunity, vitality and overall well-being
- Nourishes the skin and gives natural glow

HOW ELAKIZHI IS PERFORMED

- 1 The body is prepared with Abhyanga (oil massage) and mild steam.
- 2 Medicinal leaves and herbs are cooked with rice and a little herbal decoction.
- 3 The mixture is tied in a cloth bundle to make Elakizhi (herbal bolus).
- 4 The bolus is dipped in warm medicated oil and gently massaged all over the body.
- 5 Special attention is given to painful areas, joints and muscles.
- 6 The therapy continues for 45–60 minutes.
- 7 After the therapy, a warm bath is recommended.

Ancient wisdom.
Powerful herbs.
Deep healing.

IDEAL FOR

- ✓ Muscle pain & body ache
- ✓ Arthritis & joint stiffness
- ✓ Back pain, neck pain & shoulder pain
- ✓ Sports injuries & sprains
- ✓ Post illness weakness
- ✓ Stress, fatigue & insomnia
- ✓ Poor circulation & cold extremities
- ✓ Detoxification & rejuvenation

THE POWER OF HERBS

Elakizhi uses the goodness of powerful medicinal leaves like Eranda, Nirgundi, Tila, Bala, Vasa and many more which penetrate deep into the tissues and bring lasting relief.

INDICATIONS

- Muscle Pain
- Arthritis
- Inflammation
- Stiffness
- Stress & Anxiety
- Poor Circulation
- Fatigue & Weakness
- Insomnia

HERBS USED IN ELAKIZHI

- Eranda (Castor)
- Nirgundi
- Bala
- Vasa
- Tila (Sesame)
- Turmeric
- Aloe Vera

RELIEVE PAIN. REDUCE INFLAMMATION. RESTORE MOBILITY.
EXPERIENCE THE HEALING TOUCH OF ELAKIZHI.

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GANDUSHA

(Oil Holding Therapy)

ANCIENT AYURVEDIC THERAPY FOR ORAL HEALTH & DETOXIFICATION

Gandusha is a classical Ayurvedic therapy in which medicated oil is held in the mouth without gargling and then expelled.

It nourishes the oral tissues, strengthens teeth and gums, improves voice clarity, balances doshas and promotes overall wellness.

BENEFITS

-  Strengthens Teeth, Gums & Jaw
-  Improves Oral Hygiene & Freshens Breath
-  Enhances Voice & Speech
-  Detoxifies Mouth & Removes Toxins
-  Balances Kapha Dosha
-  Relieves Stress & Improves Sleep
-  Promotes Overall Well-being

HOW TO DO GANDUSHA



Take 1-2 tbsp of medicated oil (Sesame Oil / Coconut Oil / Herbal Oil)



Hold the oil in your mouth without gargling



Retain for 5 – 15 minutes



Spit out the oil completely (Do not swallow)



Rinse mouth with warm water

CLEANSE
NOURISH
REJUVENATE

INDICATIONS

- Bad Breath
- Bleeding Gums
- Tooth Decay
- Loose Teeth
- Dry Mouth
- Mouth Ulcers
- Gum Infections
- Voice Disorders
- Tonsillitis
- Stress & Fatigue


100% NATURAL
MEDICATED OILS


ANCIENT AYURVEDIC
WISDOM


EXPERT & EXPERIENCED
THERAPISTS


SAFE, GENTLE &
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HOLISTIC HEALING
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GANDUSHA

(OIL HOLDING THERAPY)

NOURISHES • STRENGTHENS • DETOXIFIES
HEALS • REJUVENATES

Gandusha is an ancient Ayurvedic therapy in which medicated oil is held in the mouth for a specific duration. It helps in nourishing the oral tissues, strengthening the gums and teeth, improving speech and taste, and promoting overall health.



STRONGER
TEETH & GUMS



IMPROVES
SPEECH



ENHANCES
TASTE



DETOXIFIES
MOUTH



PREVENTS ORAL
DISEASES



PROMOTES
OVERALL HEALTH

HEALTHY MOUTH
HEALTHY BODY
HAPPY LIFE

BENEFITS OF GANDUSHA

- Strengthens gums and teeth
- Prevents cavities and tooth decay
- Reduces sensitivity and bleeding gums
- Improves bad breath and oral hygiene
- Enhances taste and removes coating from tongue
- Beneficial in dry mouth and throat irritation
- Improves jaw strength and facial glow
- Promotes clarity of voice and speech
- Helps in sinusitis and headache related to Kapha
- Detoxifies oral and respiratory tract

HOW GANDUSHA IS PERFORMED

- The mouth is cleaned and the patient is seated comfortably.
- Warm medicated oil (like sesame oil, coconut oil or herbal oil) is taken in the mouth.
- The oil is held in the mouth without swallowing and gently moved around.
- The oil is retained for 5–20 minutes (as per capacity).
- The oil is then spat out.
- The mouth is rinsed with warm water or herbal decoction.
- Advised not to eat or drink for 30 minutes after the therapy.

A Small Daily Practice
for a Lifetime of
Oral & Overall Wellness.

IDEAL FOR

- Weak gums and tooth problems
- Dry mouth and mouth ulcers
- Bad breath (Halitosis)
- Bleeding gums (Gingivitis)
- Loose teeth
- Sensitivity in teeth
- Speech problems
- Sinusitis and throat issues
- Headache and facial heaviness
- Poor taste and coated tongue
- Overall oral and respiratory health

THE POWER OF AYURVEDA

Gandusha uses the healing power of medicated oils and herbs to nourish, cleanse and strengthen the oral cavity, balance the doshas and promote total well-being.



OILS COMMONLY USED



SESAME OIL
(TIL TAILA)



COCONUT OIL
(NARIKELA TAILA)



SUNFLOWER OIL
(SURYA MUKHI TAILA)



HERBAL OIL
(AYURVEDIC)

DURATION



5 – 20
MINUTES

BEST TIME



EARLY MORNING
(EMPTY STOMACH)

AFTER CARE



Do not eat or
drink for
30 minutes



Avoid cold
water and
ice cream



Follow oral
hygiene
regularly



DAILY GANDUSHA. STRONG TEETH, FRESH BREATH & RADIANT YOU.
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GERIATRIC CARE PROGRAMME

COMPASSION • CARE • COMFORT

Honoring our elders with
Ayurvedic care, respect and love.
Better health, better life in
every stage of aging.



Our Geriatric Care Programme combines authentic Ayurveda, lifestyle guidance, therapies and emotional support to help elders live with dignity, independence and joy.



WE CARE
FOR THOSE
WHO CARED
FOR US.
HEALTHY ELDERS,
HAPPY FAMILIES,
HARMONIOUS
SOCIETY.

KEY BENEFITS



Improves
Mobility &
Flexibility



Boosts
Immunity &
Vitality



Reduces Stress
& Promotes
Mental Calm



Supports Heart
Health & Better
Circulation



Improves Sleep
Quality &
Relaxation



Enhances Memory
& Cognitive
Function



Improves Digestion
& Nutrient
Absorption



Relieves Joint Pain
& Inflammation



Enhances Mood,
Happiness &
Emotional Well-being



Promotes
Independent
Living

AYURVEDIC SUPPORT FOR SENIOR HEALTH

- ✓ Manages Vata Disorders
- ✓ Joint Pain & Arthritis Care
- ✓ Improves Digestion & Appetite
- ✓ Enhances Strength & Stamina
- ✓ Supports Memory & Concentration
- ✓ Better Sleep & Stress Relief
- ✓ Detoxifies Body & Mind
- ✓ Supports Heart & Overall Wellness



OUR PROGRAMME INCLUDES

- ✓ Ayurvedic Consultation & Assessment
- ✓ Personalized Diet & Lifestyle Plan (Sattvic & Easy to Digest)
- ✓ Ayurvedic Medicines & Rasayanas
- ✓ Panchakarma Therapies (Gentle & Rejuvenating)
- ✓ Abhyanga, Swedana, Shirodhara
- ✓ Yoga, Pranayama & Gentle Exercises
- ✓ Meditation & Breathing Practices
- ✓ Emotional Support & Counselling
- ✓ Regular Follow-up & Monitoring



FOCUS AREAS

- ★ Arthritis & Joint Care
- ★ Back Pain & Cervical Spondylosis
- ★ Diabetes Management
- ★ Blood Pressure Management
- ★ Heart Health
- ★ Digestive Health
- ★ Memory, Focus & Mental Health
- ★ Respiratory Health
- ★ Bone Health & Osteoporosis
- ★ Fatigue, Weakness & Low Energy
- ★ Stress, Anxiety & Depression
- ★ Better Sleep & Relaxation

WHO CAN BENEFIT?

- 👤 Elders above 60 years
- 👤 Those with chronic conditions
- 👤 Caregivers of elderly parents
- 👤 Post-surgery or post-illness
- 👤 People seeking healthy aging
- 👤 Anyone wanting to improve quality of life naturally



AYURVEDIC THERAPIES

Abhyanga, Swedana, Pizhichil, Shirodhara, Basti, Kati Basti, Njavarakizhi & more



NUTRITION & DIET

Easy to digest, nourishing, fresh & sattvic meals for strength & longevity



YOGA & PRANAYAMA

Gentle yoga, breathing practices & meditation for body, mind & spirit



COMFORTABLE ENVIRONMENT

Peaceful stay, loving care & a homely atmosphere



“Let us care for
our elders, as they
cared for us.”
— Ayurveda



OUR PROMISE

- ✓ 100% Natural & Safe
- ✓ Personalized Care
- ✓ Experienced Ayurvedic Doctors
- ✓ Holistic & Sustainable Healing

Because You Deserve the Best Care.

BEST TIME TO START

- 🕒 The Earlier, The Better!
- 🕒 For Healthy & Happy Aging
- 🕒 Prevention is the Best Treatment
- 🕒 Every Day is a New Beginning



RESPECT. CARE. HEAL. – BECAUSE THEY DESERVE THE BEST.
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100%
NATURAL
AYURVEDIC
THERAPY

GREEVA BASTI (NECK THERAPY)

RELIEVE • NOURISH • REJUVENATE

Greeva Basti is a specialized Ayurvedic therapy in which warm medicated oil is retained over the neck in a specially prepared dough well. It nourishes the cervical muscles, nerves and vertebrae, relieves stiffness, pain and inflammation, improves blood circulation and restores mobility to the neck.

BENEFITS OF GREEVA BASTI

- Relieves neck pain, stiffness and muscle spasm
- Nourishes cervical nerves and muscles
- Improves cervical spine mobility and flexibility
- Reduces inflammation and swelling
- Improves blood circulation in the neck and shoulders
- Relieves stress, tension and cervicogenic headache
- Calms the nervous system and promotes relaxation
- Enhances posture and supports daily activities
- Promotes overall well-being and rejuvenation

HOW GREEVA BASTI IS PERFORMED

- The neck and shoulder area is massaged with warm oil (Abhyanga).
- A dough wall is prepared around the neck to form a reservoir.
- Warm medicated oil is poured into the well.
- The oil is retained for 30–45 minutes, maintaining a constant temperature.
- Gentle massage is given on the shoulders and upper back during the therapy.
- The oil is removed and the area is cleaned gently.
- A warm bath or rest is recommended after the therapy.

Nourish the nerves.
Relieve the pain.
Restore the movement.

IDEAL FOR

- Neck pain & stiffness
- Cervical spondylosis
- Stiff neck & frozen shoulder
- Headache & migraine
- Muscle spasm & tension
- Nerve compression
- Poor posture & forward neck
- Stress & mental fatigue
- Post injury recovery

NOURISH • HEAL • REJUVENATE

Greeva Basti deeply nourishes the cervical region, balances Vata dosha and provides long lasting relief from pain, stiffness and discomfort.

INDICATIONS

- Neck Pain
- Cervical Spondylosis
- Headache & Migraine
- Stiff Neck
- Nerve Compression
- Shoulder Pain
- Stress & Tension
- Poor Posture

HERBS USED IN GREEVA BASTI OIL

- Mahanarayana Taila
- Dashamoola
- Bala
- Ashwagandha
- Yashtimadhu (Licorice)
- Eranda (Castor)
- Nirgundi

HEAL YOUR NECK. FREE YOUR MOVEMENT. LIVE PAIN FREE.
EXPERIENCE THE AUTHENTIC TOUCH OF AYURVEDA.

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GULIKA

(Ayurvedic Herbal Pellet Medicine)

TRADITIONAL AYURVEDIC
HERBAL PREPARATION IN
PELLET (GULIKA) FORM FOR
EASY CONSUMPTION & EFFECTIVE RESULTS

Gulika is a classical Ayurvedic dosage form prepared by processing herbs, minerals or herbo-mineral ingredients into fine powders, which are then blended with natural binders and formed into small, uniform pellets. These are sun-dried and used in precise doses for effective and convenient internal administration.

EASY TO TAKE
PRECISE DOSAGE
QUICK ABSORPTION
HIGH POTENCY
SAFE & EFFECTIVE
TIME-TESTED
RESULTS

BENEFITS

- Easy to consume & carry
- Ensures proper dosage & absorption
- Balances doshas & supports agni
- Strengthens immunity & vitality
- Supports chronic disease management
- Promotes tissue healing & regeneration
- Detoxifies body naturally
- Improves strength, stamina & endurance
- Supports overall health & well-being

INDICATIONS

- Indigestion & Loss of appetite
- Chronic Fever
- Cough, Cold & Respiratory Disorders
- Skin Disorders
- Joint Pain & Arthritis
- Diabetes (Madhumeha)
- Urinary Disorders
- Liver Disorders
- Stress, Anxiety & Mental Fatigue
- Low Immunity
- General Debility & Weakness
- Menstrual Disorders
- Obesity (Sthaulya)
- Detoxification & Rejuvenation
- Many more chronic conditions

COMMON GULIKA EXAMPLES

- Trikatu Gulika – Deepana & Pachana, Improves digestion
- Amritharishta Gulika – Strength, Immunity & Rejuvenation
- Kanchanara Gulika – Thyroid Support, Glandular Balance
- Yograj Gulika – Pain Relief, Anti-inflammatory, Vata Balance
- Dashamoola Gulika – Vata Disorders, Pain & Inflammation
- Guduchi Gulika – Immunity Booster, Detox & Fever Support
- Shilajit Gulika – Vitality, Strength, Stamina & Ojas

THE GULIKA PREPARATION PROCESS



Prepared under strict Ayurvedic guidelines by experienced Vaidyas.

KEY FEATURES

- Prepared from authentic herbs & minerals
- Standardized size for accurate dose
- Non-toxic & Ayurvedic
- Preserved potency
- Long shelf-life
- Suitable for all age groups (as per guidance)

**AUTHENTIC
AYURVEDIC FORMULA**

**PURE & NATURAL
INGREDIENTS**

**SAFE, TESTED &
TRUSTED**

**EASY TO CONSUME
& CARRY**

**HOLISTIC HEALING
FOR BODY, MIND & SOUL**

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HASTA ABHYANGA

(AYURVEDIC HAND MASSAGE)

NOURISH • RELAX • REJUVENATE

Hasta Abhyanga is a therapeutic Ayurvedic massage of the hands using warm medicated oils. Our hands work tirelessly every day – this ancient therapy relaxes muscles, improves circulation, nourishes joints and calms the mind.



A simple yet powerful therapy that brings deep relaxation, healing and balance to your body and mind.



BENEFITS OF HASTA ABHYANGA

- Relieves stress & anxiety
- Reduces hand fatigue & stiffness
- Improves blood circulation
- Nourishes skin & tissues
- Strengthens muscles & joints
- Enhances flexibility
- Promotes better sleep
- Calms the nervous system
- Supports overall well-being & relaxation

KEY BENEFITS



Relieves Stress & Tension



Reduces Pain & Stiffness



Improves Circulation



Nourishes Skin & Tissues



Promotes Relaxation



Improves Sleep Quality



Enhances Flexibility



Strengthens Immunity



Calms Mind & Nervous System

WHAT IS HASTA ABHYANGA?

Hasta Abhyanga is an Ayurvedic therapy that involves gentle massage of the hands, fingers, wrists and forearms with warm herbal oils. It helps in relaxing muscles, improving joint mobility, enhancing blood flow and nourishing the skin and nerves.



THERAPEUTIC BENEFITS

- Eases strain from typing, writing & daily activities
- Relaxes tight muscles & relieves tension
- Lubricates joints & improves hand mobility
- Helps in conditions like arthritis, carpal tunnel, hand pain
- Rejuvenates nervous system through marma stimulation
- Enhances concentration & mental clarity

INDICATIONS

- Hand pain & stiffness
- Arthritis & joint problems
- Tingling, numbness or weakness
- Stress, anxiety & fatigue
- Sports & fitness recovery
- Dry, rough & aged skin
- Poor circulation in hands
- Post injury or surgery care

CONTRAINDICATIONS

- Recent fractures or injuries
- Severe inflammation or swelling
- Skin infections or wounds
- Acute fever
- Deep vein thrombosis (DVT) or blood clot
- Immediately after meals



THE EXPERIENCE

1. CONSULTATION



Understanding your needs and imbalances.

2. PREPARATION



Selection of warm medicated herbal oil.

3. MASSAGE



Gentle rhythmic massage of hands, fingers, wrists & forearms.

4. RELAXATION



Deep relaxation of body, mind and senses.

5. AFTERCARE



Guidance on self-care, diet & lifestyle.

IDEAL FOR

- Office Professionals & Students
- People with Hand Fatigue & Pain
- Sportsmen & Musicians
- Elderly for Better Mobility
- Anyone Seeking Relaxation & Wellness

PERFECT ADD-ON TO



Panchakarma Treatments



Stress Relief Programs



Detox & Rejuvenation Programs



Wellness & Spa Therapies

“Healthy hands do more than work – they heal, they give and they create.”

EXPERIENCE THE POWER OF TOUCH

Nourish your hands. Calm your mind. Rejuvenate your life with the ancient wisdom of Ayurveda.



100% Natural Herbal Oils

Experienced Ayurvedic Therapists

Authentic Ayurveda

Holistic Healing for Body & Mind

Safe, Gentle & Effective

Personalized Care

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HOLISTIC AYURVEDIC LIFESTYLE TRANSFORMATION PROGRAMME

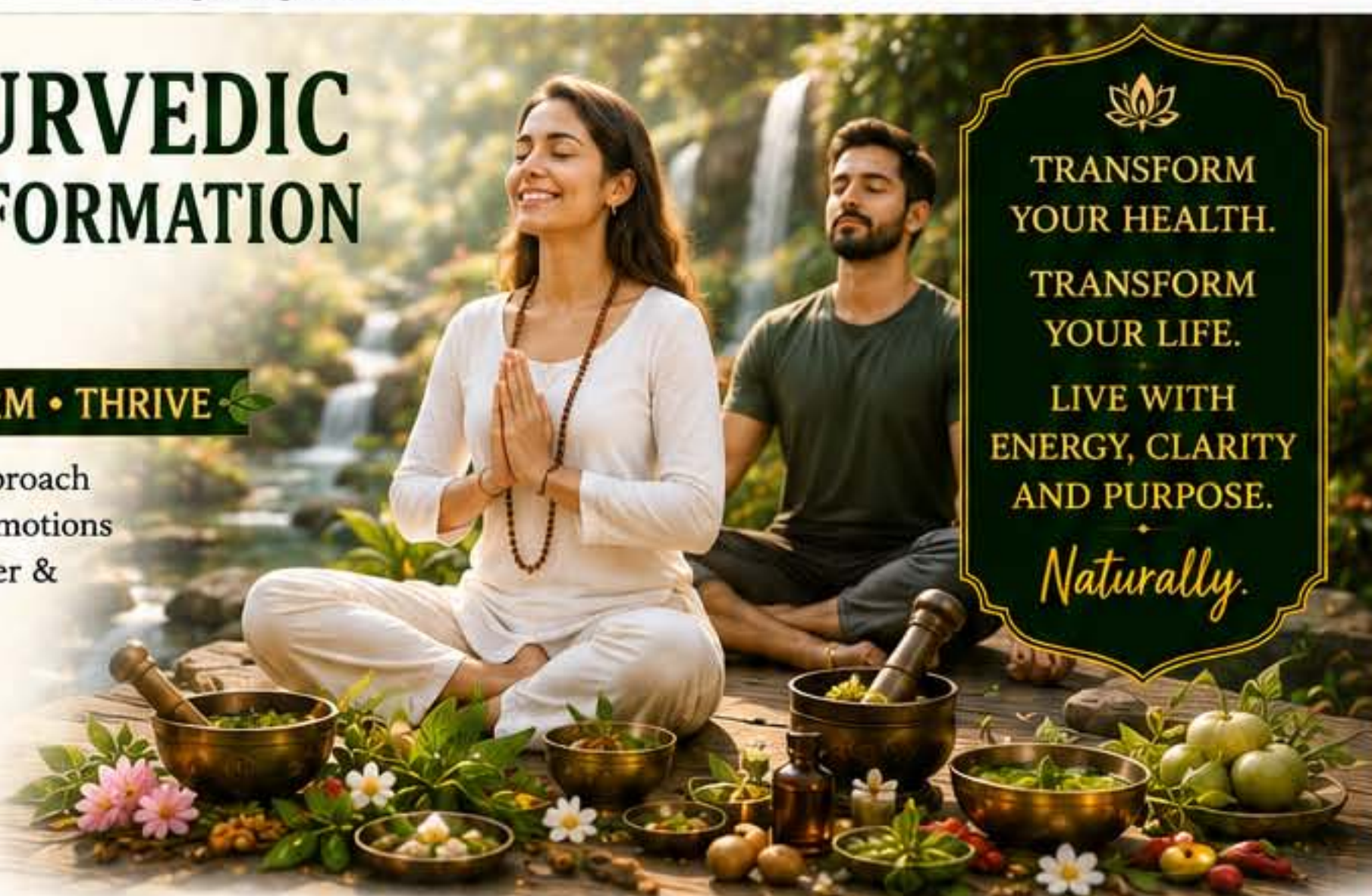
HEAL • BALANCE • TRANSFORM • THRIVE



A Complete 360° Ayurvedic Approach to Transform Your Body, Mind, Emotions and Spirit for a Healthier, Happier & Purposeful Life.



This programme integrates Authentic Ayurveda, Detox, Nutrition, Yoga, Mindfulness, Vedic Wisdom and Lifestyle Coaching for Total Well-being and Lasting Transformation.



TRANSFORM
YOUR HEALTH.
TRANSFORM
YOUR LIFE.
LIVE WITH
ENERGY, CLARITY
AND PURPOSE.
Naturally.

KEY BENEFITS



Detoxifies
Body & Mind



Boosts
Immunity



Improves
Digestion &
Metabolism



Balances
Doshas
Naturally



Reduces Stress,
Anxiety &
Burnout



Improves Sleep
& Mental
Clarity



Increases Energy,
Stamina &
Vitality



Enhances Skin,
Hair & Overall
Glow



Supports Heart
& Hormonal
Balance



Promotes
Longevity &
Well-being

OUR 7 PILLARS OF TRANSFORMATION

- 1 DETOX & REJUVENATION**
Panchakarma, cleansing therapies & cellular detox
- 2 NUTRITION & DIET**
Personalized Ayurvedic diet, sattvic meals & herbal nutrition
- 3 YOGA & MOVEMENT**
Yoga, Pranayama, Surya Namaskar & functional movement
- 4 MIND & EMOTIONAL WELLNESS**
Meditation, mindfulness, stress management & emotional healing
- 5 LIFESTYLE & ROUTINE**
Dinacharya, sleep hygiene, daily habits & time management
- 6 HERBAL SUPPORT & AYURVEDIC MEDICINES**
Customized herbs, rasayanas & immunity boosters
- 7 SPIRITUAL GROWTH**
Mantra chanting, Vedic wisdom, gratitude & self-awareness

PROGRAMME INCLUDES

- ✓ Ayurvedic Consultation & Assessment
- ✓ Personalized Health & Lifestyle Plan
- ✓ Panchakarma Therapies (as per need)
- ✓ Ayurvedic Diet & Nutrition Guidance
- ✓ Yoga, Pranayama & Meditation Sessions
- ✓ Herbal Medicines & Supplements
- ✓ Lifestyle Coaching & Habit Building
- ✓ Stress Management & Mind Detox
- ✓ Vedic Mantra Chanting & Wisdom
- ✓ Follow-up, Support & Progress Tracking

PROGRAMME DURATION

21 Days | 45 Days | 90 Days
Customized Plan for Your Unique Needs

IDEAL FOR

- ★ Chronic Stress & Fatigue
- ★ Digestive & Lifestyle Disorders
- ★ Weight Management
- ★ Hormonal Imbalance
- ★ Low Immunity
- ★ Skin, Hair & Beauty Concerns
- ★ Poor Sleep & Mental Clarity
- ★ Emotional Imbalance
- ★ Detox & Rejuvenation

WHO CAN BENEFIT?

- 🧑 Working Professionals
- 🧑 Business Owners
- 🧑 Homemakers
- 🧑 Students & Youth
- 🧑 Senior Citizens
- 🧑 Anyone Seeking a Healthier, Happier Life

*Ayurveda doesn't just treat
disease, it transforms your life
from within.*
– Acharya Charaka

DAILY ESSENTIALS IN OUR PROGRAMME

SATTVIC DIET



HERBAL SUPPORT



YOGA & PRANAYAMA



MEDITATION



PANCHAKARMA



MANTRA CHANTING



NATURE & RELAXATION



*Transform Your Body.
Heal Your Mind.
Awaken Your Soul.
Live Your Best Life.*

OUR PROMISE

- ✓ 100% Natural & Safe
- ✓ Personalized Care
- ✓ Experienced Ayurvedic Doctors & Therapists
- ✓ Holistic & Sustainable Healing
- ✓ Support Beyond Your Programme

Because You Deserve the Best Care.

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TRANSFORMATION
JOURNEY TODAY!**

Your New Life Awaits You.



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HOMA (FIRE RITUAL)

PURIFY • HEAL • PROTECT • PROSPER

ANCIENT VEDIC FIRE RITUAL FOR HOLISTIC WELL-BEING

Homa is a sacred Vedic ritual of offering herbs, ghee, grains and mantras into the holy fire. It purifies the environment, balances energies, removes negativity, brings peace, prosperity, health and spiritual upliftment.



CLEANSSES
ENVIRONMENT



REMOVES
NEGATIVITY



BRINGS PEACE
& HARMONY



IMPROVES HEALTH
& IMMUNITY



ATTRACTS WEALTH
& PROSPERITY



ENHANCES
SPIRITUAL GROWTH

BENEFITS OF HOMA

- Purifies air, space and atmosphere
- Balances the five elements (Pancha Mahabhutas)
- Strengthens body, mind and soul
- Reduces stress, anxiety and fear
- Supports detoxification and healing
- Brings mental clarity and concentration
- Attracts positive energies and good fortune
- Enhances relationships and family harmony
- Ancestors and planetary blessings
- Promotes spiritual growth and devotion



TYPES OF HOMA (SOME EXAMPLES)

- AYUSHYA HOMA**
For health, vitality & long life
- GANAPATHI HOMA**
For removing obstacles & new beginnings
- MAHA MRITYUNJAYA HOMA**
For health, healing & protection
- NAVAGRAHA HOMA**
For planetary balance & peace
- VASTU HOMA**
For harmony in home & workplace
- SANTHI HOMA**
For peace, prosperity & well-being
- DHANALAKSHMI HOMA**
For wealth, abundance & success
- PITRU HOMA**
For ancestors' blessings & peace

WHAT IS OFFERED IN HOMA?



GHEE



HERBS



GRAINS



SAMIDHA



DRY FRUITS



FLOWERS



HONEY



SESAME



MEDICINAL
PLANTS

All offerings are made with devotion,
accompanied by sacred Vedic mantras.

THE FIRE & ITS DIVINE SIGNIFICANCE

Fire (Agni) is the messenger between humans and the Divine. Through Homa, our intentions rise as subtle energies and invoke divine grace.

"Agni is purity, transformation and the light of wisdom."

THE PROCESS OF HOMA

- Sankalpa (Intention) – Setting the divine intention
 - Invocation – Calling deities & blessings
 - Agni Prathishta – Establishing the sacred fire
 - Ahuti (Offerings) – Offering with mantras
 - Purna Ahuti – Final offering of gratitude
 - Shanti Patha – Prayers for peace & well-being
- EVERY AHUTI CARRIES YOUR PRAYER TO THE DIVINE.

IDEAL FOR

- Health & healing
- Home purification
- New home / Office / Business
- Peace & harmony
- Prosperity & success
- Marriage & family well-being
- Spiritual growth & protection
- Special occasions & festivals



EXPERIENCE THE POWER OF SACRED FIRE



EXPERT
VEDIC ACHARYAS



AUTHENTIC
VEDIC RITUALS



PURE & ORGANIC
OFFERINGS



PEACEFUL &
SPIRITUAL ENVIRONMENT



MANTRAS WITH
HIGH VIBRATIONS



BLESSINGS FOR
YOU & YOUR FAMILY

OFFER TO THE DIVINE FIRE, INVITE HEALTH, HAPPINESS & PROSPERITY INTO YOUR LIFE.
BOOK YOUR HOMA TODAY & EXPERIENCE DIVINE TRANSFORMATION.

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PANCHAKARMA
THERAPIES

AYURVEDA
TREATMENTS

YOGA &
MEDITATION

AYURVEDIC DIET &
LIFESTYLE

VEDIC MANTRA
CHANTING

WELLNESS
RETREATS



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JALA DHARA

Ancient Cooling Therapy for
Body, Mind & Soul

Jala Dhara is a soothing Ayurvedic therapy in which medicated water is gently and steadily poured on the forehead in a rhythmic flow. It pacifies the mind, reduces stress and anxiety, improves sleep, and promotes deep relaxation and healing.

BENEFITS



Calms the Mind
& Reduces Stress



Balances Pitta Dosha



Improves Sleep
& Mental Clarity



Cools the Body
& Nerves



Relieves Headache
& Migraine



Promotes Deep
Relaxation

INDICATIONS

- Stress & Anxiety
- Burning Sensation
- Hypertension
- Insomnia
- Mental Fatigue
- Irritability
- Headache, Migraine
- High Pitta Conditions
- Lack of Focus

*Therapy will be advised by Ayurvedic Doctor after consultation.

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Committed to Your Wellness



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Jala Dhara is a soothing Ayurvedic therapy in which medicated water is gently and steadily poured on the forehead in a rhythmic flow. It pacifies the mind, reduces stress and anxiety, improves sleep, and promotes deep relaxation and healing.

BENEFITS

-  Calms the Mind & Reduces Stress
-  Improves Sleep & Mental Clarity
-  Relieves Headache & Migraine
-  Balances Pitta Dosha
-  Cools the Body & Nerves
-  Promotes Deep Relaxation

INDICATIONS

- Stress & Anxiety
- Insomnia
- Headache, Migraine
- Burning Sensation
- High Pitta Conditions
- Hypertension
- Irritability
- Mental Fatigue
- Lack of Focus

*Experience the Divine
Cooling Flow of Jala Dhara
and Rejuvenate Your
Body, Mind & Soul.*



TRADITIONAL
AYURVEDIC
THERAPY



EXPERT &
TRAINED
THERAPISTS



CUSTOMIZED
ACCORDING TO
YOUR PRAKRITI



NATURAL HERBS
& MEDICATED
WATER



HOLISTIC HEALING
FOR BODY, MIND
& SPIRIT

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Soulful Journeys
Meaningful Experiences

**Best
Care**
A Step Towards
Better Health

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Connecting with Inner God

JALAUKAVACHARANA

(Ayurvedic Leech Therapy)

**ANCIENT AYURVEDIC THERAPY
FOR PURIFICATION, PAIN RELIEF &
RESTORING BALANCE**

Jalaukavacharana is an Ayurvedic bloodletting therapy using medicinal leeches. It helps to remove impure blood (Dushta Rakta), reduces inflammation, relieves pain and swelling, improves circulation and promotes natural healing.

DETOXIFIES BLOOD
RELIEVES PAIN
REDUCES SWELLING
TREATS SKIN
DISORDERS
PROMOTES
HEALING

BENEFITS

- Purifies impure blood (Dushta Rakta)
- Reduces pain, swelling & inflammation
- Improves blood circulation & oxygenation
- Relieves joint pain, arthritis & muscle aches
- Helps in skin disorders like Psoriasis, Eczema, Acne & Urticaria
- Treats Varicose veins, Piles & Fistula
- Detoxifies body & promotes healing
- Enhances immunity & overall well-being

INDICATIONS

- Skin Diseases (Psoriasis, Eczema, Acne, Urticaria)
- Arthritis & Joint Pain
- Muscle Pain & Sprains
- Varicose Veins
- Piles (Arsha) & Fistula
- Migraine & Headache
- Hypertension
- Chronic Inflammation
- Non-healing Ulcers
- Tennis Elbow & Frozen Shoulder
- Detoxification & Blood Purification

SAFE & EFFECTIVE

- Uses specially cultivated medicinal leeches
- Performed by trained Ayurvedic experts
- Single use & hygienic environment
- Natural, safe & time-tested therapy

HOW JALAUKAVACHARANA IS DONE



Duration: 30 – 60 minutes (depends on condition) | Frequency: As advised by the Physician

HERBAL SUPPORT USED

Neem • Manjistha • Turmeric
Triphala • Guduchi • Haridra
Sariva • Yastimadhu • Aloe Vera
Dashamoola & more

100% NATURAL
AYURVEDIC THERAPY

SAFE, GENTLE &
EFFECTIVE

EXPERT & EXPERIENCED
AYURVEDIC DOCTORS

DETOXIFIES &
REJUVENATES

HOLISTIC HEALING FOR
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JALAUKAVACHARANA (LEECH THERAPY)

• DETOXIFY • PURIFY • HEAL •
ANCIENT THERAPY FOR MODERN DISEASES

Jalaukavacharana is a powerful Ayurvedic therapy in which medicinal leeches are applied to specific points on the body to remove vitiated blood (Dushta Rakta), reduce pain, inflammation and swelling, and promote natural healing.



NATURAL
DETOX



BALANCES
DOSHAS



IMPROVES
CIRCULATION



SAFE &
EFFECTIVE

SAFE • STERILE • EFFECTIVE
DONE BY TRAINED EXPERTS

BENEFITS OF LEECH THERAPY

- Detoxifies the blood and removes toxins
- Reduces pain, inflammation and swelling
- Relieves joint pain and arthritis
- Improves circulation and reduces varicose veins
- Helps in skin diseases like psoriasis, eczema
- Beneficial in hypertension and stress related disorders
- Supports liver function and jaundice
- Useful in menstrual disorders, PCOD, endometriosis
- Helps in eye disorders like glaucoma, conjunctivitis
- Boosts immunity and promotes overall well-being

HOW LEECH THERAPY IS PERFORMED

- The patient is examined and the treatment area is decided.
- The area is cleaned and a mild oil massage is done.
- Medicinal leeches are applied to the specific points.
- The leeches suck the vitiated blood for 20–45 minutes.
- They fall off naturally when they are full.
- The area is cleaned and herbal care is applied for healing.
- Rest and light diet are advised after the therapy.

Nature's Perfect Healer
for Blood Purification
and Pain Relief

IDEAL FOR

- Arthritis and joint pain
- Sciatica and lower back pain
- Varicose veins and piles
- Skin diseases (Psoriasis, Eczema, Acne)
- Migraine and sinusitis
- Hypertension
- Gynecological disorders
- Eye diseases (Glaucoma, Conjunctivitis)
- Liver disorders and jaundice
- Stress, anxiety and other chronic diseases

THE POWER OF AYURVEDA

Leech therapy balances the doshas, purifies the blood, improves circulation and activates the body's natural healing process for long-lasting relief.



TYPES OF LEECHES USED



We use sterilized and medicinal leeches (Hirudo medicinalis) in a safe and hygienic environment.

POST THERAPY CARE



Keep the area
clean and dry



Avoid salt,
sour and spicy
food



Take rest
and relax



Drink plenty
of warm
water

CONDITIONS TREATED



Pain &
Inflammation



Blood
Purification



Venous
Disorders



Skin
Disorders



Gynecological
Disorders



Digestive
Disorders



LET NATURE HEAL YOU. PURIFY. HEAL. REJUVENATE.
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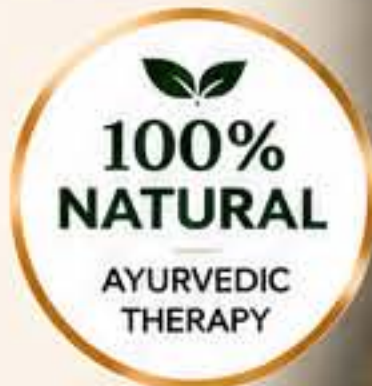
VEDIC MANTRA
CHANTING



WELLNESS
RETREATS



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JANU BASTI

(KNEE BASTI THERAPY)

🌿 RELIEVE PAIN • NOURISH • REJUVENATE 🌿

Janu Basti is a specialized Ayurvedic therapy in which medicated warm oil is retained over the knee joint within a well of dough. It nourishes the joints, reduces pain and inflammation, strengthens ligaments and improves mobility naturally.



BENEFITS OF JANU BASTI

- Reduces knee pain and inflammation
- Relieves stiffness and improves mobility
- Nourishes and lubricates the joints
- Strengthens bones, ligaments and tendons
- Helps in osteoarthritis and rheumatoid arthritis
- Relieves swelling and muscle spasms
- Improves circulation in and around the knee
- Enhances flexibility and physical performance
- Delays degeneration and supports healthy ageing

HOW JANU BASTI IS PERFORMED

- 1 The knee area is cleaned and prepared.
- 2 A ring of black gram dough (maida) is created around the knee.
- 3 Medicated warm oil is poured into the well.
- 4 The oil is retained and kept warm throughout the therapy.
- 5 The therapy continues for 30–45 minutes.
- 6 The oil is then removed and the knee is gently massaged.
- 7 Rest and a light diet are advised after the therapy.

Strong Knees.
Pain Free Life.
Move with Freedom.

IDEAL FOR

- Knee pain and osteoarthritis
- Rheumatoid arthritis
- Ligament and tendon weakness
- Sports injuries
- Cartilage degeneration
- Stiffness and inflammation
- Post fracture / surgery recovery
- Difficulty in walking or climbing stairs
- For overall knee joint health

THE POWER OF AYURVEDA

Janu Basti deeply penetrates the joint tissues with the goodness of medicated oils and herbs, reduces pain and inflammation, rebuilds strength and brings long-lasting relief and mobility.



INDICATIONS

- Knee Pain
- Osteoarthritis
- Arthritis
- Stiffness
- Swelling
- Sports Injury
- Post Surgery Recovery
- Ageing Joints

HERBS USED IN MEDICATED OIL

- Ashwagandha
- Dashamoola
- Bala
- Rasna
- Guggulu
- Nirgundi
- Shallaki
- Mahanarayana Taila



NOURISH YOUR JOINTS. RELIEVE PAIN. RESTORE MOVEMENT.
EXPERIENCE AUTHENTIC AYURVEDIC HEALING.



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JAPA THERAPY

The Healing Power of Sacred Repetition

Calm the mind. Purify the heart.
Awaken the soul.



Japa Therapy in Ayurveda is the systematic repetition of a mantra with devotion, focus and awareness. It balances the mind, harmonizes the doshas and connects us with divine energy within.

ONE MANTRA.
ONE MIND.
ONE DIVINE
CONNECTION.
TRANSFORM
YOUR LIFE.

BENEFITS OF JAPA THERAPY



Reduces Stress
& Anxiety



Calms the Mind
& Emotions



Improves Focus
& Concentration



Boosts Immunity
& Vitality



Supports Heart
Health



Improves Sleep
Quality



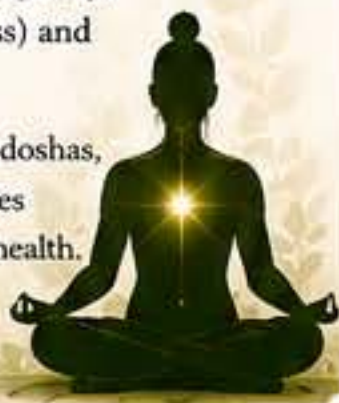
Balances Doshas
(Vata, Pitta, Kapha)



Spiritual Growth
& Inner Peace

AYURVEDIC VIEW

- ✓ Sound (Nada) is the essence of creation. Mantra is a powerful vibration that influences the mind and prana.
- ✓ Japa purifies the Sattva guna (purity) and reduces Raja (restlessness) and Tama (inertia).
- ✓ Regular Japa harmonizes the doshas, strengthens Ojas and promotes physical, mental and spiritual health.



TYPES OF JAPA



Vaikhari Japa (Audible)
Chanting the mantra softly with voice.



Upanshu Japa (Whispered)
Repetition with subtle lip movement.



Manasika Japa (Mental)
Repeating the mantra silently in mind.



Ajapa Japa (Spontaneous)
Mantra continues naturally with breath and awareness.

HOW TO PRACTICE JAPA

- 1 Choose your mantra (from Guru or scriptures).
- 2 Sit in a comfortable posture (straight spine).
- 3 Hold the mala (108 beads) in the right hand.
- 4 Chant the mantra with devotion and awareness.
- 5 Focus on the sound and its meaning.
- 6 Complete one round (108 repetitions).
- 7 Practice daily with consistency and sincerity.



POWERFUL MANTRAS FOR JAPA

- Om Namah Shivaya
- Om Namo Narayanaya
- Om Mani Padme Hum
- Maha Mrityunjaya Mantra
- Gayatri Mantra
- So Hum / Ham Sa



BEST TIME FOR JAPA



Brahma Muhurta
(4:00 AM – 6:00 AM)



Sunrise Time



Sunset Time



Before Sleep

"Early morning Japa purifies the day and uplifts the mind."



JAPA & DOSHA BALANCE



Vata (Air + Space)
Mantra brings stability, calmness and grounding.



Pitta (Fire + Water)
Mantra cools the mind, reduces anger and irritation.



Kapha (Earth + Water)
Mantra energizes, uplifts and reduces lethargy.

WHO CAN BENEFIT?

- ✓ People with stress, anxiety & depression
- ✓ Those with lack of focus & memory
- ✓ Individuals with sleep disorders
- ✓ People seeking spiritual growth
- ✓ Anyone on a path of self-healing and transformation



"Let the mantra be your medicine,
your protection and your path
to eternal peace."

– Ayurveda

- ✓ Strengthens mind-body connection
- ✓ Brings clarity, positivity & joy
- ✓ Destroys negative patterns
- ✓ Leads to self-realization and divine union



CHANT. CONNECT. TRANSFORM.
EXPERIENCE THE HEALING POWER OF JAPA THERAPY.

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KARNA PURANA

(Medicated Ear Oil Therapy)

ANCIENT AYURVEDIC THERAPY
FOR EAR HEALTH & OVERALL WELL-BEING

Karna Purana is a therapeutic Ayurvedic treatment in which warm, medicated oil is gently retained in the ear canal. This therapy nourishes the ear tissues, balances Vata dosha, improves hearing, relieves pain, and promotes sound sleep and mental relaxation.

BENEFITS

-  Improves Hearing & Ear Function
-  Relieves Ear Pain, Tinnitus & Heaviness
-  Promotes Deep Sleep & Relaxation
-  Nourishes Nerves & Sense Organs
-  Balances Vata Dosha
-  Supports Immunity of Ear & Head Region

INDICATIONS

- Ear Pain
- Tinnitus (Ringing in Ear)
- Hearing Loss
- Ear Discharge (Non-Infective)
- Dryness in Ear
- Vertigo & Dizziness
- Migraine & Headache
- Stress & Anxiety
- Insomnia
- Vata Imbalance
- Weak Memory & Concentration

NOURISHES
CALMS
HEALS

THE KARNA PURANA PROCESS

-  1. Warm medicated oil is prepared as per the need
-  2. Oil is gently poured into the ear canal
-  3. Oil is retained for a specific time
-  4. Oil is removed and ear is gently cleaned
-  5. Experience relaxation & healing

100% Natural
Medicated Oils
Prepared with
Authentic
Ayurvedic Herbs

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FOR BODY, MIND
& SOUL

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KARNA PURANA

(Medicated Ear Oil Therapy)

Ancient Ayurvedic Therapy for Ear Health & Overall Well-being

Karna Purana is a therapeutic Ayurvedic treatment in which warm, medicated oil is gently retained in the ear canal. This therapy nourishes the ears, pacifies Vata dosha, improves hearing, relieves pain and promotes sound sleep and mental relaxation.

BENEFITS

-  Improves Hearing & Ear Function
-  Relieves Ear Pain, Tinnitus & Heaviness
-  Promotes Deep Sleep & Relaxation
-  Calms the Mind & Reduces Stress
-  Nourishes Nerves & Sense Organs
-  Strengthens Immunity & Overall Well-being

INDICATIONS

- Ear Pain
- Tinnitus (Ringing in Ear)
- Hearing Loss
- Dryness & Itching in Ear
- Neurological Weakness
- Headache & Migraine
- Stress & Anxiety
- Insomnia
- Sinus Problems

PURE • AUTHENTIC • EFFECTIVE



100% Natural
Medicated Oils



Expert & Experienced
Therapists



Safe, Gentle &
Effective Therapy



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Modern Wellness

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for Healthy Ears, Calm Mind & Peaceful Life.

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KARNA PURANA

(EAR NOURISHMENT THERAPY)

🌿 NOURISH • PROTECT • BALANCE 🌿

Karna Purana is a traditional Ayurvedic therapy in which warm medicated oil is gently retained in the ears. It nourishes the ear canal, strengthens the nerves, improves hearing, relieves dryness and pain, and promotes overall ear health and balance.

BENEFITS OF KARNA PURANA

- 👂 Nourishes and lubricates the ear canal
- 👂 Improves hearing and strengthens ear nerves
- 🌸 Relieves ear pain, dryness and irritation
- 🔊 Reduces tinnitus (ringing in the ears)
- 🧠 Improves balance and coordination
- 🧠 Relieves headache, stress and mental fatigue
- 🛡️ Prevents ear related infections and disorders
- 🌙 Promotes sound sleep and relaxation

HOW KARNA PURANA IS PERFORMED

- 1 The ears are gently cleaned and warmed medicated oil is prepared.
- 2 The patient lies on the side with the ear facing upward.
- 3 Warm medicated oil is poured into the ear canal.
- 4 The oil is retained for 10–15 minutes in the ear.
- 5 Gentle massage is given around the ear and head.
- 6 The oil is removed and the ear is cleaned gently.
- 7 A rest in a quiet place is recommended after the therapy.

🌿 Nourish your ears.
Strengthen your senses.
Live life in harmony. 🌿

IDEAL FOR

- 🌿 Ear pain and dryness
- 🌿 Tinnitus (ringing in the ears)
- 🌿 Hearing loss and poor hearing
- 🌿 Ear infections and itching
- 🌿 Vertigo and imbalance
- 🌿 Headache and migraine
- 🌿 Stress and mental fatigue
- 🌿 Insomnia and restlessness

THE POWER OF AYURVEDA

Karna Purana combines the healing power of medicated oils and Ayurvedic wisdom to nourish the ear canal, strengthen the nerves, improve hearing and bring balance to mind and senses.



INDICATIONS

- 👂 Ear Pain
- 🔊 Tinnitus
- 👂 Hearing Loss
- 👂 Ear Infection
- 👂 Itching & Dryness
- 🌙 Vertigo
- 🧠 Headache
- 🧠 Stress & Fatigue

HERBS USED IN KARNA PURANA OIL

- 🌿 Bala
- 🌿 Ashwagandha
- 🌿 Dashamoola
- 🌿 Yashtimadhu (Licorice)
- 🌿 Brahmi
- 🌿 Nirgundi
- 🌿 Mahanarayana Taila Base

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🍵 PANCHAKARMA THERAPIES

🌿 AYURVEDA TREATMENTS

🧘 YOGA & MEDITATION

🌿 SATTVIC DIET & LIFESTYLE

🕉 VEDIC MANTRA CHANTING

🏠 WELLNESS RETREATS



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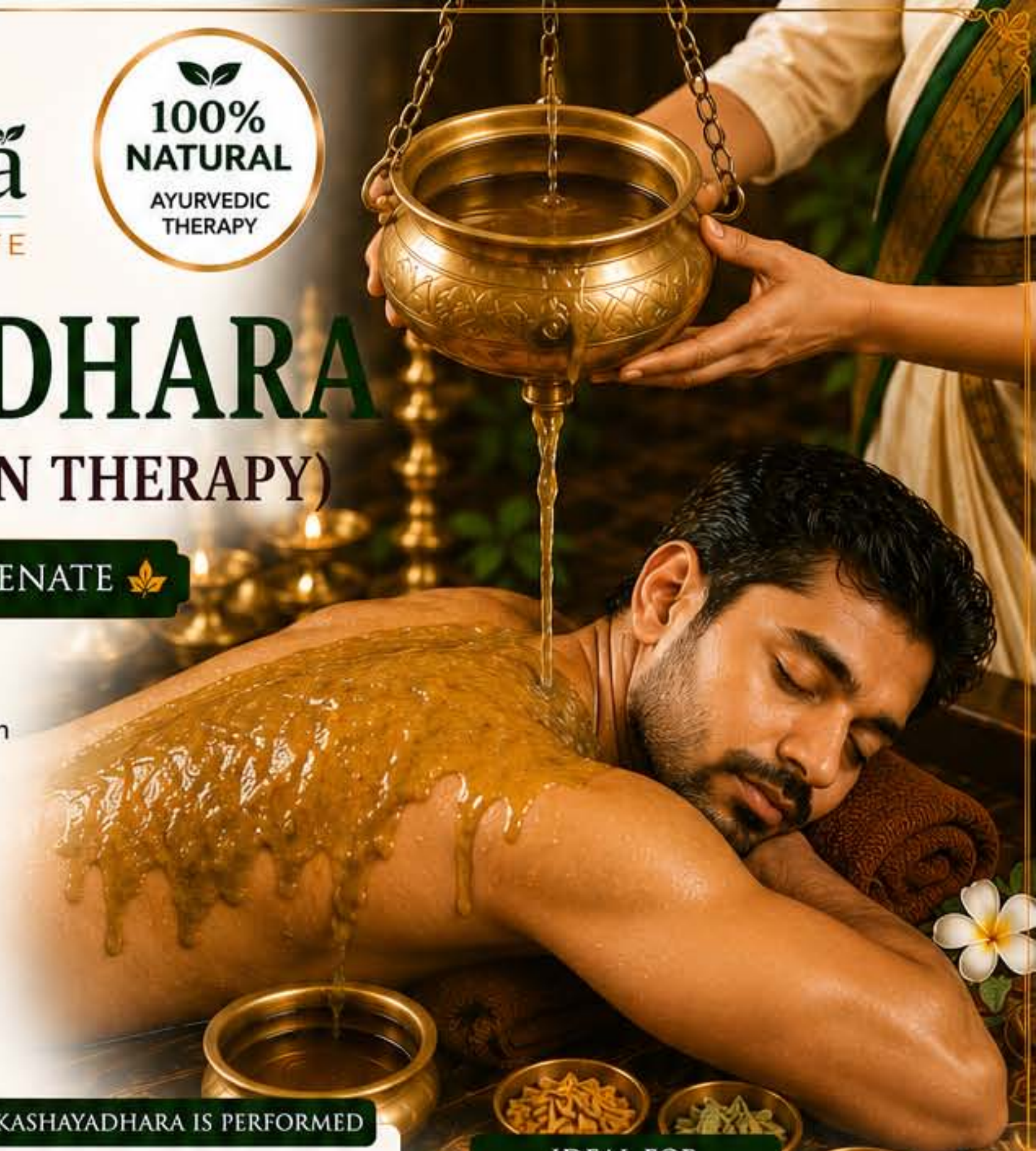


KASHAYADHARA

(HERBAL DECOCTION THERAPY)

✿ DETOXIFY • HEAL • REJUVENATE ✿

Kashayadhara is an Ayurvedic therapy in which a continuous stream of herbal decoction (kashaya) is poured over the body. It helps in reducing pain, inflammation, stiffness and toxins while strengthening the body and promoting deep healing.



BENEFITS OF KASHAYADHARA

- Reduces pain, inflammation and stiffness
- Detoxifies the body and eliminates toxins
- Improves blood circulation and lymphatic flow
- Relieves stress, anxiety and mental fatigue
- Strengthens muscles, joints and nerves
- Supports weight management and metabolism
- Enhances immunity and body resistance
- Promotes better sleep and relaxation
- Rejuvenates and nourishes the body deeply

HOW KASHAYADHARA IS PERFORMED

- 1 The body is gently massaged with oil as per requirement.
- 2 A herbal decoction is prepared using Ayurvedic herbs.
- 3 The warm decoction is poured in a continuous stream over the body using a special vessel.
- 4 The flow is maintained steadily for 30–45 minutes.
- 5 The decoction is selected based on the condition and dosha imbalance.
- 6 After therapy, the body is gently dried and advised rest.
- 7 A light diet and adequate rest are recommended for best results.



Ancient Wisdom.
Herbal Healing.
Total Well-being.



IDEAL FOR

- Joint pain and arthritis
- Muscle pain and stiffness
- Back pain and cervical spondylosis
- Sciatica and nervous disorders
- Stress, anxiety and depression
- Fatigue and weakness
- Post-injury recovery
- Detoxification and rejuvenation
- Weight management support
- For overall mind-body healing

THE POWER OF AYURVEDA

Kashayadhara uses the goodness of herbal decoctions to heal, cleanse and rejuvenate the body naturally. It restores balance, relieves pain and brings harmony to body, mind and soul.



INDICATIONS



HERBS COMMONLY USED IN KASHAYADHARA



HEAL THE BODY. CALM THE MIND. RESTORE THE BALANCE.
EXPERIENCE AUTHENTIC AYURVEDIC HEALING.



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VEDIC MANTRA
CHANTING



WELLNESS
RETREATS



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KASHAYADHARA

(HERBAL DECOCTION THERAPY)

DETOX • HEAL • REJUVENATE

Kashayadhara is a powerful Ayurvedic therapy in which warm medicinal herbal decoction (Kashaya) is poured in a continuous stream on the body. It helps to detoxify the body, pacify Vata and Kapha doshas, reduce inflammation, relieve pain and promote deep relaxation and rejuvenation.

BENEFITS OF KASHAYADHARA

- Detoxifies the body and eliminates toxins
- Reduces pain, stiffness and inflammation
- Calms the nervous system and reduces stress
- Boosts immunity and strengthens the body
- Balances Vata and Kapha doshas
- Promotes deep sleep and relaxation
- Nourishes the skin and improves circulation
- Supports overall well-being and rejuvenation

HOW KASHAYADHARA IS PERFORMED

- 1 The body is prepared with a gentle oil massage (Abhyanga).
- 2 Herbal decoction is prepared with selected Ayurvedic herbs.
- 3 The warm decoction is poured in a continuous stream on the body.
- 4 The stream flows over the body in a rhythmic manner.
- 5 The therapy continues for 30–45 minutes.
- 6 The mind enters a deep state of calm and relaxation.
- 7 A warm bath or rest is recommended after the therapy.

Ancient wisdom.
Herbal healing.
Holistic well-being.

IDEAL FOR

- Body pain, arthritis & stiffness
- Stress, anxiety & mental fatigue
- Vata & Kapha imbalance
- Post illness weakness
- Detoxification & rejuvenation
- Improves sleep & relaxation
- Skin disorders

INDICATIONS

- Pain & Inflammation
- Stress & Anxiety
- Detox & Toxin Removal
- Skin Disorders
- Poor Immunity
- Sleep Disorders
- Vata Kapha Imbalance

HERBS USED IN KASHAYADHARA

- Dashamoola
- Nirgundi
- Eranda (Castor)
- Guduchi (Giloy)
- Neem
- Triphala

CLEANSE. COOL. HEAL. RENEW.
EXPERIENCE THE DETOXIFYING POWER OF KASHAYADHARA.

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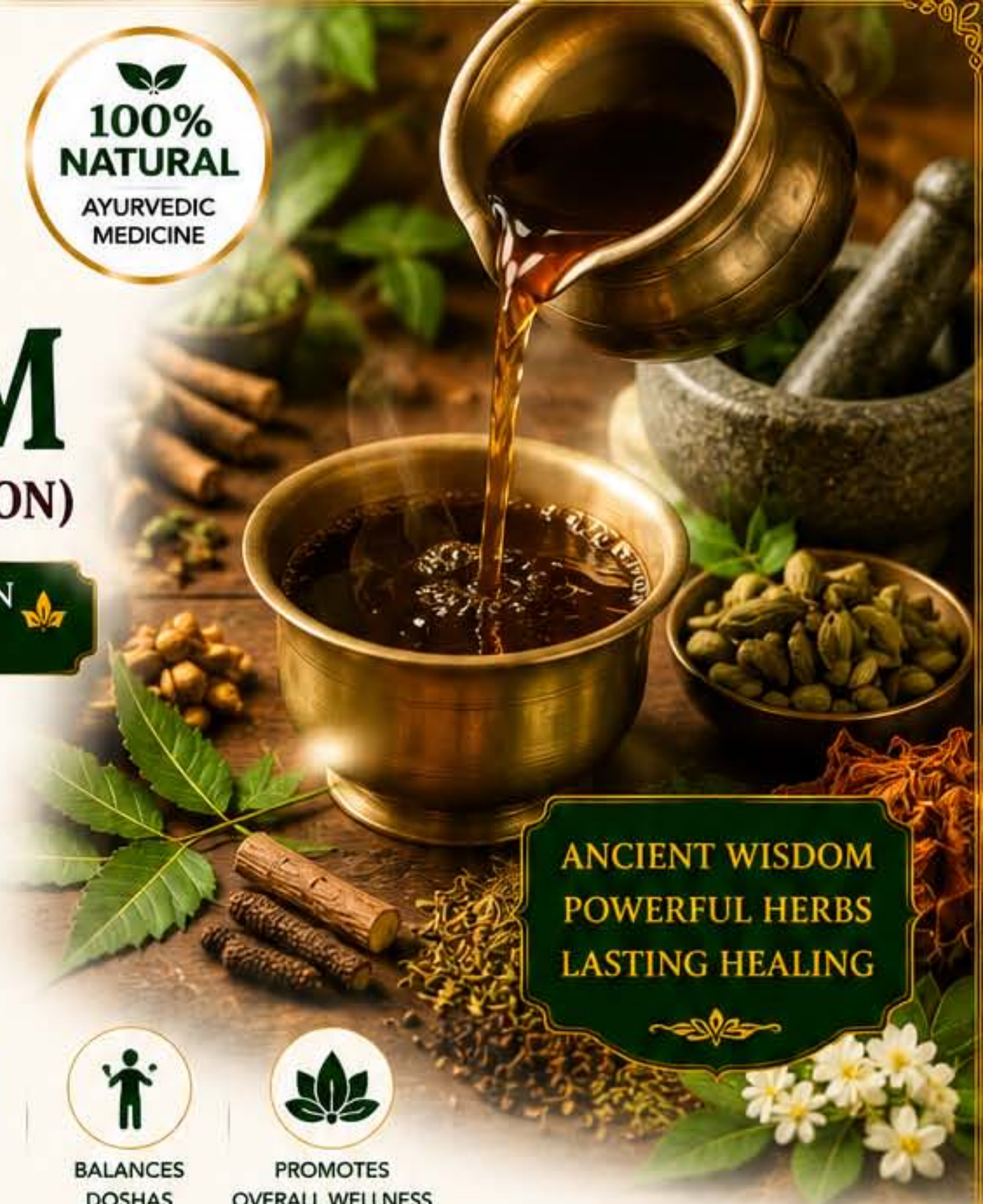


KASHAYAM

(AYURVEDIC HERBAL DECOCTION)

TRADITIONAL HEALING • DEEP ACTION
NATURAL • SAFE • EFFECTIVE

Kashayam is an Ayurvedic herbal decoction prepared by boiling selected herbs in water to extract their active constituents. It helps in cleansing the body, balancing doshas, boosting immunity and treating various health conditions naturally from the root.



ANCIENT WISDOM
POWERFUL HERBS
LASTING HEALING



DETOXIFIES
THE BODY



IMPROVES
DIGESTION



SUPPORTS
RESPIRATORY HEALTH



BOOSTS
IMMUNITY



BALANCES
DOSHAS



PROMOTES
OVERALL WELLNESS

BENEFITS OF KASHAYAM

- Detoxifies and purifies the body
- Improves digestion and metabolism
- Relieves cough, cold and respiratory issues
- Reduces inflammation and pain
- Supports liver and kidney function
- Balances Vata, Pitta and Kapha
- Boosts immunity and natural resistance
- Promotes overall strength, energy and vitality

HOW KASHAYAM IS PREPARED

- Selected herbs are coarsely powdered.
- Boil the herbs in water (1 part herbs to 16 parts water).
- Simmer on low flame until the water is reduced to 1/4th.
- Filter the decoction while warm.
- Drink warm as advised by the Ayurvedic physician.
- Best taken on an empty stomach or as directed.

Pure Herbs.
Pure Healing.
Pure Ayurveda.

IDEAL FOR

- Fever and infections
- Cough, cold and asthma
- Indigestion and bloating
- Skin disorders
- Joint pain and arthritis
- Liver and kidney support
- Menstrual irregularities
- Stress and fatigue
- Immunity and detoxification
- General wellness and rejuvenation

THE POWER OF AYURVEDA

Kashayam works at the root cause, eliminates toxins, restores balance and brings the body back to natural harmony.



COMMON HERBS USED



TULSI GINGER GILOY NEEM PIPER LONGUM (THIPPILI) CORIANDER

BEST TIME TO TAKE



MORNING (Empty stomach) EVENING (As directed)

TIPS FOR BEST RESULTS



Drink warm for better absorption Follow a light, sattvic diet Be regular and stay consistent

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KATI BASTI

(LUMBAR SPINAL THERAPY)

RELIEVE • RESTORE • REJUVENATE

Kati Basti is a highly effective Ayurvedic therapy in which warm medicated oil is retained over the lower back in a specially prepared dough well. It nourishes the muscles, ligaments and vertebrae, relieves pain, improves mobility and restores strength to the lower back.

BENEFITS OF KATI BASTI

- Relieves lower back pain, stiffness and spasms
- Nourishes muscles, nerves and spinal tissues
- Improves flexibility and mobility
- Strengthens the lower back and ligaments
- Reduces inflammation and swelling
- Improves blood circulation in the lower back
- Calms the nervous system and relieves stress
- Enhances posture and daily activities
- Promotes overall well-being and rejuvenation

HOW KATI BASTI IS PERFORMED

- The lower back is massaged with warm oil (Abhyanga).
- A dough wall is prepared on the lower back area to form a reservoir.
- Warm medicated oil is poured into the dough well.
- The oil is retained for 30–45 minutes maintaining a constant temperature.
- Gentle massage is given during the therapy.
- The oil is removed and the area is cleaned gently.
- A warm bath or rest is recommended after the therapy.

Ancient wisdom.
Time-tested healing.
Lasting relief.

IDEAL FOR

- Lower back pain & stiffness
- Sciatica & slipped disc
- Lumbar spondylosis
- Muscle spasm & strain
- Post pregnancy back pain
- Sedentary lifestyle discomfort
- Improved posture & flexibility
- Stress & nervous tension

NOURISH • HEAL • STRENGTHEN

Kati Basti deeply nourishes the lower back, balances Vata dosha and provides long lasting relief from chronic pain.

INDICATIONS

- Lower Back Pain
- Sciatica
- Disc Problems
- Spondylosis
- Muscle Spasm
- Posture Issues
- Stress & Tension

HERBS USED IN KATI BASTI OIL

- Mahanarayana Taila
- Dashamoola
- Rasna
- Eranda (Castor)
- Ashwagandha
- Yashtimadhu (Licorice)

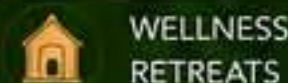
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KAVALA

(Oil Gargling Therapy)

ANCIENT AYURVEDIC THERAPY FOR ORAL HEALTH & OVERALL WELL-BEING

Kavala is a traditional Ayurvedic therapy in which medicated oil is held in the mouth, gargled thoroughly and then spit out. This therapy strengthens the teeth and gums, improves oral hygiene, enhances voice, and balances doshas while promoting detoxification and overall wellness.

BENEFITS

-  Strengthens Teeth & Gums
-  Improves Oral Hygiene & Freshens Breath
-  Enhances Voice & Speech
-  Detoxifies Mouth & Throat
-  Balances Kapha Dosha
-  Relieves Stress & Improves Sleep
-  Promotes Overall Well-being

HOW TO DO KAVALA



INDICATIONS

- Bad Breath
- Gum Problems
- Sensitive Teeth
- Throat Infections
- Dry Mouth
- Voice Disorders
- Oral Ulcers
- Tonsillitis
- Sinus Congestion
- Stress & Anxiety

CLEANSE
STRENGTHEN
REJUVENATE

100% NATURAL
MEDICATED OILS

ANCIENT AYURVEDIC
WISDOM

EXPERT & EXPERIENCED
THERAPISTS

SAFE, GENTLE &
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KAVALA

(OIL GARGLING THERAPY)

CLEANSSES • STRENGTHENS • PROTECTS
HEALS • REJUVENATES

Kavala is an ancient Ayurvedic therapy in which medicated oil is taken into the mouth, swished thoroughly and gargled for a specific duration and then spat out. It helps in cleansing the oral cavity and throat, removing toxins, strengthening the gums and teeth, improving voice and promoting overall well-being.

A HEALTHY MOUTH
A HEALTHY BODY
A HAPPY LIFE



STRENGTHENS
TEETH & GUMS



IMPROVES
SPEECH



DETOXIFIES
ORAL CAVITY



RELIEVES
THROAT ISSUES



PREVENTS
ORAL DISEASES



PROMOTES
OVERALL HEALTH

BENEFITS OF KAVALA

- Strengthens gums and teeth
- Prevents cavities and tooth decay
- Reduces sensitivity and bleeding gums
- Removes bad breath and toxins
- Improves voice and clarity of speech
- Relieves throat irritation and dryness
- Helps in sinusitis and allergies
- Enhances taste and oral hygiene
- Promotes jaw strength and facial glow
- Supports overall oral and respiratory health

HOW KAVALA IS PERFORMED

- The mouth is rinsed with warm water.
- Medicated oil (like sesame oil, coconut oil or herbal oil) is taken into the mouth.
- The oil is swished and gargled thoroughly through all parts of the mouth and throat.
- The oil is moved (kavala) for 5–15 minutes (as per capacity).
- The oil is spat out (not swallowed).
- The mouth is rinsed with warm water or herbal decoction.
- Advised not to eat or drink for 30 minutes after therapy.

A Simple Daily Practice
for Lifelong Oral Health
& Vitality.

IDEAL FOR

- Bad breath (Halitosis)
- Bleeding gums (Gingivitis)
- Dry mouth
- Tooth sensitivity
- Throat irritation and sore throat
- Sinusitis and allergies
- Speech problems
- Weak gums and loose teeth
- Yellow teeth and plaque
- Overall oral and respiratory health

THE POWER OF AYURVEDA

Kavala removes toxins from the mouth and throat, strengthens the sense organs, balances the doshas and promotes radiant health from within.



OILS COMMONLY USED



SESAME OIL
(TIL TAILA)



COCONUT OIL
(NARIKELA TAILA)



SUNFLOWER OIL
(SURYA MUKHI TAILA)



HERBAL OIL
(AYURVEDIC)

DURATION



5 – 15
MINUTES

BEST TIME



EARLY MORNING
ON EMPTY STOMACH

AFTER CARE



Do not eat or drink
for 30 minutes



Avoid cold food
and beverages



Brush teeth
after 30 minutes

CLEANSE YOUR MOUTH. NOURISH YOUR BODY. ELEVATE YOUR LIFE.
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VEDIC MANTRA
CHANTING



WELLNESS
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Meaningful Experiences

Best Care
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Better Health

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KAVALIKA

(Ayurvedic Therapeutic Mouth Holding)

ANCIENT AYURVEDIC THERAPY
FOR ORAL HEALTH & SYSTEMIC WELLNESS

Kavalika is an Ayurvedic therapy in which medicated decoctions, oils or herbal liquids are held (swished gently) in the mouth without swallowing, for a specific time. It nourishes the oral tissues, strengthens teeth and gums, and promotes overall health naturally.

BENEFITS

- Strengthens Teeth, Gums & Jaw
- Prevents Cavities & Gum Diseases
- Reduces Bad Breath & Mouth Odor
- Improves Taste Sensation
- Nourishes Oral Tissues & Salivary Glands
- Relieves Stress & Enhances Mental Clarity
- Promotes Overall Health & Vitality

INDICATIONS

- Bad Breath
- Gum Problems (Gingivitis)
- Toothache & Sensitivity
- Dry Mouth
- Coated Tongue
- Weak Teeth & Gums
- Mouth Ulcers
- Poor Taste Perception
- Jaw Stiffness
- Stress & Anxiety
- Supports Oral Detoxification
- Improves Saliva Quality

HOW TO DO KAVALIKA

1. Take the medicated liquid as per need
2. Hold it in the mouth without swallowing
3. Swish gently around teeth & gums
4. Hold for 2-5 minutes (as advised)
5. Spit it out completely
6. Rinse mouth with lukewarm water

Duration: 2-5 minutes | Frequency: 1-2 times daily (Morning on empty stomach is best)

Prepared with Medicated Oils, Decoctions & Herbal Infusions like Triphala, Neem, Clove, Licorice, Turmeric & more

100% NATURAL
AYURVEDIC THERAPY

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& EFFECTIVE

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THERAPISTS

DETOXIFIES &
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KIZHI / PINDA SWEDA THERAPIES

ANCIENT HEALING. DEEP RELIEF. TOTAL WELLNESS.

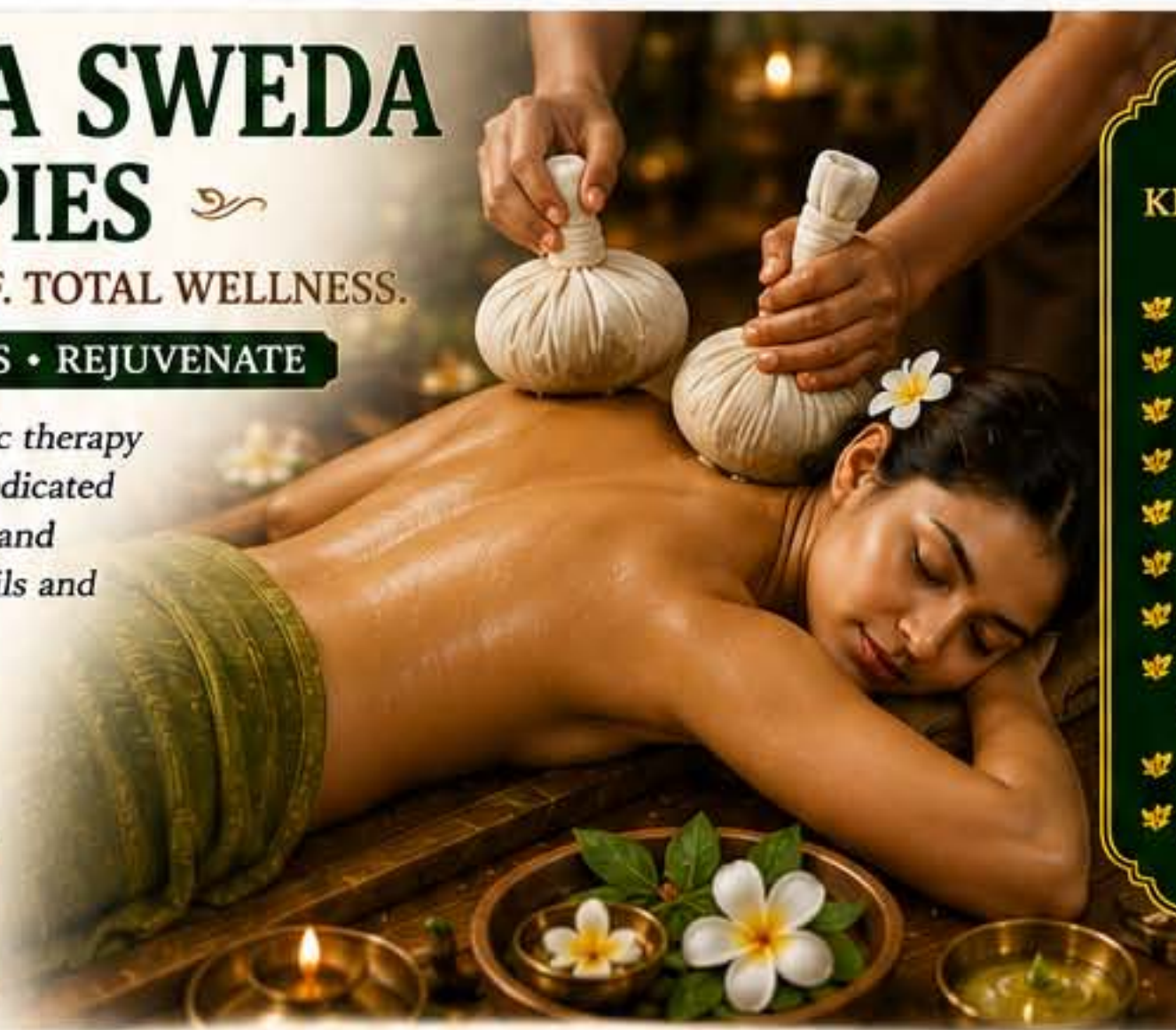
RELIEVE PAIN • REDUCE STIFFNESS • REJUVENATE

Kizhi (Pinda Sweda) is a classical Ayurvedic therapy in which herbal powders, leaves, rice or medicated substances are tied in a cotton cloth bolus and sudated in medicated decoctions, milk or oils and gently massaged over the body.

It pacifies Vata Dosha, nourishes tissues, improves circulation and restores mobility naturally.



Experience the healing warmth of tradition that melts pain, relaxes muscles and rejuvenates body, mind and spirit.



BENEFITS OF KIZHI / PINDA SWEDA THERAPIES

- Relieves pain & inflammation
- Reduces stiffness & spasm
- Improves joint mobility
- Nourishes muscles & tissues
- Enhances blood circulation
- Pacifies Vata Dosha
- Detoxifies body
- Promotes relaxation & better sleep
- Supports natural healing
- Rejuvenates body & mind

KEY BENEFITS



Relieves Pain & Inflammation



Improves Joint Mobility



Strengthens Muscles



Enhances Circulation



Relaxes Body & Mind



Nourishes Tissues



Boosts Immunity



Promotes Better Sleep



Supports Overall Wellness

TYPES OF KIZHI / PINDA SWEDA THERAPIES

BOLI KIZHI (Herbal Leaf Kizhi)



Fresh herbal leaves are used for pain relief, inflammation and muscle stiffness.

ELAKIZHI (Herbal Powder Kizhi)



Herbal powders are used to nourish muscles, reduce inflammation and improve strength.

NAVARAKIZHI (Rice Kizhi)



Medicated rice bolus nourishes the body, improves skin & provides strength and vitality.

KSHIRABOLI KIZHI (Milk & Herbal Kizhi)



Prepared in medicated milk to nourish, rejuvenate, improve complexion & calm the body.

PATRA KIZHI (Leaf Bundle Kizhi)



Specific leaves are used to reduce swelling, pain and improve circulation in affected areas.

UPANAH KIZHI (Pastelike Kizhi)



Medicated pastes are used for deep relief in chronic pain, swelling and disorders.

INDICATIONS

- Joint pain, arthritis & rheumatism
- Muscle stiffness, spasm & cramps
- Lower back pain, sciatica
- Sports injuries & sprains
- Frozen shoulder, cervical spondylitis
- Neurological disorders (Vata related)
- Degenerative disorders
- Post traumatic recovery
- Stress, fatigue & insomnia
- Improves circulation
- Enhances strength & vitality
- General debility & weakness



CONTRAINDICATIONS

- Acute fever
- Acute inflammation
- Skin infections or wounds
- Severe osteoporosis
- Pregnancy (early months)
- Cancer & tumor conditions
- Severe heart disease
- Uncontrolled diabetes
- Immediately after heavy meals
- High Pitta conditions
- Bleeding disorders

THE KIZHI / PINDA SWEDA EXPERIENCE

1. CONSULTATION



Understanding your condition & Dosha assessment.

2. PREPARATION



Herbs, leaves, rice or powders are prepared with medicines & decoctions.

3. WARMING



Bundles are dipped in medicated liquids & warmed to ideal temperature.

4. APPLICATION



Gentle rhythmic massage with warm Kizhi over the entire body or specific areas.

5. RELAXATION



You are advised to relax and absorb the healing benefits.

6. AFTERCARE



Herbal drink & rest for deep rejuvenation and lasting results.

IDEAL FOR

- People with chronic pain
- Elderly & aged individuals
- Athletes & active people
- People with Vata disorders
- Those seeking natural healing & relaxation
- Anyone looking for holistic wellness



100% Natural
Herbal Ingredients



Authentic Ayurvedic
Methods



Experienced & Qualified
Ayurvedic Therapists



Holistic Healing
for Body & Mind



Safe, Gentle &
Effective

"Let the warmth of herbs
heal your pain and
awaken your vitality."
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AUTHENTIC AYURVEDA • ANCIENT WISDOM • NATURAL HEALING

KSHARA KARMA

(Ayurvedic Alkaline Therapy)

ANCIENT AYURVEDIC THERAPY
FOR CHRONIC CONDITIONS, GROWTHS,
FISTULA & SINUS MANAGEMENT

Kshara Karma is a para-surgical Ayurvedic procedure in which a medicated alkaline preparation (Kshara) is applied to diseased tissues to remove abnormal growths, heal chronic ulcers, fistula, warts, skin tags and other conditions. It is a precise, safe, effective and minimally invasive therapy with quick recovery and long-lasting results.

BENEFITS

- Removes unwanted growths & abnormal tissues
- Effective in chronic ulcers, fistula, sinus & warts
- Stops discharge & promotes healing
- Reduces pain, inflammation & recurrence
- Minimally invasive & quick recovery
- Prevents recurrence & complications
- Improves quality of life & daily comfort

INDICATIONS

- Arsha (Piles)
- Bhagandara (Fistula-in-Ano)
- Nadi Vrana (Sinus)
- Dushta Vrana (Chronic Ulcers)
- Charmakeela (Warts)
- Masa (Skin Tags)
- Granthi (Cysts)
- Verruca Vulgaris
- Leucoderma (Localised)
- Keloid & hypertrophic scars
- Nasal Polyps (selected cases)
- Enlarged Tonsils (selected cases)
- Benign growths & thickened tissues

PREPARED WITH

Traditional Ksharas like Apamarga Kshara, Snuhi Kshara, Haridra Kshara & other herbal alkaline preparations, processed as per Ayurvedic classical methods.

HOW KSHARA KARMA IS DONE



Duration: 15 – 45 minutes (depends on condition) | Performed by experienced Ayurvedic doctors

AFTERCARE

- Keep the area clean
- Follow diet & lifestyle advice
- Avoid irritation
- Use prescribed herbal medications

100% NATURAL
AYURVEDIC THERAPY

SAFE, GENTLE &
EFFECTIVE

EXPERT & EXPERIENCED
AYURVEDIC DOCTORS

MINIMALLY INVASIVE &
QUICK RECOVERY

HOLISTIC HEALING FOR
BODY, MIND & SOUL

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KSHARA KARMA

(AYURVEDIC ALCALINE THERAPY)

PRECISE • EFFECTIVE • SAFE • PERMANENT RELIEF

Kshara Karma is a unique Ayurvedic para-surgical therapy in which medicated alkaline preparations (Kshara) are applied to abnormal tissues to remove them painlessly. It helps in the treatment of piles, fistula, warts, sinus, skin tags and many other chronic conditions effectively.



NATURAL
& SAFE



MINIMALLY
INVASIVE



NO CUTS
NO STITCHES



QUICK HEALING
& EFFECTIVE



BALANCES DOSHAS
& PROMOTES HEALING



ANCIENT WISDOM
MODERN SOLUTION

BENEFITS OF KSHARA KARMA



Effectively removes unwanted tissues without surgery



Painless, minimal bleeding and scarring



Reduces inflammation, pain and recurrence



Promotes fast healing and regeneration



Treats the root cause of the disease



Improves quality of life naturally



Cost-effective and safe outpatient procedure



Balances Doshas and supports overall well-being

HOW KSHARA KARMA IS PERFORMED

- 1 The patient is examined and the condition is assessed.
- 2 The affected area is cleaned and prepared.
- 3 A specific Kshara (alkaline medicated preparation) is selected based on the condition.
- 4 The Kshara is applied precisely on the abnormal tissue.
- 5 The unwanted tissue is gently destroyed and removed.
- 6 The area is cleaned and neutralized with herbal solutions.
- 7 Post care is advised for quick healing and lasting relief.

Gentle Yet Powerful.
Rooted in Ayurveda.
Results You Can Trust.

IDEAL FOR

- ✓ Piles (Arsha)
- ✓ Fistula-in-Ano (Bhagandara)
- ✓ Fissure-in-Ano (Parikartika)
- ✓ Warts (Verruca)
- ✓ Skin Tags (Charmakeela)
- ✓ Sinus & Pilonidal Sinus
- ✓ Corn & Callosities
- ✓ Leucoderma (In early stages)
- ✓ Nasal Polyps
- ✓ Gynecological conditions (Leucorrhoea, Cervical Erosion)
- ✓ Other chronic skin and soft tissue disorders

THE POWER OF AYURVEDA

Kshara Karma is a classical Ayurvedic procedure that offers a safe, effective and permanent solution for many chronic conditions – restoring health, comfort and confidence.



KSHARA PREPARATIONS USED



Snuhi Kshara
हृदी



Apamarga
Kshara



Yavakshara



Tankana
Bhasma



Haridra
Kshara

CONDITIONS TREATED



Piles



Fistula



Fissure



Warts



Sinus



Corn

POST TREATMENT CARE



Keep area
clean & dry



Follow herbal
medications



Eat light,
Sattvic diet



Avoid strain
& constipation



Regular follow-up
for best results



HEAL NATURALLY. LIVE COMFORTABLY.
EXPERIENCE AUTHENTIC AYURVEDIC HEALING.



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MOTHER EARTH
TRAVEL AND TOURISM
(Explore, Experience, Enrich Humanity)



goditsyou.net
Connecting with Inner God



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WELLNESS
RETREATS



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KSHÉERADHARA (MILK STREAM THERAPY)

🌿 NOURISH • CALM • REJUVENATE 🌿

Ksheeradhara is a deeply nourishing Ayurvedic therapy in which a continuous stream of medicated warm milk is poured gently over the forehead. It cools the mind, calms the nervous system, reduces stress and promotes sound sleep, mental clarity and overall rejuvenation.

BENEFITS OF KSHÉERADHARA

- 🧘 Calms the mind and reduces stress & anxiety
- 🌙 Promotes deep and restful sleep
- 🧠 Nourishes the brain and nervous system
- 🧠 Improves memory, concentration and focus
- 👁 Relieves headache, migraine and eye strain
- ⚖ Balances Vata and Pitta doshas
- 💖 Supports emotional well-being
- 🌸 Enhances complexion and skin glow
- 🧘 Rejuvenates the whole body and mind

HOW KSHÉERADHARA IS PERFORMED

- 1 The head and forehead are gently cleansed.
- 2 Medicated warm milk (processed with Ayurvedic herbs) is prepared.
- 3 The milk is poured in a continuous stream on the forehead using a special vessel.
- 4 The flow is maintained steadily for 30–45 minutes.
- 5 The stream is moved gently side to side covering the entire forehead.
- 6 The therapy is performed in a calm and peaceful environment with relaxing music.
- 7 After therapy, the head is gently wiped and the person is advised to rest.

Cool Mind. Calm Soul.
Deep Nourishment.
Total Rejuvenation.

IDEAL FOR

- 🌿 Stress, anxiety & mental fatigue
- 🌿 Insomnia and sleeplessness
- 🌿 Headache and migraine
- 🌿 High blood pressure
- 🌿 Depression and irritability
- 🌿 Memory & concentration issues
- 🌿 Eye strain and mental overwork
- 🌿 General weakness and burnout
- 🌿 For overall mind-body rejuvenation

THE POWER OF AYURVEDA

Ksheeradhara combines the nourishing power of medicated milk and Ayurvedic herbs to cool the mind, balance the doshas, strengthen the nervous system and bring inner peace, clarity and divine relaxation.



INDICATIONS

- 🧘 Stress & Anxiety
- 🌙 Insomnia
- 🧠 Headache
- 🧠 Mental Fatigue
- 👁 Eye Strain
- ⚖ High BP
- 🧠 Memory Issues
- 🧠 Emotional Stress

HERBS USED IN MEDICATED MILK

- 🌿 Brahmi
- 🌿 Yashtimadhu (Licorice)
- 🌿 Ashwagandha
- 🌿 Shankhpushpi
- 🌿 Jatamansi
- 🌿 Vacha
- 🌿 Tagara
- 🌿 Ksheerabala

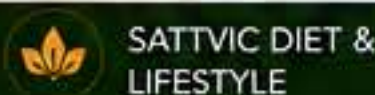
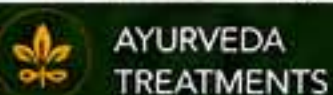


NOURISH THE BRAIN. CALM THE MIND. RESTORE INNER BALANCE.
EXPERIENCE AUTHENTIC AYURVEDIC HEALING.



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KSHEERADHARA

(MILK THERAPY)

🌿 NOURISH • COOL • CALM • HEAL 🌿

Ksheeradhara is a highly soothing Ayurvedic therapy where warm medicated milk is poured in a continuous stream on the forehead. It nourishes the nerves, cools the body and mind, relieves stress and promotes deep relaxation, sound sleep and overall well-being.

BENEFITS OF KSHEERADHARA

-  Deeply calms the mind and reduces stress & anxiety
-  Promotes deep, restful sleep and relieves insomnia
-  Nourishes the brain and nervous system
-  Cools the body and balances Pitta dosha
-  Supports heart health and emotional balance
-  Nourishes the skin and enhances natural glow
-  Improves memory, concentration and clarity
-  Promotes relaxation, harmony and inner peace

HOW KSHEERADHARA IS PERFORMED

- 1 The head and body are prepared with a gentle oil massage.
- 2 Warm medicated milk is prepared with Ayurvedic herbs.
- 3 The milk is poured in a continuous, steady stream on the forehead.
- 4 It flows gently over the forehead, scalp and hair.
- 5 The therapy continues for 30–45 minutes.
- 6 The mind enters a deep state of calm and relaxation.
- 7 A warm bath may be advised after the therapy.

Nourish your mind.
Cool your emotions.
Renew your life.

IDEAL FOR

- Stress, anxiety & mental fatigue
- Insomnia & disturbed sleep
- Pitta imbalance
- Headache & migraine
- Burnout & emotional imbalance
- Improving memory & concentration
- Rejuvenation of brain & nerves

INDICATIONS

-  Stress & Anxiety
-  Insomnia
-  Migraine & Headache
-  Mental Fatigue
-  Hypertension
-  Pitta Imbalance
-  Skin Irritation

HERBS USED IN KSHEERADHARA

-  Brahmi
-  Shankhpushpi
-  Yashtimadhu (Licorice)
-  Jatamansi
-  Mulethi
-  Sandalwood

EXPERIENCE THE DIVINE TOUCH OF WARM MEDICATED MILK.
NOURISH YOUR BODY, CALM YOUR MIND & AWAKEN YOUR INNER BALANCE.

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LEHYA (AVALEHA)

AYURVEDIC HERBAL REJUVENATIVE

ANCIENT WISDOM • POWERFUL HERBS
NATURAL SWEETNESS • LONG LASTING BENEFITS

Lehya (Avaleha) is a semi-solid Ayurvedic formulation prepared by gentle cooking of herbs with natural juices, decoctions, jaggery or honey and ghee. It is rich in nutrients, easy to digest and deeply nourishing. It rejuvenates the body, strengthens immunity, enhances vitality and promotes overall wellness.



BOOSTS
IMMUNITY



IMPROVES
STRENGTH
& ENERGY



IMPROVES
DIGESTION



SUPPORTS
BRAIN & MEMORY



REJUVENATES
BODY & MIND



PROMOTES
OVERALL HEALTH

BENEFITS OF LEHYA (AVALEHA)

- Enhances immunity and disease resistance
- Improves digestion and metabolism
- Nourishes all tissues and organs
- Boosts energy, strength and stamina
- Supports brain function and memory
- Helps in stress, anxiety and fatigue
- Promotes healthy weight gain
- Supports respiratory health
- Improves complexion and skin health
- Supports reproductive health
- Delays aging and promotes longevity
- Overall rejuvenation for all age groups

HOW LEHYA IS PREPARED

- Fresh herbs are selected and cleaned.
- Herbs are crushed and extracted with water to prepare decoction or herbal juices.
- Decoction is filtered and cooked with herbs, powders, jaggery/honey, ghee and other natural ingredients.
- Cooked on low heat until it reaches the semi-solid consistency.
- Properly stirred and aroma is developed.
- Cooled and packed in sterile containers.
- Ready to use for long-lasting health benefits.

Traditional Preparation.
Pure Ingredients.
Timeless Healing.

IDEAL FOR

- Weakness, fatigue and low immunity
- Poor digestion and appetite
- Stress, anxiety and depression
- Children's growth and development
- Convalescence and recovery
- Respiratory weakness and cough
- Anemia and general debility
- Post-illness or post-treatment care
- Old age weakness and rejuvenation
- Women's health and vitality
- Overall health maintenance for all age groups

THE POWER OF AYURVEDA

Lehya (Avaleha) combines the goodness of herbs, natural sweetness and ghee to nourish the body, calm the mind and awaken vitality from within.



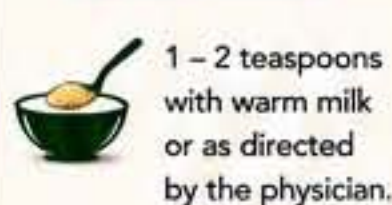
COMMON HERBS USED



DOSHA BALANCING



HOW TO TAKE



1 - 2 teaspoons
with warm milk
or as directed
by the physician.

BEST TIME



PURE HERBS. NATURAL SWEETNESS. DEEP NOURISHMENT.
EXPERIENCE AUTHENTIC AYURVEDIC HEALING.



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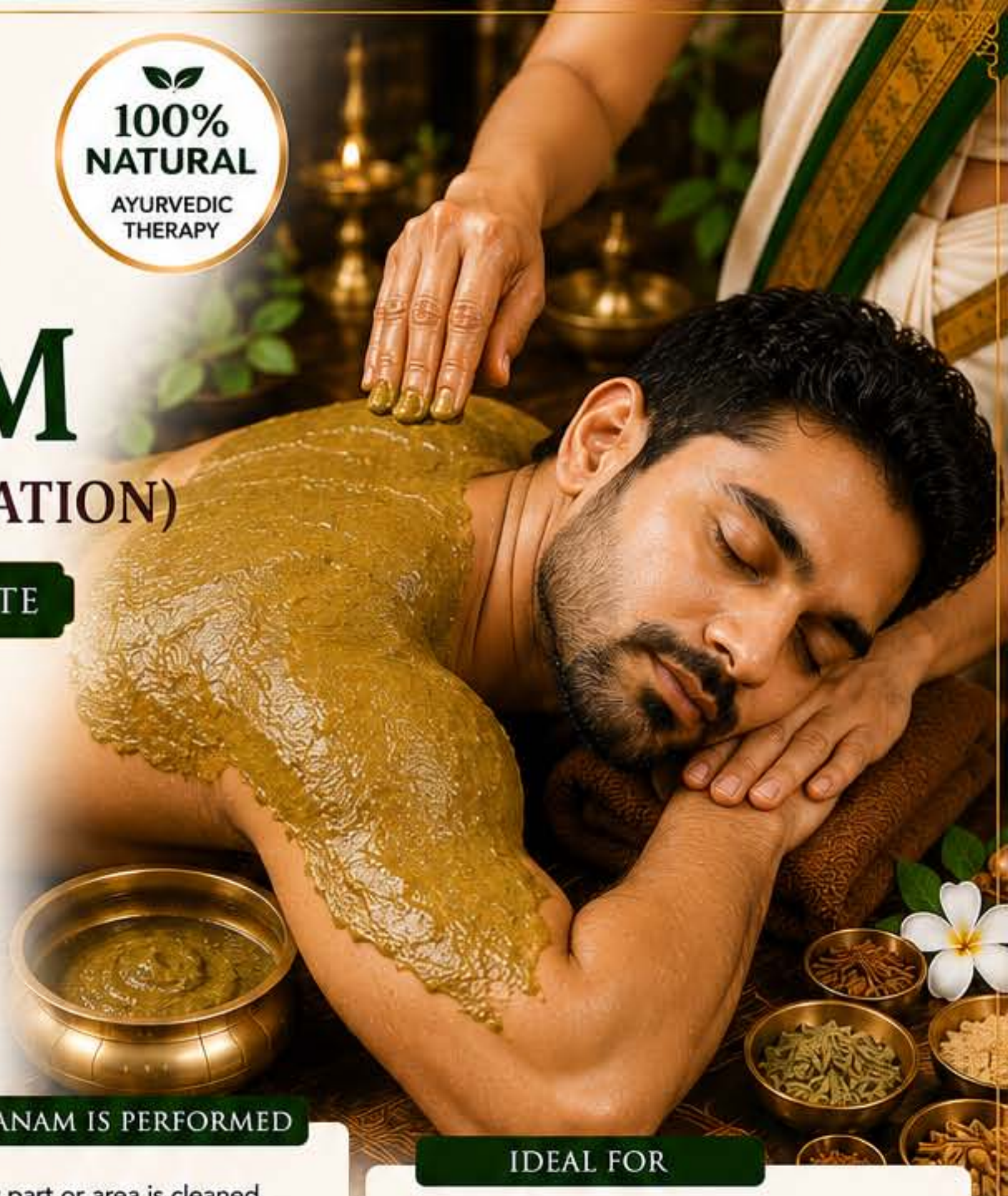


LEPANAM

(HERBAL PASTE APPLICATION)

HEAL • DETOXYFY • REJUVENATE

Lepanam is an Ayurvedic therapy in which medicinal herbal pastes are applied on specific parts or the whole body to balance the doshas, reduce inflammation, detoxify tissues, nourish the skin and promote deep healing.



BENEFITS OF LEPANAM

- Reduces inflammation and swelling
- Relieves pain in muscles and joints
- Detoxifies and purifies the body
- Nourishes and rejuvenates the skin
- Balances doshas and improves circulation
- Relieves stress and promotes relaxation
- Supports natural healing and tissue repair
- Improves immunity and overall well-being

HOW LEPANAM IS PERFORMED

- 1 The body part or area is cleaned.
- 2 A specific herbal paste is prepared using Ayurvedic herbs, powders, /oils and decoctions.
- 3 The warm paste is applied evenly on the required area or whole body.
- 4 The paste is left for 20–45 minutes to allow deep penetration and action.
- 5 It may be followed by gentle massage, steam or warm bath as advised.
- 6 Rest is recommended after the therapy.

Pure Herbs.
Powerful Healing.
Natural Transformation.

IDEAL FOR

- Joint and muscle pain
- Arthritis and inflammation
- Skin diseases and allergies
- Back pain and stiffness
- Stress, anxiety and fatigue
- Detoxification and body purification
- Post-illness recovery
- General rejuvenation and body nourishment

THE POWER OF AYURVEDA

Lepanam combines the power of medicinal herbs with Ayurvedic wisdom to heal, detoxify and rejuvenate the body naturally, bringing balance, strength and radiant health.



INDICATIONS

- Pain & Inflammation
- Arthritis
- Skin Disorders
- Detox & Purification
- Stress & Fatigue
- Muscle Stiffness
- Post Illness Recovery

HERBS COMMONLY USED IN LEPANAM PASTE

- Turmeric
- Neem
- Mudga (Yellow Gram)
- Sandalwood
- Aloe Vera
- Manjistha
- Ashwagandha



HEAL YOUR BODY. CALM YOUR MIND. LIVE IN BALANCE.
EXPERIENCE AUTHENTIC AYURVEDIC HEALING.

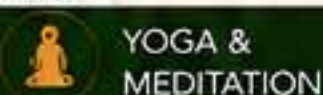


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“Healthy Marma
lead to a Healthy Life.”
– Ayurveda



MARMA THERAPY

THE ANCIENT SCIENCE OF VITAL ENERGY POINTS

BALANCE THE ENERGY • HEAL THE BODY • HARMONIZE THE MIND

Marma Therapy is an ancient Ayurvedic healing technique that stimulates vital energy points (Marmas) in the body to restore the balance of Prana (life force), promote deep healing, relieve pain, remove blockages and activate the body's natural ability to heal.



RELIEVES
PAIN & STIFFNESS



IMPROVES
MOBILITY &
FLEXIBILITY



BALANCES
PRANA (LIFE
ENERGY)



STRENGTHENS
IMMUNITY



REDUCES
STRESS &
ANXIETY



HARMONIZES
BODY, MIND
& EMOTIONS



SUPPORTS
DETOX &
HEALING



BOOSTS
ENERGY &
VITALITY

TOUCH THAT
HEALS,
ENERGY THAT
TRANSFORMS,
BALANCE THAT
LASTS.

BENEFITS OF MARMA THERAPY

- Relieves chronic pain, headaches & muscle tension
- Improves blood circulation & lymph flow
- Supports faster healing of injuries
- Relaxes nervous system & calms the mind
- Improves sleep quality
- Balances hormones & enhances reproductive health
- Relieves stress, anxiety & depression
- Enhances concentration & memory
- Detoxifies the body at a deeper level
- Supports emotional balance
- Promotes overall well-being & longevity

HOW MARMA THERAPY WORKS

- Assessment of body constitution (Prakriti) and health condition.
- Identification of blocked or imbalanced Marma points.
- Gentle stimulation using pressure, massage or gentle touch.
- Releases energy blockages & restores the flow of Prana.
- Rebalances body systems & enhances natural healing.
- Deep relaxation of body, mind & nervous system.
- Personalized aftercare & lifestyle guidance for lasting results.

ACTIVATE YOUR HEALING POINTS,
RESTORE YOUR INNER BALANCE.

IDEAL FOR

- Chronic pain (back, neck, knee, shoulder)
- Arthritis & joint problems
- Migraine & sinusitis
- Stress, anxiety & mental fatigue
- Digestive disorders
- Insomnia & sleep disturbances
- Sports injuries & stiffness
- Hormonal imbalance (PCOS, Thyroid etc.)
- Post-illness weakness
- All age groups – preventive & healing care

THE POWER OF AYURVEDA

When Marma Therapy is combined with Ayurvedic lifestyle, diet, herbs and detox therapies, it becomes a powerful healing system that restores energy, harmony and long-term wellness.



MARMA POINTS – THE VITAL ENERGY CENTERS



107
MARMA
POINTS

Vital energy
points in the body



12

SIRA MARMA

Related to major
blood vessels



31

SNAYU MARMA

Related to
tendons & ligaments



22

MAMSA MARMA

Related to
muscles



18

SANDHI MARMA

Related to
joints



14

ASTHI MARMA

Related to
bones



10

MAJJA MARMA

Related to
bone marrow

TYPES OF MARMA THERAPY



MARMA
MASSAGE

Gentle pressure
& relaxation



MARMA
ACUPRESSURE

Stimulation of
Marma points



MARMA
STRETCHING

Improves flexibility
& energy flow



MARMA
DEEP TISSUE WORK

Releases deep
blockages



MARMA
BALANCING

Balances doshas &
energy channels



MARMA
RELAXATION

Deep relaxation of
body & mind



HEAL YOUR ENERGY POINTS. HEAL YOUR LIFE.
EXPERIENCE AUTHENTIC MARMA THERAPY WITH AYURVEDA.

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Soulful Journeys
Meaningful Experiences

Best Care
A Step Towards
Better Health

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Connecting with Inner God

MEDHYA RASAYANA

(Ayurvedic Nootropic Rejuvenation Therapy)

**NOURISHES THE MIND, NERVES & INTELLECT
ENHANCES MEMORY, CONCENTRATION &
MENTAL WELL-BEING NATURALLY**

Medhya Rasayana is a special class of Ayurvedic rejuvenation therapy that promotes brain health, intellect, memory, learning ability and mental clarity. It nourishes the nervous system, calms the mind and supports emotional balance. This therapy is ideal for students, professionals, elderly and anyone experiencing stress, anxiety or memory challenges.

**SHARP MEMORY
CALM MIND
STRONG NERVES
BETTER FOCUS
EMOTIONAL BALANCE
LONGEVITY &
VITALITY**

BENEFITS

- Enhances memory & learning ability
- Improves concentration & mental clarity
- Reduces stress, anxiety & mental fatigue
- Nourishes brain cells & nervous system
- Improves sleep & emotional balance
- Supports intelligence & creativity
- Delays aging of brain & nervous tissues
- Boosts overall vitality, immunity & strength

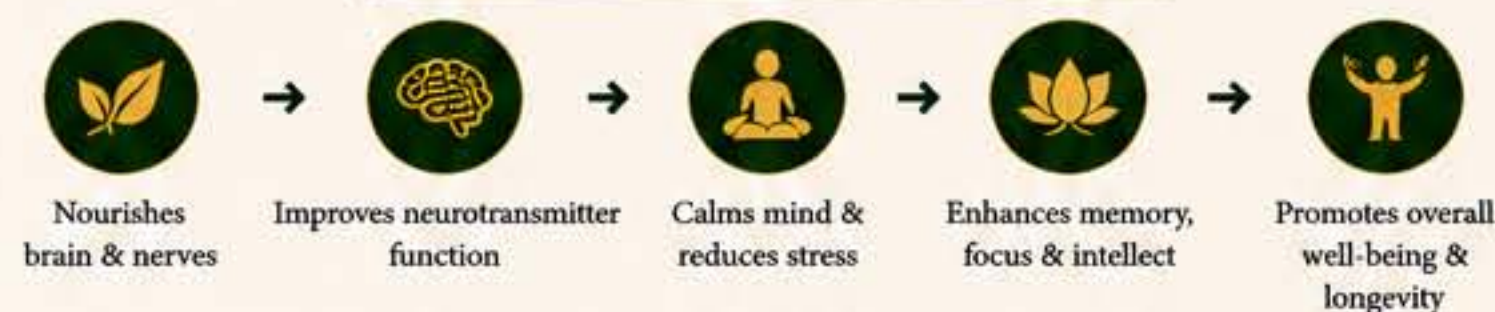
INDICATIONS

- Memory loss
- Poor concentration
- Mental fatigue
- Stress & anxiety
- Insomnia
- Exam stress
- ADHD (supportive care)
- Neurodegenerative conditions (supportive)
- Post illness weakness
- Emotional instability
- Burnout & overthinking
- Elderly care
- General debility

COMMON MEDHYA RASAYANA EXAMPLES

- Brahmi – Enhances memory & intellect
- Shankpushpi – Improves learning & recall
- Ashwagandha – Reduces stress & boosts brain
- Guduchi – Rejuvenates brain & immunity
- Yashtimadhu (Licorice) – Nourishes nerves
- Vacha – Improves speech & cognitive function
- Amla – Supports brain cells & longevity
- Jatamansi – Calms mind & improves sleep
- Medhya Ghrita – Ghee preparation for brain
- Chyawanprash – Complete rejuvenative tonic

HOW MEDHYA RASAYANA WORKS



“A sharp mind in a calm body is the foundation of a happy & successful life.”

FORMS & USAGE

- Churna (Powder) – With warm milk or water
- Ghrita (Medhya Ghrita) – As directed
- Syrup / Avaleha (Lehyam) – As per dose
- Vati / Tablet – 1–2 tablets, twice daily (or as advised)

100% NATURAL
& AYURVEDIC

CLASSICAL AYURVEDIC
HERBS & FORMULATIONS

SAFE, TESTED &
TRUSTED

NO SIDE EFFECTS
WHEN USED CORRECTLY

FOR ALL AGE GROUPS
(AS PER GUIDANCE)

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100%
NATURAL

PURE • SAFE
EFFECTIVE

NOURISH NATURALLY

MEDICATED HERBAL HAIR OIL

TRADITIONAL AYURVEDIC CARE
FOR STRONG, HEALTHY & BEAUTIFUL HAIR

- Medicated Herbal Hair Oil prepared with traditional Ayurvedic herbs such as **Bhringaraj, Amla, and Sesame Oil** to strengthen hair, nourish the scalp, promote healthy hair growth, reduce hair fall, help prevent premature greying, and calm the mind.

NOURISHMENT FOR HAIR,
BALANCE FOR MIND.

POWERFUL BENEFITS



STRENGTHENS
HAIR ROOTS



REDUCES
HAIR FALL



PROMOTES
HAIR GROWTH



PREVENTS
PREMATURE
GREYING



NOURISHES
THE SCALP



CALMS THE MIND
& REDUCES STRESS



NATURAL SHINE
& SOFTNESS

ENRICHED WITH TIME-TESTED HERBS



BHRINGARAJ
The King of Herbs
Promotes hair growth
and prevents hair fall



AMLA
Rich in Vitamin C
Nourishes hair, strengthens
roots and adds natural shine



SESAME OIL
Ancient & Pure
Deeply nourishes, strengthens
and protects hair & scalp

MADE THE AYURVEDIC WAY



- ✓ Traditional Ayurvedic process
- ✓ Infused with powerful herbs
- ✓ No chemicals or artificial additives
- ✓ Safe for all hair types
- ✓ Suitable for regular use

PURE • AUTHENTIC • EFFECTIVE

IDEAL FOR

- ✓ Hair fall & thinning
- ✓ Dandruff & itchy scalp
- ✓ Dry, damaged hair
- ✓ Premature greying
- ✓ Stress, anxiety & mental fatigue
- ✓ All hair types



NOURISH YOUR HAIR NATURALLY • EXPERIENCE THE POWER OF AYURVEDA

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PURE
NATURAL



CRUELTY
FREE



CHEMICAL
FREE

AYURVEDA FOR HAIR.



WELLNESS FOR LIFE.



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"Healthy Hair,
Happy Mind,
Healthy Life"

Medicated Herbal Hair Oil

The Touch of Traditional Ayurveda

Prepared with time-tested Ayurvedic herbs, this pure herbal oil nourishes your hair and scalp naturally, promoting strong, healthy, beautiful hair.

Strength • Nourishment
• Natural Shine

Medicated Herbal Hair Oil prepared with traditional Ayurvedic herbs such as **Bhringaraj, Amla, and pure Sesame Oil** to nourish the scalp, strengthen the hair roots, reduce hair fall, promote healthy hair growth and calm the mind through the therapeutic benefits of authentic Ayurveda.

KEY INGREDIENTS



Bhringaraj

Promotes hair growth & prevents greying



Amla

Strengthens hair roots & adds natural shine



Sesame Oil

Deeply nourishes scalp & balances doshas



Brahmi

Calms the mind & reduces stress



Neem

Keeps scalp healthy & prevents dandruff



Coconut Oil

Moisturizes & softens hair naturally

AMAZING BENEFITS

- ✓ Strengthens hair roots and reduces hair fall
- ✓ Promotes healthy, thick and lustrous hair
- ✓ Improves scalp health and hair texture
- ✓ Helps prevent premature greying
- ✓ Reduces dandruff and dryness
- ✓ Nourishes the scalp and brings natural shine
- ✓ Relieves stress and calms the mind
- ✓ Balances Vata, Pitta and Kapha for healthy hair

WHY CHOOSE OM AYURVEDA?



100%
Natural Herbs



Traditional
Ayurvedic Wisdom



Time-Tested
Formulation



Holistic
Care for Hair & Mind



Made with
Love & Purity



Trusted by
Numerous Clients

"The beauty of your hair begins
with the wisdom of Ayurveda."

Give Your Hair the Care of Authentic Ayurveda
Experience the Power of Nature with Om Ayurveda



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Live Pure • Live Natural
• Live Healthy

Discover
Naturally
Beautiful,
Healthy
Hair

MEDITATION

THE JOURNEY WITHIN

Calm the mind.
Awaken the soul.
Live in harmony.

MEDITATION
IS NOT ESCAPISM,
IT IS THE PATH
TO TRUE FREEDOM,
INNER PEACE &
DIVINE UNION.



In Ayurveda, meditation is a powerful therapeutic tool that balances the mind, regulates the nervous system, reduces stress and leads to deep healing, clarity and self-realization.

BENEFITS OF MEDITATION



Reduces Stress
& Anxiety



Calms the Mind &
Emotions



Supports Heart
Health



Enhances Focus
& Concentration



Boosts Immunity
& Vitality



Improves Sleep
Quality



Balances Doshas
& Emotions



Spiritual Growth
& Self-awareness

AYURVEDIC VIEW

- ✓ The mind (Manas) is influenced by the three Gunas – Sattva, Rajas and Tamas.
- ✓ Meditation increases Sattva (purity, clarity) and reduces Rajas (restlessness) and Tamas (inertia).
- ✓ A balanced mind leads to a balanced body and a meaningful life.



TYPES OF MEDITATION



Breath Awareness (Anapanasati)
Focus on natural breath to calm the mind.



Mantra Meditation (Japa)
Repeating a sacred mantra for mental purity.



Visualization (Dhyana)
Focusing on a divine form or light within.



Mindfulness Meditation
Being fully present in the moment.



Loving Kindness (Maitri Bhavana)
Cultivating love, compassion and gratitude.



Yoga Nidra
Guided relaxation for deep healing and rest.

HOW TO MEDITATE (STEP BY STEP)

- 1 Choose a quiet, clean and peaceful place.
- 2 Sit in a comfortable posture with a straight spine.
- 3 Close your eyes and relax your body.
- 4 Observe your natural breath.
- 5 Gently bring your mind back whenever it wanders.
- 6 Stay for 10–20 minutes daily.
- 7 End with gratitude and positive thoughts.



BEST TIME TO MEDITATE



Brahma Muhurta
(Before Sunrise)



Morning
(After Bath)



Evening
(Sunset Time)



Before Sleep
(At Night)

*"The quieter you become,
the more you can hear."*
– Ayurveda



PRACTICE TIPS

- ✓ Start small, be consistent
- ✓ Meditate at the same time daily
- ✓ Keep your spine straight
- ✓ Do not force the mind, be gentle
- ✓ Use a mantra or breath as an anchor
- ✓ Practice with devotion and patience
- ✓ Let go and be in the present moment



WHO CAN BENEFIT?

- People with stress, anxiety & depression
- Students & working professionals
- People with insomnia or restlessness
- Those seeking clarity & focus
- Anyone on a path of self-growth



AYURVEDIC SUPPORT

Meditation becomes deeper and more effective when supported by:

- ✓ Sattvic Diet
- ✓ Pranayama
- ✓ Proper Sleep
- ✓ Herbal Support (Brahmi, Ashwagandha, Jatamansi)
- ✓ Daily Routine (Dinacharya)



*Meditation is the
medicine of the mind,
and the doorway to
the soul.*
– Ayurveda

DAILY AFFIRMATION

*I am calm.
I am centered.
I am connected.
I am one with the Divine.*



MEDITATE DAILY. HEAL NATURALLY. LIVE MINDFULLY.
EXPERIENCE THE TRANSFORMATIVE POWER OF AYURVEDIC MEDITATION.





Om
Ayurvedā
THE SCIENCE OF LIFE



Peace comes
from within.
Do not seek it
without.
– Buddha



MEDITATION

THE SCIENCE OF INNER PEACE

CALM THE MIND • HEAL THE HEART • AWAKEN THE SOUL

Meditation is the ancient practice of training the mind to achieve focus, awareness and inner stillness. It reduces stress, enhances self-awareness, improves health and connects you with your true self.



REDUCES
STRESS &
ANXIETY



IMPROVES
FOCUS &
CONCENTRATION



ENHANCES
EMOTIONAL
WELL-BEING



BOOSTS
IMMUNITY &
HEALTH



PROMOTES
INNER PEACE
& CALM



BALANCES
BODY, MIND
& ENERGY



SUPPORTS
SPIRITUAL
GROWTH



INCREASES
ENERGY &
VITALITY

MEDITATION
IS THE KEY TO
INNER PEACE,
CLARITY & TRUE
HAPPINESS



BENEFITS OF MEDITATION

- Reduces stress, anxiety and depression
- Calms the mind and relaxes the body
- Improves focus, memory and learning
- Enhances self-awareness and mindfulness
- Regulates emotions and improves mental clarity
- Improves sleep quality
- Lowers blood pressure and supports heart health
- Boosts immunity and resistance
- Supports healing and recovery
- Enhances creativity and productivity
- Strengthens spiritual connection
- Promotes happiness and inner peace
- Improves relationships and compassion

HOW MEDITATION WORKS

- Sit comfortably with a straight spine.
- Close your eyes and take a few deep breaths.
- Bring your attention to your breath or a mantra.
- Observe your thoughts without judgment.
- Gently bring your focus back whenever the mind wanders.
- Stay present, calm and aware.
- Practice daily for lasting transformation.

SILENCE YOUR MIND,
CONNECT WITH YOUR SOUL,
TRANSFORM YOUR LIFE.

IDEAL FOR

- Stress, anxiety and depression
- Mental fatigue and exhaustion
- Insomnia and sleep disturbances
- High blood pressure
- Emotional imbalance
- Students and working professionals
- Spiritual seekers
- Personal growth and self-discovery
- Improving relationships
- Anyone seeking peace and happiness in life

THE POWER OF AYURVEDA

When Meditation is combined with Ayurvedic lifestyle, diet, herbs and therapies, it becomes a powerful healing tool that nourishes the body, calms the mind and awakens the soul.



TYPES OF MEDITATION PRACTICES



MANTRA MEDITATION

Repeating a mantra calms the mind and brings focus.



MINDFULNESS MEDITATION

Being fully present in the moment without judgment.



BREATH AWARENESS MEDITATION

Focusing on the breath to calm thoughts and increase awareness.



OM MEDITATION

Chanting Om brings vibrations that align body, mind and soul.



TRATAKA MEDITATION

Focusing on a flame to improve concentration and mental clarity.



LOVING KINDNESS MEDITATION

Cultivating love, kindness and compassion for oneself and others.



ZEN MEDITATION

Sitting in silence, just observing thoughts.

TIPS FOR EFFECTIVE MEDITATION



Choose a quiet
and clean space



Sit at the same time
every day



Keep your spine straight
and body relaxed



Start with 5–10 minutes
and gradually increase



Be patient and
consistent



Combine with Yoga,
Pranayama &
Ayurvedic diet



Live a Sattvic
lifestyle



MEDITATE DAILY. STAY CALM. LIVE CONSCIOUSLY.
EXPERIENCE AUTHENTIC MEDITATION WITH AYURVEDA.



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(Earthly, Experiential, Culture Curious)

**Best
Care**
Your Wellness Partner

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Connecting with Inner God



PANCHAKARMA
THERAPIES



AYURVEDA
TREATMENTS



YOGA &
MEDITATION



SATTVIC DIET &
LIFESTYLE



VEDIC MANTRA
CHANTING



WELLNESS
RETREATS

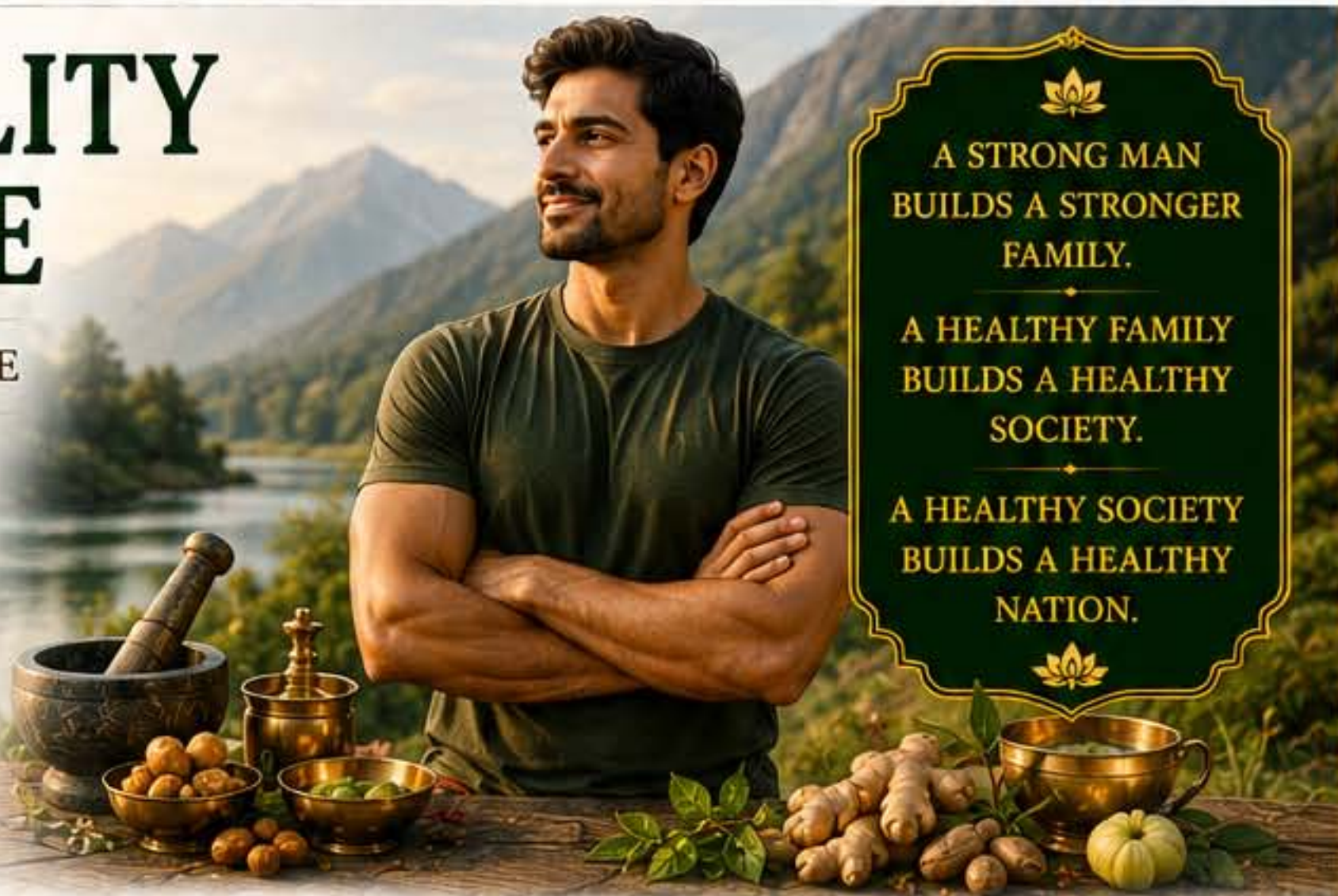
MEN'S VITALITY PROGRAMME

STRENGTH • ENERGY • BALANCE

Ancient wisdom for the modern man.
Build strength, stamina, confidence
and a disease-free life naturally.



Our Men's Vitality Programme combines authentic Ayurveda, nutrition, yoga, herbal therapies and lifestyle guidance to enhance physical strength, mental clarity, sexual health and overall well-being.



A STRONG MAN
BUILDS A STRONGER
FAMILY.
A HEALTHY FAMILY
BUILDS A HEALTHY
SOCIETY.
A HEALTHY SOCIETY
BUILDS A HEALTHY
NATION.

KEY BENEFITS



Improves
Strength &
Stamina



Boosts Energy
& Endurance



Enhances Focus
& Mental Clarity



Boosts Immunity
& Vitality



Supports Men's
Health & Hormonal
Balance



Reduces Stress
& Improves
Sleep



Promotes Heart
Health &
Longevity



Supports Confidence,
Motivation &
Performance

AYURVEDIC SUPPORT FOR MEN'S HEALTH

- ✓ Balances Vata, Pitta, Kapha
- ✓ Strengthens Dhatus (tissues)
- ✓ Improves Ojas (vital essence)
- ✓ Detoxifies body & mind
- ✓ Restores reproductive health
- ✓ Promotes long-term vitality



OUR PROGRAMME INCLUDES

- ✓ Ayurvedic Consultation & Assessment
- ✓ Personalized Diet & Nutrition Plan (Sattvic & Protein-rich)
- ✓ Herbal Medicines & Vitality Tonics
- ✓ Panchakarma Therapies (Detox & Rejuvenation)
- ✓ Abhyanga & Deep Tissue Therapies
- ✓ Yoga, Pranayama & Strength Training
- ✓ Stress Management & Mind Coaching
- ✓ Lifestyle & Daily Routine Guidance
- ✓ Follow-up & Ongoing Support



FOCUS AREAS

- ➔ Low Energy & Fatigue
- ➔ Stress, Anxiety & Overthinking
- ➔ Poor Stamina & Endurance
- ➔ Hormonal Imbalance (Low Testosterone)
- ➔ Weight Gain & Obesity
- ➔ Digestive Disorders
- ➔ Poor Sleep & Lifestyle Issues
- ➔ Men's Reproductive Health
- ➔ Muscle Strength & Fitness
- ➔ Sexual Health & Vitality

WHO CAN BENEFIT?

- Men with stress, fatigue or low energy
- Busy professionals & businessmen
- Men above 30 for healthy ageing & vitality
- Athletes & fitness enthusiasts
- Men seeking natural strength & confidence
- Anyone who wants to lead a healthy, active & successful life

AYURVEDIC THERAPIES

Abhyanga, Shirodhara, Udwarthanam, Basti, Kati Basti, Pizhichil



NUTRITION & DIET

Strength-building diet, herbal supplements, superfoods & detox drinks



YOGA & PRANAYAMA

Build strength, flexibility, breath control, mental clarity & inner peace



MIND & LIFESTYLE

Meditation, stress relief, positive habits, better sleep & work-life balance



VITALITY TONICS

Herbal rasayanas to rejuvenate body & mind



"A strong body is built by effort,
a strong mind by calmness,
and a strong life by Ayurveda."

— Ayurveda



OUR PROMISE

- 100% Natural & Safe
- Personalized Care
- Experienced Ayurvedic Doctors
- Holistic & Sustainable Healing

Because You Deserve the Best Care.

BEST TIME TO BEGIN

- Morning (5 AM – 8 AM) for Energy & Focus
- Daytime for Work & Productivity
- Night for Rest & Recovery



RECHARGE. REBUILD. REJUVENATE.
JOIN OUR MEN'S VITALITY PROGRAMME TODAY!

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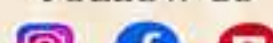


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MIND BODY HEALING

HEAL YOUR MIND. BALANCE YOUR BODY.
AWAKEN YOUR SOUL.

A HOLISTIC AYURVEDIC APPROACH FOR TOTAL WELL-BEING

True healing happens when the mind is peaceful,
the body is balanced and the soul is awakened.
Our Mind Body Healing programs combine the
wisdom of Ayurveda, Yoga, Meditation,
Nutrition and Vedic practices to help you
release stress, restore inner harmony
and live a vibrant, meaningful life.



Heal from within.
Transform your life.
Experience divine wellness.

BENEFITS OF MIND BODY HEALING

- Reduces stress, anxiety & depression
- Brings mental clarity & focus
- Improves sleep quality
- Balances emotions & mood
- Strengthens immunity
- Improves digestion & metabolism
- Detoxifies body & mind
- Enhances energy & vitality
- Promotes self-awareness
- Restores inner peace & happiness
- Supports holistic well-being
- Aligns body, mind & soul

THE PILLARS OF HEALING



AYURVEDA
Balance your
doshas, detox
and rejuvenate.



YOGA
Strengthen your
body, improve
flexibility & energy.



MEDITATION
Calm your mind,
enhance awareness
& inner peace.



PRANAYAMA
Balance your breath,
calm emotions &
increase vitality.



SATTVIC NUTRITION
Nourish your body
with pure, fresh &
natural food.



MANTRA & CHANTING
Elevate your
consciousness with
sacred vibrations.



AYURVEDIC LIFESTYLE
Daily routines, self-care
& positive habits for
lasting well-being.

OUR MIND BODY HEALING PROGRAMS

STRESS RELIEF & RELAXATION PROGRAM



Release stress, calm the
mind and experience
deep relaxation.

DETOX & REJUVENATION PROGRAM



Detoxify your body & mind,
boost immunity and
rejuvenate tissues.

EMOTIONAL BALANCE PROGRAM



Restore emotional harmony,
release negativity and
cultivate positivity.

SLEEP & MENTAL WELLNESS PROGRAM



Improve sleep quality,
reduce anxiety and
refresh your mind.

HOLISTIC WELLNESS TRANSFORMATION



A complete transformation
for a healthy, happy and
purposeful life.

WHAT TO EXPECT

- Personalized Ayurvedic consultation
- Customized diet & lifestyle guidance
- Daily yoga, pranayama & meditation
- Panchakarma & detox therapies
- Herbal medicines & natural remedies
- Sattvic meals & herbal drinks
- Guided relaxation & mindfulness
- Ongoing support & follow-up care

PROGRAM INCLUDES



Ayurvedic
Consultation



Panchakarma
Therapies



Yoga &
Meditation



Pranayama &
Breathwork



Sattvic Meals &
Herbal Drinks



Herbal
Medicines



Mind Detox &
Counselling



Lifestyle
Guidance



Vedic Chanting &
Sound Healing



Nature Walks &
Grounding

IDEAL FOR

- People with stress & anxiety
- Busy professionals
- Individuals with lifestyle disorders
- Those seeking emotional balance
- Anyone on a healing journey
- People seeking natural & holistic wellness

HEAL YOUR MIND. NOURISH YOUR BODY.
AWAKEN YOUR SOUL.

Live in Balance. Live in Harmony. Live in Peace.

EXPERIENCE THE POWER OF HOLISTIC HEALING

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Ancient Wisdom
Natural Healing
Complete Wellness

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A Step Towards
Better Health

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MUGHA ABYANGA

(AYURVEDIC FACIAL MASSAGE)

NOURISH • REJUVENATE • GLOW

Mugha Abyanga is a soothing Ayurvedic facial massage using warm medicated oils and gentle strokes on the face, neck and shoulders. It improves blood circulation, nourishes facial tissues, relieves stress and brings a natural, healthy glow.



Ancient care for your face.
Natural glow for your soul.

BENEFITS OF MUGHA ABYANGA

- Improves blood circulation in facial tissues
- Nourishes skin & enhances glow
- Reduces stress, anxiety & mental fatigue
- Relieves tension in facial muscles
- Delays signs of ageing
- Improves skin tone, texture & elasticity
- Helps in reducing dark circles, puffiness & wrinkles
- Promotes relaxation & better sleep
- Enhances self-confidence & natural beauty

KEY BENEFITS



Enhances
Natural Glow



Improves Skin
Tone & Texture



Reduces Fine Lines
& Wrinkles



Relieves Stress
& Fatigue



Reduces Dark Circles
& Puffiness



Relaxes Facial
Muscles



Promotes Mental
Relaxation



Detoxifies &
Rejuvenates Skin

WHAT IS MUGHA ABYANGA?

Mugha Abyanga is a part of Daily Dinacharya in Ayurveda. It involves rhythmic massage with warm herbal oils on the face, neck, scalp and shoulders. It pacifies Vata & Pitta doshas, improves circulation, and promotes youthful, radiant skin.



THERAPEUTIC BENEFITS

- Improves circulation to facial muscles & tissues
- Nourishes & hydrates the skin
- Detoxifies & removes impurities
- Relieves mental & physical stress
- Balances Vata & Pitta doshas
- Improves sleep quality
- Promotes healthy, glowing skin
- Enhances facial symmetry & firmness

INDICATIONS

- Stress, anxiety & mental fatigue
- Dull, dry or premature ageing skin
- Dark circles, puffiness & tired eyes
- Headache, facial tension
- Irregular sleep
- Skin roughness & dehydration
- Loss of glow & elasticity

CONTRAINDICATIONS

- Fever & acute infections
- Severe acne, active skin infection or open wounds
- Recent facial surgery or dermatological procedures
- Severe sinusitis
- Immediately after heavy meals



THE MUGHA ABYANGA EXPERIENCE

1. CONSULTATION



Understanding your skin type, concerns & health condition.

2. PREPARATION



Selection of suitable herbal oil & calming environment.

3. CLEANSING



Gentle cleansing of face, neck & shoulder to remove impurities.

4. MASSAGE



Rhythmic massage with warm oil on face, neck, scalp & shoulders.

5. RELAXATION



Time to relax and feel the oil penetrate & nourish deeply.

6. AFTERCARE



Wipe off excess oil & guidance for home skin care.

IDEAL FOR

- People with dull, tired skin
- Stressful lifestyle & mental fatigue
- Working professionals
- Students
- Anyone seeking natural beauty & glow
- All skin types (except acute conditions)

PERFECT ADD-ONS



Shiroabhyanga
(Head Massage)



Kati Basti
(Back Therapy)



Steam Therapy
(Swedana)



Ayurvedic Facial
Lepam (Herbal Pack)

“A calm mind reflects a beautiful face. Nurture your inner peace, and your natural beauty will shine.”

— Ayurveda

OUR PROMISE

- Authentic Ayurvedic Therapies
- Experienced & Qualified Therapists
- 100% Natural Herbal Oils
- Holistic Healing for Body, Mind & Soul



NOURISH YOUR SKIN. CALM YOUR MIND. AWAKEN YOUR NATURAL GLOW.
EXPERIENCE THE HEALING TOUCH OF AYURVEDA.



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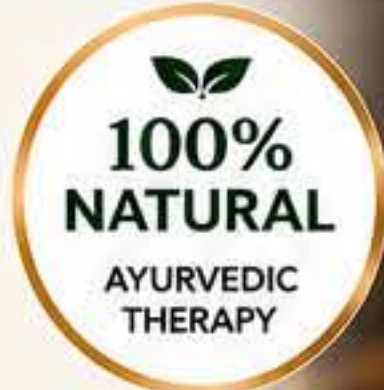


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THE SCIENCE OF LIFE



MUKHA ABHYANGA (FACIAL MASSAGE)

NOURISH • REJUVENATE • GLOW

Mukha Abhyanga is a rejuvenating Ayurvedic therapy in which warm medicated oil is gently massaged on the face, neck and shoulders. It improves blood circulation, nourishes the skin, tones facial muscles, reduces stress and promotes a natural glow.



BENEFITS OF MUKHA ABHYANGA

- Nourishes and revitalizes facial skin
- Reduces stress, anxiety and mental fatigue
- Improves blood circulation and skin glow
- Tones facial muscles and improves elasticity
- Reduces fine lines, wrinkles and signs of aging
- Relieves headache, eye strain and sinus congestion
- Detoxifies facial tissues and promotes healthy skin
- Promotes deep relaxation and better sleep
- Enhances natural beauty and overall well-being

HOW MUKHA ABHYANGA IS PERFORMED

- 1 The face, neck and shoulders are cleansed gently.
- 2 Warm medicated oil (e.g., Kumkumadi Tailam, Bala Ashwagandha Tailam) is applied.
- 3 Gentle strokes are performed on the forehead, cheeks, under eyes, nose, lips, chin, neck and shoulders.
- 4 Special attention is given to marma points on the face.
- 5 The massage continues for 20–30 minutes.
- 6 The oil is left for some time for deep nourishment.
- 7 The face is cleaned with a soft warm towel or herbal cleanser.

Nourish Your Beauty.
Calm Your Mind.
Reveal Your Natural Glow.

IDEAL FOR

- Stress, anxiety & mental fatigue
- Dull and tired skin
- Premature aging and wrinkles
- Dryness and rough skin
- Headache and eye strain
- Sinus congestion
- Insomnia and restlessness
- Lack of natural glow
- Anyone seeking relaxation and rejuvenation

THE POWER OF AYURVEDA

Mukha Abhyanga combines the healing power of medicated oils and Ayurvedic wisdom to nourish the skin, calm the mind, balance the doshas and bring out your natural beauty.



INDICATIONS

- Stress & Anxiety
- Headache
- Eye Strain
- Dull Skin
- Fine Lines & Wrinkles
- Fatigue
- Sinus Congestion

HERBS USED IN MUKHA ABHYANGA OIL

- Kumkumadi
- Bala
- Ashwagandha
- Yashtimadhu (Licorice)
- Bhringraj
- Sandalwood
- Manjistha
- Tila Taila (Sesame Oil)

NOURISH YOUR SKIN. CALM YOUR MIND. ENHANCE YOUR INNER GLOW.
EXPERIENCE AUTHENTIC AYURVEDIC HEALING.

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- PANCHAKARMA THERAPIES
- AYURVEDA TREATMENTS
- YOGA & MEDITATION
- SATTVIC DIET & LIFESTYLE
- VEDIC MANTRA CHANTING
- WELLNESS RETREATS

NASYA

(AYURVEDIC NASAL THERAPY)

PURIFY • PROTECT • REJUVENATE

Nasya is a powerful Ayurvedic therapy in which medicated oils or herbal preparations are administered through the nasal passage. The nose is the gateway to the head and the seat of consciousness (Shiras). Nasya helps to cleanse the head region, removes toxins, nourishes the sense organs and promotes clarity of mind, better breathing and overall well-being.



Clear your head.
Open your senses.
Elevate your life.



BENEFITS OF NASYA

- Clears sinus & nasal passages
- Relieves headache & migraine
- Improves clarity, memory & concentration
- Strengthens sense organs (eyes, ears, nose, throat)
- Promotes sound sleep
- Reduces stress & anxiety
- Enhances voice & speech
- Supports hair & scalp health
- Balances Kapha & Vata Dosha
- Detoxifies the head region
- Improves respiratory health & immunity

KEY BENEFITS



Clears Sinus
& Congestion



Relieves Headache
& Migraine



Improves Memory
& Focus



Nourishes Sense
Organs



Promotes
Better Sleep



Reduces Stress
& Anxiety



Boosts Immunity
& Vitality



Supports
Respiratory Health



Enhances Voice
& Speech

WHAT IS NASYA?

According to Ayurveda, the nose is the entrance to the head (Shiras). Medicated oils are administered through the nostrils to eliminate accumulated doshas, clear blockages, and nourish the brain, nerves, sense organs and respiratory system.



THERAPEUTIC BENEFITS

- Detoxifies & rejuvenates the head region
- Relieves stress, fatigue & mental tension
- Improves concentration & memory
- Relieves nasal allergies & sinusitis
- Benefits eyes, ears, throat & voice
- Promotes sound sleep
- Prevents hair fall & premature greying
- Enhances overall strength of the senses

INDICATIONS

- Sinusitis, nasal congestion
- Headache, migraine
- Stress, anxiety, mental fatigue
- Allergic rhinitis
- Insomnia
- Dry hair, hair fall
- Voice disorders
- Poor memory & concentration

CONTRAINDICATIONS

- Acute fever & infections
- During pregnancy
- Severe hypertension
- After heavy meals
- Certain neurological disorders
- Immediately after exposure to cold or strong sun



THE NASYA THERAPY PROCESS

1. CONSULTATION



Ayurvedic consultation to understand your condition & dosha imbalance.

2. PREPARATION



Face, head & shoulders are massaged with medicated oil.

3. STEAM THERAPY



Herbal steam is given to open the channels & soften the doshas.

4. NASYA ADMINISTRATION



Medicated oil or drops are gently instilled into the nostrils.

5. RELAXATION



You rest to allow the oil to absorb and work deeply.

6. AFTERCARE



Excess oil is removed and aftercare guidance is given.

IDEAL FOR

- People with sinus & allergy issues
- Students & professionals
- Those with stress & mental fatigue
- Individuals seeking better sleep & focus
- Anyone wanting to detoxify & rejuvenate the head region

PERFECT ADD-ONS



Shirodhara



Head Massage



Steam Therapy
(Swedana)



Herbal Nasal
Steam



Yoga &
Pranayama

“Purify your senses.
Calm your mind.
Awaken your inner clarity.
— Ayurveda



OUR PROMISE

- 100% Natural & Authentic Therapies
- Experienced & Qualified Therapists
- Personalized Care
- Holistic Healing for Body, Mind & Soul



BREATHE EASY. THINK CLEAR. LIVE BETTER WITH AYURVEDIC NASYA.

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**Best
Care**
A Step Towards
Better Health


goditsyou.net
Connecting with Inner God

NETRA SEKA

(Medicated Eye Irrigation Therapy)

**ANCIENT AYURVEDIC THERAPY
FOR EYE HEALTH & REJUVENATION**

Netra Seka is a soothing Ayurvedic therapy where medicated herbal liquids are gently poured over the closed eyes. It helps to cleanse, cool and nourish the eyes, relieves strain and irritation, improves vision and promotes overall eye health naturally.

BENEFITS

-  Relieves Eye Strain & Fatigue
-  Cools and Soothes Burning Sensation
-  Improves Vision & Clarity
-  Helps in Refractive Errors (Early Stage)
-  Reduces Redness, Irritation & Inflammation
-  Nourishes Eye Tissues & Strengthens Nerves
-  Promotes Sound Sleep & Relaxation
-  Detoxifies and Protects the Eyes Naturally

INDICATIONS

- Eye Strain (Digital/Screen Use)
- Dry, Tired & Irritated Eyes
- Redness & Watering Eyes
- Burning Sensation in Eyes
- Allergic Conjunctivitis
- Blurring of Vision
- Early Refractive Errors
- Headache due to Eye Strain
- Poor Night Vision
- Eye Fatigue
- Stress Related Eye Problems
- General Eye Weakness

HOW TO DO NETRA SEKA

-  1. Prepare the medicated decoction as per need
-  2. Fix the eye frame comfortably over closed eyes
-  3. Gently pour the medicated liquid slowly over eyes
-  4. Continue for 10-15 minutes relax & keep calm
-  5. Wipe off excess liquid & rest for few minutes

Prepared with
Pure Herbal
Decoctions like
Triphala, Yashtimadhu,
Guduchi, Brahmi
& more


COOLS
CLEANSES
NOURISHES
PROTECTS
THE EYES


100% NATURAL
HERBAL THERAPY


SAFE, GENTLE &
EFFECTIVE


EXPERT & EXPERIENCED
THERAPISTS


DETOXIFIES &
REJUVENATES


HOLISTIC HEALING FOR
BODY, MIND & SOUL

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NETRA TARPANA

(Ayurvedic Eye Rejuvenation Therapy)

**ANCIENT AYURVEDIC THERAPY
FOR EYE HEALTH, VISION & REJUVENATION**

Netra Tarpana is a powerful Ayurvedic therapy in which medicated ghee is retained over the eyes within a well made of dough. It deeply nourishes the eye tissues, improves vision, relieves strain, reduces dryness and prevents degenerative eye disorders.

BENEFITS

-  Improves Vision & Clarity
-  Relieves Eye Strain, Tiredness & Fatigue
-  Reduces Dryness, Redness & Irritation
-  Helps in Refractive Errors (Early Stage)
-  Nourishes Eye Tissues & Strengthens Nerves
-  Prevents Degenerative Eye Disorders
-  Promotes Relaxation & Better Sleep

INDICATIONS

- Eye Strain (Digital/Screen Use)
- Dry, Irritated & Burning Eyes
- Redness & Inflammation
- Early Refractive Errors
- Allergic Conjunctivitis
- Headache due to Eye Strain
- Poor Night Vision
- Watery Eyes
- Stress Related Eye Problems
- General Eye Weakness

HOW TO DO NETRA TARPANA

-  1. Prepare the medicated ghee as per need
-  2. Make dough rings and place over the eyes
-  3. Fill the rings with lukewarm medicated ghee gradually
-  4. Retain for 15 – 30 minutes (as advised)
-  5. Drain out the ghee carefully
-  6. Wipe gently & rest with closed eyes

Therapy duration: 15 – 30 minutes | Course: 7 – 14 days (or as advised by the Physician)

Prepared with Pure Medicated Ghee & Natural Herbs like Triphala, Yashtimadhu, Brahmi, Shatavari, Amalaki & more

100% NATURAL
AYURVEDIC THERAPY

SAFE, GENTLE &
EFFECTIVE

EXPERT & EXPERIENCED
AYURVEDIC THERAPISTS

DETOXIFIES &
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THE SCIENCE OF LIFE



NETRA TARPANA

(EYE REJUVENATION THERAPY)

NOURISH • PROTECT • REJUVENATE

Netra Tarpana is a specialized Ayurvedic therapy in which medicated ghee is retained over the eyes within a dough ring. It nourishes the eye tissues, improves vision, relieves eye strain, dryness and irritation, and promotes overall eye health and clarity.

BENEFITS OF NETRA TARPANA

- Improves vision and sharpness of eyes
- Relieves dryness, redness, burning and irritation
- Reduces eye strain from screens and fatigue
- Strengthens eye muscles and nerves
- Nourishes and rejuvenates eye tissues
- Prevents early aging and eye disorders
- Enhances clarity, luster and glow of the eyes
- Promotes relaxation and mental calmness

HOW NETRA TARPANA IS PERFORMED

- 1 The face and eyes are cleansed gently.
- 2 A dough ring is prepared around both eyes to form a reservoir.
- 3 Warm medicated ghee is poured into the reservoir.
- 4 The eyes are bathed with the ghee for 20-30 minutes while blinking gently.
- 5 The ghee is retained over the eyes at a constant warm temperature.
- 6 The ghee is removed and eyes are cleaned gently.
- 7 A rest in a cool, calm place is recommended after the therapy.

Refresh your vision.
Calm your mind.
See life with clarity.

IDEAL FOR

- Eye strain and fatigue
- Dry eyes and irritation
- Blurred vision
- Excess screen exposure
- Headache related to eye strain
- Insomnia and stress
- Poor night vision
- Prevention of age related eye problems

THE POWER OF AYURVEDA

Netra Tarpana combines the healing power of medicated ghee and Ayurvedic wisdom to nourish, protect and rejuvenate your eyes naturally for clear vision and lasting health.

INDICATIONS

- Dry Eyes
- Eye Strain
- Computer Vision Syndrome
- Headache
- Blurred Vision
- Redness & Irritation
- Insomnia
- Age Related Eye Problems

HERBS USED IN NETRA TARPANA GHEE

- Triphala
- Yashtimadhu (Licorice)
- Brahmi
- Daruharidra
- Saindhava (Rock Salt)
- Shatapatri (Rose)
- Cow's Ghee

NOURISH YOUR EYES. ENHANCE YOUR VISION. EXPERIENCE THE HEALING TOUCH OF AYURVEDA.

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- PANCHAKARMA THERAPIES
- AYURVEDA TREATMENTS
- YOGA & MEDITATION
- SATTVIC DIET & LIFESTYLE
- VEDIC MANTRA CHANTING
- WELLNESS RETREATS

NIDRA CHIKITSA

(Ayurvedic Sleep Therapy)

REST DEEPLY. HEAL NATURALLY.
LIVE FULLY.

Good sleep is the foundation of good health. Nidra Chikitsa balances the mind, calms the nervous system and restores natural, peaceful sleep.

SLEEP IS
NOT A LUXURY,
IT IS A NECESSITY
FOR HEALING,
HAPPINESS &
LONGEVITY.



According to Ayurveda, Nidra (sleep) is one of the three pillars of life (Trayo Upastambha) along with Aahara (food) and Brahmacharya (self-discipline). Improper sleep leads to imbalance in Vata, increased stress, weak immunity and many lifestyle disorders. Nidra Chikitsa helps in correcting the root cause and promotes deep, rejuvenating sleep.

TYPES OF NIDRA (SLEEP)



NATURAL SLEEP
(Ratri Nidra)
Occurs at night,
restores body & mind



DAY SLEEP
(Divasvapna)
Beneficial in some
conditions (weakness,
old age, summer)



MENTAL REST
(Manasika Nidra)
Relaxation, meditation
& stress-free state



SIGNS OF POOR SLEEP

- Difficulty falling asleep
- Waking up in the middle of the night
- Early morning awakening
- Non-refreshing sleep
- Daytime fatigue & drowsiness
- Irritability, anxiety, stress
- Poor concentration & memory
- Headache, body aches
- Weak immunity



BENEFITS OF NIDRA CHIKITSA

- Promotes deep, natural & restful sleep
- Calms the mind & reduces stress
- Balances Vata Dosha
- Improves memory, focus & concentration
- Enhances immunity & healing
- Reduces fatigue, anxiety & irritability
- Supports hormonal balance
- Improves overall quality of life



NIDRA CHIKITSA THERAPIES

- Abhyanga – Full body oil massage
- Shirodhara – Medicated oil flow on forehead
- Shiro Abhyanga – Head massage
- Pada Abhyanga – Foot massage
- Netra Tarpana – Eye therapy
- Karna Purana – Ear oil therapy
- Nasya – Medicated nasal drops
- Herbal Steam / Swedana
- Yoga Nidra & Meditation
- Pranayama – Anulom Vilom, Bhramari, Chandra Bhedana
- Guided Relaxation & Mantra Chanting



WHO CAN BENEFIT?

- People with insomnia or disturbed sleep
- Stress, anxiety & overstressed individuals
- Students & working professionals
- Elderly people
- Post illness / recovery
- People with Vata imbalance
- Anyone seeking deep, restful sleep



AYURVEDIC SUPPORT USED

- Medicated Oils (Abhyanga with Ksheerabala Taila, Brahmi Taila, Mahanarayana Taila)
- Shirodhara with Ksheerabala / Brahmi / Ksheera Taila
- Takra / Ksheerapana (Medicated Milk)
- Herbal Formulations (Tagara, Jatamansi, Ashwagandha, Brahmi, Yastimadhu)
- Relaxing Herbal Teas & Ghruta
- Diet & Lifestyle Correction

A good night's sleep is the
best medicine for a healthy,
happy and successful life.

AYURVEDIC TIPS FOR BETTER SLEEP



Sleep before
10:30 PM



Avoid mobile
& screens at
night



Drink warm
milk with
nutmeg / ghee



Use calming
aromas like
lavender, sandal



Practice reading
or light music
before sleep



Practice Pranayama
& Meditation
daily



Eat light &
sattvic dinner
before 7 PM



Create a calm, dark
& comfortable
sleep environment



REST, REJUVENATE & RISE WITH RENEWED ENERGY.
EXPERIENCE THE POWER OF AYURVEDIC SLEEP THERAPY.

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NJAVARAKIZHI (NAVARAKIZHI)

REJUVENATE • NOURISH • HEAL

Njavarakizhi is a deeply nourishing and rejuvenating Ayurvedic therapy in which a special bolus (Kizhi) filled with cooked Njavara rice and medicated milk is used to massage the entire body. It strengthens the body, nourishes the tissues, improves vitality, promotes longevity and brings glow to the skin.

BENEFITS OF NJAVARAKIZHI



Deeply nourishes the body tissues (Dhatus)



Strengthens muscles, bones and joints



Improves vitality, stamina and endurance



Promotes healthy, glowing and youthful skin



Calms the nervous system and reduces stress



Enhances immunity and overall well-being



Helps in tissue repair and rejuvenation



Promotes better sleep and relaxation



Helps in weight gain and nourishment in weakness

HOW NJAVARAKIZHI IS PERFORMED

- 1 The body is prepared with oil massage (Abhyanga) and mild steam (Swedana).
- 2 Njavara rice is cooked in milk along with medicinal decoctions and herbs.
- 3 The warm rice bolus (Kizhi) is prepared and dipped in medicated milk.
- 4 The bolus is gently massaged all over the body in a rhythmic manner.
- 5 Special focus is given to muscles, joints and weak areas.
- 6 The therapy continues for 45–60 minutes.
- 7 After the therapy, a warm bath is recommended.

Ancient nourishment.
Modern rejuvenation.
Timeless healing.

IDEAL FOR

- Weakness & fatigue
- Joint pain & stiffness
- Stress, anxiety & burnout
- Dry, dull & ageing skin
- Post illness recovery
- Weight loss & emaciation
- General debility & convalescence

THE GOODNESS OF NJAVARA RICE

Njavara rice is one of the rarest and most nutritious Ayurvedic rice varieties known for its powerful rejuvenating and strengthening properties.

INDICATIONS



Debility & Weakness



Arthritis & Joint Pain



Stress & Anxiety



Poor Immunity



Skin Disorders



Post Illness

HERBS USED IN NJAVARAKIZHI



Njavara Rice



Ashwagandha



Shatavari



Bala



Yashtimadhu (Licorice)



Milk & Herbal Decoction



NOURISH YOUR BODY. REJUVENATE YOUR SOUL.
EXPERIENCE THE HEALING TOUCH OF NJAVARAKIZHI.



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SATTVIC DIET &
LIFESTYLE



VEDIC MANTRA
CHANTING



WELLNESS
RETREATS

OJAS THERAPY

(Ayurvedic Vital Essence Rejuvenation Therapy)

NOURISHES OJAS – THE ROOT OF IMMUNITY, VITALITY, GLOW AND LONGEVITY

Ojas is the refined essence of all Dhatus and the foundation of strength, immunity, happiness and mental stability. Ojas Therapy is a specialized Ayurvedic rejuvenation therapy that nourishes Ojas at the deepest level, promoting radiant health, inner peace, emotional balance and profound vitality.

**INCREASES OJAS
STRENGTHENS IMMUNITY
ENHANCES RADIANCE
IMPROVES MENTAL
CLARITY & HAPPINESS
PROMOTES YOUTHFUL
ENERGY & LONGEVITY**



BENEFITS

- Increases Ojas (vital essence)
- Boosts immunity & resistance
- Improves strength, stamina
- Enhances glow & complexion
- Promotes mental clarity, peace & happiness
- Reduces stress, anxiety & depression
- Improves sleep & nervous system health
- Rejuvenates body & mind
- Supports healthy aging
- Increases longevity & quality of life

SIGNS OF LOW OJAS

- Fatigue & weakness
- Lack of enthusiasm
- Frequent illness
- Dry skin, dullness
- Poor immunity
- Poor memory
- Mental stress & anxiety
- Emotional instability
- Disturbed sleep
- Premature aging

THERAPIES USED IN OJAS THERAPY

- Abhyanga – Full body oil massage with Ojas-enhancing oils
- Shirodhara – Medicated oil flow on forehead to calm the mind
- Pizhichil – Warm medicated oil bath
- Rasayana Chikitsa – Rejuvenation with Ojas promoting herbs
- Medicated Ghee & Milk Therapy – Internal nourishment for Ojas
- Herbal Decoctions – Strengthening & nourishing internal cleanse
- Sattvic Diet – Fresh, nourishing, Ojas building food
- Yoga & Pranayama – For mental balance & vitality
- Meditation & Mantra – To uplift mind & spirit

OJAS NOURISHING HERBS & FOODS



★ A diet rich in wholesome, fresh, natural foods and positive lifestyle builds strong Ojas.

WHO CAN BENEFIT?

- People with low immunity
- Those suffering from stress, anxiety & burnout
- Individuals with fatigue & low energy
- Anyone seeking youthful glow & vitality
- Elderly for healthy aging & longevity
- Post illness / recovery for rebuilding strength



HOW OJAS THERAPY WORKS



KEY FEATURES

- ✓ 100% Natural & Ayurvedic
- ✓ Personalized Therapy
- ✓ Holistic Rejuvenation
- ✓ Safe, Gentle & Effective
- ✓ Suitable for all age groups



**BOOSTS IMMUNITY
& OJAS**

**ENHANCES STRENGTH
& VITALITY**

**PROMOTES GLOW
& RADIANCE**

**CALMS MIND &
EMOTIONS**

**SUPPORTS LONGEVITY
& HEALTHY AGING**

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PADA ABHYANGA

(AYURVEDIC FOOT MASSAGE)

RELAX • NOURISH • REVITALIZE

Pada Abhyanga is a traditional Ayurvedic foot massage done with warm medicated oils. Our feet have many vital marma points connected to all organs and systems of the body. This therapy improves circulation, relieves stress, induces deep relaxation, nourishes the feet and promotes overall well-being.



Healthy Feet.
Peaceful Mind.
Balanced Life.

BENEFITS OF PADA ABHYANGA

- Improves blood circulation
- Relieves stress, anxiety & mental fatigue
- Promotes deep relaxation & better sleep
- Reduces foot pain, swelling & heaviness
- Nourishes skin & prevents dryness and cracking
- Strengthens nerves & improves flexibility
- Supports healthy vision & hearing
- Balances Vata Dosha
- Enhances overall energy & well-being

KEY BENEFITS



Improves
Circulation



Relieves Stress
& Anxiety



Promotes Better
Sleep



Reduces Pain,
Swelling &
Heaviness



Strengthens
Nerves &
Improves Flexibility



Nourishes Feet
& Softens Skin



Supports Healthy
Vision



Supports
Healthy Hearing



Enhances Overall
Well-being

WHAT IS PADA ABHYANGA?

Pada Abhyanga is a healing foot massage using warm Ayurvedic oils and gentle pressure techniques on the feet, ankles and lower legs. It stimulates marma points, improves circulation, calms the mind and creates a deep sense of relaxation and grounding.



THERAPEUTIC BENEFITS

- Improves blood flow to feet & legs
- Relieves fatigue & tension
- Calms the nervous system
- Induces deep relaxation & sound sleep
- Helps in migraine, eye strain & headache
- Beneficial in dryness, cracking & rough feet
- Enhances immunity & vitality

INDICATIONS

- Stress, anxiety, mental fatigue
- Insomnia, sleeplessness
- Headache, migraine
- Foot pain, heel pain, swelling
- Dry, cracked & rough feet
- High Vata conditions
- Weakness, fatigue, low energy
- Better sleep & relaxation

CONTRAINDICATIONS

- Fever & acute infections
- Severe fractures or injuries
- Deep vein thrombosis
- Severe varicose veins
- Immediately after heavy meals
- Severe skin infections or wounds
- Acute inflammation & swelling



THE PADA ABHYANGA THERAPY PROCESS

1. CONSULTATION



Understanding your health condition & requirements.

2. PREPARATION



Selection of suitable Ayurvedic oil & preparation.

3. OIL APPLICATION



Warm medicated oil is applied on feet & lower legs.

4. MASSAGE



Gentle rhythmic massage on feet, ankles & lower legs.

5. MARMA STIMULATION



Stimulation of vital marma points for healing & balance.

6. RELAXATION



Time to relax and absorb the benefits of the therapy.

7. AFTERCARE



Wipe off excess oil & guidance for home care & lifestyle.

IDEAL FOR

- People with stress & anxiety
- Office professionals
- Students
- Elderly people
- Anyone seeking relaxation & better sleep
- Those with foot pain or fatigue

PERFECT ADD-ONS



Head
Massage



Shirodhara



Steam
Therapy



Herbal Foot
Soak



Meditation

“Caring for your feet is
caring for your whole body.
Relax your feet, calm your mind
and heal your soul.”
— Ayurveda



OUR PROMISE

- 100% Authentic Ayurvedic Therapies
- Experienced & Qualified Therapists
- Premium Quality Herbal Oils
- Personalized Care
- Holistic Healing for Body, Mind & Soul



HEALTHY FEET. HAPPY YOU. EXPERIENCE THE HEALING TOUCH OF AYURVEDA.

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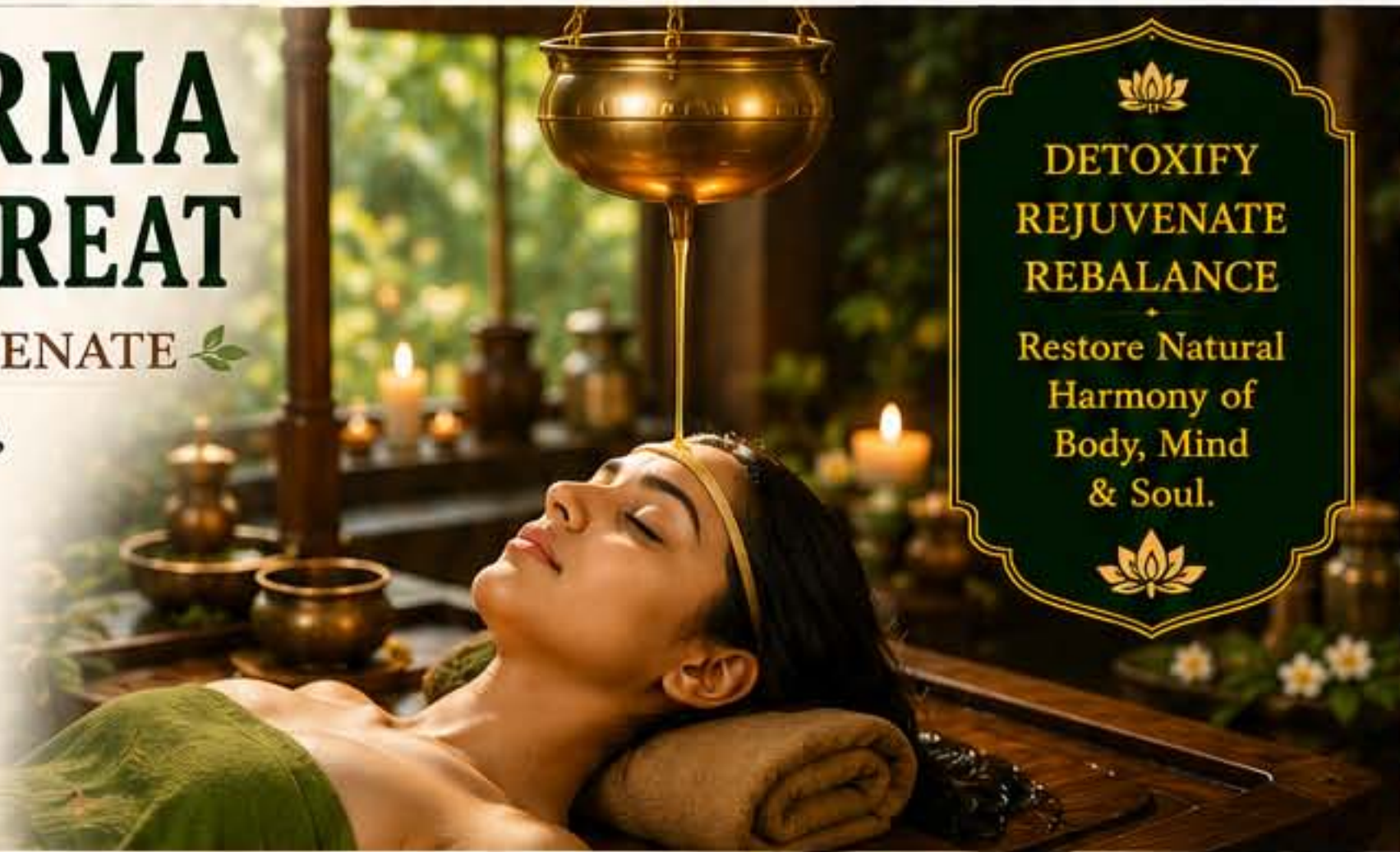
PANCHAKARMA WELLNESS RETREAT

CLEANSE • HEAL • REJUVENATE

A Divine journey to detox your body, calm your mind and awaken vitality with authentic Ayurveda.



Experience the profound healing of Panchakarma – the science of cleansing and rejuvenation for lasting health and balance.



DETOXIFY
REJUVENATE
REBALANCE
Restore Natural
Harmony of
Body, Mind
& Soul.

BENEFITS OF PANCHAKARMA



Detoxifies
Body & Mind



Strengthens
Immunity



Improves
Digestion



Reduces Stress
& Anxiety



Promotes Deep
Sleep



Increases Energy
& Vitality



Enhances Skin,
Hair & Glow



Restores Dosha
Balance



Supports Long-term
Well-being

OUR PANCHAKARMA THERAPIES

- ✓ Vamana (Therapeutic Emesis)
- ✓ Virechana (Purgation Therapy)
- ✓ Basti (Medicated Enema)
- ✓ Nasya (Nasal Therapy)
- ✓ Raktamokshana (Blood Purification)
- ✓ Abhyanga (Therapeutic Oil Massage)
- ✓ Swedana (Herbal Steam Therapy)
- ✓ Shirodhara (Medicated Oil Flow)
- ✓ Udwarthanam (Herbal Powder Massage)
- ✓ Kati / Greeva / Janu Basti
- ✓ Pizhichil • Njavarakizhi • Lepam & more



RETREAT INCLUDES

- ✓ Ayurvedic Consultation & Assessment
- ✓ Personalized Treatment Plan
- ✓ Panchakarma Therapies
- ✓ Ayurvedic Medicines & Herbal Supplements
- ✓ Sattvic Diet (Dosha-balancing Meals)
- ✓ Yoga, Pranayama & Meditation
- ✓ Vedic Mantra Chanting & Healing
- ✓ Nature Walks & Spiritual Guidance
- ✓ Daily Follow-up & Care

DURATION OPTIONS

3 Days | 5 Days | 7 Days
10 Days | 14 Days | 21 Days

Customized Retreats Available

IDEAL FOR

- ✓ Detox & Rejuvenation
- ✓ Chronic Disease Management
- ✓ Stress, Anxiety & Burnout
- ✓ Lifestyle Disorders
- ✓ Weight Management
- ✓ Better Sleep & Mental Clarity
- ✓ Skin, Hair & Beauty Wellness
- ✓ Immunity & Vitality Boost
- ✓ Overall Health & Longevity



WHO CAN BENEFIT?

- Individuals Seeking Natural Healing
- Busy Professionals Needing Detox & Rest
- People with Chronic Health Issues
- Those with Stress & Mental Fatigue
- Anyone Who Wants to Rejuvenate & Feel Their Best

ABHYANGA



SHIRODHARA



BASTI



NASYA



STEAM THERAPY



HERBAL DIET



Authentic
Ayurveda

Experienced
Vaidyas

Natural &
Herbal

Peaceful
Environment

Sattvic Food
& Care

Heal in Nature.
Return Renewed.
Live

*"True wellness begins when
the body is cleansed,
the mind is calm and the
soul is connected."
– Ayurveda*

OUR PROMISE

- ✓ 100% Natural & Safe
- ✓ Personalized Care
- ✓ Experienced Ayurvedic Doctors
- ✓ Holistic & Sustainable Healing
- ✓ Sacred, Clean & Peaceful Space
- ✓ Support Beyond Your Retreat

Because You Deserve the Best Care.

BOOK YOUR
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WELLNESS RETREAT
TODAY!



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PANCHAKARMA WELLNESS RETREAT

DETOX • HEAL • REJUVENATE • TRANSFORM

A SACRED JOURNEY TO TOTAL WELL-BEING

Experience the timeless wisdom of Ayurveda through our authentic Panchakarma Wellness Retreat.

Detoxify your body, calm your mind and awaken your inner healing with personalized care, sattvic living, yoga, meditation and holistic therapies.



Healing at the Root.
Balance in the Body.
Peace in the Mind. Bliss in the Soul.

RETREAT HIGHLIGHTS

- Personalized Panchakarma by Expert Vaidyas
- Fivefold Detox Therapies
- Abhyanga & Rejuvenation Therapies
- Sattvic Ayurvedic Cuisine
- Yoga, Pranayama & Meditation
- Herbal Medicines & Detox Diet
- Peaceful Natural Surroundings
- Daily Vedic Chanting & Spiritual Practices
- Complete Mind, Body & Soul Rejuvenation



THE FIVE MAIN PANCHAKARMA THERAPIES

VAMANA
(Therapeutic Emesis)



Eliminates toxins from the upper body.

VIRECHANA
(Therapeutic Purgation)



Clears Pitta toxins through gentle purification.

BASTI
(Medicated Enema Therapy)



Balances Vata dosha & nourishes the body from within.

NASYA
(Nasal Administration)



Cleanses head region, improves clarity & mind function.

RAKTAMOKSHANA
(Blood Purification)



Purifies the blood & promotes healthy circulation.

WHO IS IT FOR?

- Stress, anxiety & mental fatigue
- Digestive disorders
- Skin problems
- Lifestyle diseases
- Weight imbalance
- Detox & immunity boost
- Rejuvenation & anti-aging
- Anyone seeking natural healing & inner peace

YOUR RETREAT EXPERIENCE



Daily Yoga & Pranayama



Guided Meditation



Ayurvedic Consultation



Panchakarma Therapies



Sattvic Ayurvedic Meals



Herbal Teas & Detox Drinks



Ayurvedic Lifestyle Guidance



Nature Walks & Spiritual Time



HEAL IN NATURE. LIVE IN BALANCE.
Rediscover the best version of yourself.

RETREAT INCLUSIONS

- Accommodation in peaceful, nature embraced surroundings
- All Panchakarma therapies & medicines
- Daily yoga, meditation & wellness sessions
- Sattvic meals & herbal detox drinks
- Ayurvedic doctor consultation
- Lifestyle & dietary guidance
- Airport/railway pickup & drop (on request)

SAMPLE DAILY SCHEDULE

- 05:30 AM Wake Up & Herbal Drink
- 06:00 AM Yoga & Pranayama
- 07:30 AM Meditation & Chanting
- 08:30 AM Ayurvedic Breakfast
- 09:30 AM Panchakarma Therapies
- 01:00 PM Ayurvedic Lunch
- 04:00 PM Wellness Activities / Nature Walk
- 06:00 PM Herbal Tea & Relaxation
- 07:30 PM Sattvic Dinner
- 08:30 PM Guided Meditation / Journaling
- 09:30 PM Rest & Rejuvenate

PEACEFUL STAY. PURE FOOD. POSITIVE VIBES.



Comfortable Rooms



Sattvic Ayurvedic Cuisine



Serene Natural Surroundings

DURATION OPTIONS

3 DAYS
Detox & Reset

5 DAYS
Deep Cleansing

7 DAYS
Complete Rejuvenation

14 DAYS
Transform & Renew

Customized retreats available as per your needs.

PERFECT ADD-ONS



Abhyanga (Full Body Massage)



Shirodhara



Kati Basti



Herbal Steam Therapy



Diet & Lifestyle Counseling

“When the body is purified, the mind becomes calm, the senses become clear, and the soul remembers its true nature.”
– Ayurveda

OUR PROMISE

- 100% Authentic Ayurvedic Therapies
- Experienced & Qualified Vaidyas & Therapists
- Personalized Care & Attention
- Pure Herbs & Natural Ingredients
- Holistic Healing for Body, Mind & Soul

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AUTHENTIC AYURVEDA • ANCIENT WISDOM • NATURAL HEALING

PANCHAKARMA WELLNESS RETREAT

CLEANSE • HEAL • REJUVENATE

A divine Ayurvedic journey to detox your body, balance the doshas, calm your mind and rejuvenate your soul.



Detoxify
Body & Mind



Rejuvenate
Naturally



Balance
Doshas



Restore
Vitality



Enhance
Immunity

BENEFITS OF PANCHAKARMA



Boosts
Immunity



Removes Toxins
(Ama)



Improves
Digestion



Reduces Stress
& Anxiety



Promotes Deep
Sleep



Increases Energy
& Stamina



Enhances Skin
& Hair Health



Restores Dosha
Balance



Supports Long-term
Well-being

AUTHENTIC PANCHAKARMA THERAPIES

- ☛ Vamana (Therapeutic Emesis)
- ☛ Virechana (Purgation Therapy)
- ☛ Basti (Medicated Enema)
- ☛ Nasya (Nasal Therapy)
- ☛ Raktamokshana (Blood Purification)
- ☛ Abhyanga (Therapeutic Oil Massage)
- ☛ Swedana (Herbal Steam Therapy)
- ☛ Shirodhara (Medicated Oil Flow)
- ☛ Udwartanam (Herbal Powder Massage)
- ☛ Kati / Greeva / Janu Basti
- ☛ Pizhichil • Njavarakizhi • Lepam & more

RETREAT INCLUDES

- ☑ Ayurvedic Consultation & Assessment
- ☑ Personalized Treatment Plan
- ☑ Panchakarma Therapies
- ☑ Ayurvedic Medicines & Supplements
- ☑ Sattvic Diet (Dosha-balancing Meals)
- ☑ Yoga, Pranayama & Meditation
- ☑ Vedic Mantra Chanting
- ☑ Nature Walks & Spiritual Guidance
- ☑ Daily Follow-up & Care

RETREAT DURATION

3 Days | 5 Days | 7 Days
10 Days | 14 Days | 21 Days

Customized Retreats Available

IDEAL FOR

- ☛ Detox & Rejuvenation
- ☛ Chronic Disease Management
- ☛ Stress, Anxiety & Burnout
- ☛ Lifestyle Disorders
- ☛ Weight Management
- ☛ Skin, Hair & Beauty Wellness
- ☛ Improved Immunity
- ☛ Better Sleep & Mental Clarity
- ☛ Overall Health & Longevity

WHO CAN BENEFIT?

- ☛ Individuals Seeking Natural Healing
- ☛ Busy Professionals Needing Detox & Rest
- ☛ People with Chronic Health Issues
- ☛ Those with Stress & Mental Fatigue
- ☛ Anyone Who Wants to Rejuvenate & Live Healthier

EXPERIENCE THE POWER OF AYURVEDA

ABHYANGA



SHIRODHARA



BASTI



NASYA



STEAM THERAPY



SATTVIC DIET



Experienced
Vaidyas

100% Natural
& Safe

Authentic
Ayurveda

Peaceful &
Natural Setting

Sattvic Food
& Herbal Care

Holistic Healing
for Body, Mind & Soul

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- ☛ 100% Natural & Safe
- ☛ Personalized Care
- ☛ Experienced Ayurvedic Doctors
- ☛ Holistic & Sustainable Healing
- ☛ Sacred, Clean & Peaceful Space
- ☛ Support Beyond Your Retreat

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PANCHAKARMA

THE FIVEFOLD PATH TO DETOX, HEAL & REJUVENATE

CLEANSE • BALANCE • HEAL • REJUVENATE

Panchakarma is a profound cleansing therapy that works at the root level to remove toxins, restore balance and rejuvenate the body, mind and consciousness. It is not just a treatment – it is a transformation towards vibrant health, longevity and inner peace.

- Eliminates toxins (Ama) from the body
- Balances Vata, Pitta & Kapha Doshas
- Strengthens immunity & digestive fire
- Enhances vitality, clarity & well-being

THE ESSENCE OF PANCHAKARMA

Panchakarma is Ayurveda's holistic detoxification & rejuvenation therapy that eliminates toxins (Ama), balances doshas and restores natural harmony of body, mind & soul.

Detox the body.
Balance the doshas.
Awaken your best self.

THE FIVE MAIN PANCHAKARMA THERAPIES

1. VAMANA (Therapeutic Emesis)



Clears Kapha dosha from the upper body through controlled emesis. It is effective in respiratory disorders, allergy, asthma, sinusitis & more.

2. VIRECHANA (Therapeutic Purgation)



Purgation therapy to eliminate Pitta dosha through the bowels. It helps in skin disorders, acidity, liver issues, migraine and more.

3. BASTI (Medicated Enema Therapy)



The most important therapy for Vata dosha. It nourishes, cleanses the colon & is effective in back pain, arthritis, constipation & neurological conditions.

4. NASYA (Nasal Administration)



Medicated oils or herbs are administered through the nostrils to clear the head region. Beneficial for sinusitis, migraine, hair fall, memory loss & more.

5. RAKTAMOKSHANA (Blood Purification)



Purifies the blood & removes impurities. Helpful in skin diseases, acne, psoriasis, varicose veins, hypertension and more.

THE PANCHAKARMA JOURNEY (COMPLETE PROCESS)

1. PURVA KARMA (Preparation)



Oil massage (Abhyanga) & sudation (Swedana) to loosen toxins and prepare the body.

2. SNEHAPANA (Internal Oleation)



Internal intake of medicated ghee to lubricate tissues & bring toxins from deeper channels to the gut.

3. MAIN KARMA (Detox Therapies)



Administration of selected Panchakarma therapies as per individual dosha imbalance.

4. PASCHAT KARMA (Post Detox Care)



Special diet, herbal medications & lifestyle guidance to restore agni & strength.

5. RASAYANA (Rejuvenation)



Rejuvenation therapies to nourish tissues, boost immunity & promote longevity.

IDEAL FOR

- Chronic health conditions
- Digestive disorders
- Stress, anxiety & fatigue
- Skin & respiratory issues
- Weight imbalance
- Detox & lifestyle reset
- Enhancing immunity & longevity

HOLISTIC BENEFITS



Deep cleansing & detoxification



Balances all three doshas



Improves digestion & metabolism



Boosts immunity & vitality



Enhances mental clarity & focus



Promotes healthy skin & glow



Supports natural healing



Improves sleep & reduces stress



Rejuvenates body, mind & soul

PERFECT ADD-ONS



Abhyanga (Massage)



Swedana (Steam)



Shirodhara



Kati Basti



Herbal Diet & Guidance

“When toxins go,
energy flows.
When energy flows,
healing happens.”
– Ayurveda

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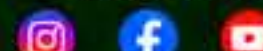


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PARISHEKA

(Ayurvedic Herbal Pouring Therapy)

**ANCIENT AYURVEDIC THERAPY
FOR COMPLETE HEALING & REJUVENATION**

Parisheka is a classical Ayurvedic therapy in which medicated decoctions, oils or herbal liquids are poured gently over the body or specific body parts in a rhythmic flow. It nourishes the tissues, calms the nervous system, relieves pain, reduces inflammation and promotes overall well-being.

**NOURISHES
DETOXIFIES
RELIEVES PAIN
CALMS MIND
PROMOTES
WELL-BEING**

BENEFITS

- Relieves Pain & Inflammation
- Nourishes & Strengthens Tissues
- Improves Circulation & Detoxifies Body
- Calms Nerves & Relaxes Mind
- Reduces Stress, Anxiety & Fatigue
- Enhances Immunity & Vitality
- Promotes Sound Sleep & Rejuvenation
- Supports Natural Healing & Balance

INDICATIONS

- Muscle Pain & Stiffness
- Joint Pain & Arthritis
- Back, Neck & Shoulder Pain
- Sciatica & Nerve Pain
- Stress, Anxiety & Insomnia
- Fatigue & Weakness
- Post Illness & Recovery
- Skin Disorders
- Neurological Disorders
- Vata Disorders
- General Debility
- Detoxification & Rejuvenation

Prepared with powerful herbal decoctions, oils & medicinal liquids like Dashamoola, Bala, Mahanarayana, Ksheerabala, Neem, Turmeric, Vetiver & more

HOW TO DO PARISHEKA

1. Prepare the medicated liquid as per need
2. Patient lies comfortably in a relaxed position
3. Herbal liquid is poured in a gentle stream on the body or affected area
4. Continue the pouring in a rhythmic flow for 20-30 minutes
5. Gentle massage may be given if advised
6. Wipe off excess liquid & rest for few minutes

Duration: 20 - 30 minutes | Frequency: 2 - 3 times a week or as advised by the Physician

100% NATURAL
HERBAL THERAPY

SAFE, GENTLE &
EFFECTIVE

EXPERT & EXPERIENCED
THERAPISTS

DETOXIFIES &
REJUVENATES

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PATRAPINDA SWEDHANA

(HERBAL LEAF BUNDLE THERAPY)

DEEP RELIEF • DETOX • REJUVENATE

Patrapinda Swedhana is a specialized Ayurvedic sudation therapy where bundles of medicinal leaves are cooked in herbal decoction, dipped in medicated warm oil and gently massaged over the body. The warmth and potency of herbs penetrate deep into the tissues, relieving pain, stiffness, inflammation and promoting relaxation, strength and vitality.



Ancient Healing.
Natural Relief.
Complete Rejuvenation.



BENEFITS OF PATRAPINDA SWEDHANA

- Relieves chronic pain, stiffness & inflammation
- Reduces arthritis, back pain, neck pain & joint disorders
- Nourishes muscles, ligaments, tendons & nerves
- Improves blood circulation & lymphatic flow
- Detoxifies body, removes toxins and reduces swelling
- Relaxes mind, reduces stress & promotes deep sleep
- Improves skin tone, texture & overall vitality
- Enhances flexibility, strength & energy
- Supports in neurological & rheumatic conditions

KEY BENEFITS



Relieves Pain
& Stiffness



Reduces
Inflammation



Improves
Circulation



Detoxifies &
Clears Toxins



Relaxes Body
& Mind



Promotes Better
Sleep



Strengthens Immunity
& Vitality



Supports Nerve
& Muscle Health

WHAT IS IT?

Fresh medicinal leaves are selected as per the individual's condition, cooked in herbal decoction and medicated oil. The warm leaf bundles (Pinda) are used for gentle massage and fomentation on the body with specific strokes to relieve pain, improve circulation and bring balance to the doshas.



INDICATIONS

- Arthritis & Rheumatoid arthritis
- Lower back pain, sciatica
- Cervical spondylosis
- Muscle stiffness & sprain
- Frozen shoulder
- Neurological disorders
- Joint pain & inflammation
- Stress, anxiety & fatigue
- Post injury recovery
- General debility & weakness

CONTRAINDICATIONS

- Acute fever & infections
- Skin diseases or wounds
- Pregnancy
- Recent surgery
- Severe cardiac conditions
- Uncontrolled hypertension
- Acute inflammation & swelling



HERBS USED (EXAMPLES)

- Nirgundi, Eranda, Karanja
- Arka, Dashamoola
- Rasna, Sahachara
- Bala, Ashwagandha
- Neem, Tulsi, Vacha
- Manjistha, Devadaru



THE PATRAPINDA SWEDHANA PROCESS

1. CONSULTATION



Ayurvedic assessment of body condition & imbalance.

2. PREPARATION



Medicinal leaves are selected & cooked in herbal decoction.

3. PATRAPINDA PREP



Leaves are tied into bundles (Pinda) and dipped in medicated oil.

4. APPLICATION



Warm pinda is applied with gentle pressure on the body.

5. MASSAGE



Specific strokes are used for deep muscle relaxation & healing.

6. RELAXATION



Rest to allow deep absorption & complete relaxation.

7. AFTERCARE



Herbal drink & guidance for diet and lifestyle.

PERFECT ADD-ONS



Abhyanga
(Massage)



Swedana
(Herbal Steam)



Kati Basti



Takra Dhara



Yoga &
Pranayama

“Healing with the touch of herbs.
Relief that reaches the root.
Wellness that lasts a lifetime.
— Ayurveda



IDEAL FOR

- People with chronic pain & stiffness
- Elderly & physically weak individuals
- Athletes & active individuals
- Those undergoing detox & rejuvenation
- Anyone seeking natural holistic healing



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PICHU THERAPY

(Ayurvedic Medicinal Oil Retention Therapy)

**ANCIENT AYURVEDIC THERAPY
FOR DEEP HEALING & RELIEF**

Pichu Therapy is an Ayurvedic treatment in which medicated oils or ghee are absorbed in a soft cotton pad and placed over the affected area for a specific time. It provides deep nourishment, soothes inflammation, relieves pain and promotes natural healing of tissues.

DEEPLY NOURISHES
SOOTHES PAIN
HEALS TISSUES
PROMOTES
WELL-BEING

BENEFITS

- Relieves Pain & Inflammation
- Reduces Stiffness & Spasm
- Nourishes & Strengthens Muscles, Nerves & Joints
- Promotes Healing of Injuries & Soft Tissues
- Calms the Mind & Reduces Stress
- Improves Circulation & Detoxifies Tissues
- Supports Natural Regeneration
- Enhances Overall Well-being

INDICATIONS

- Joint Pain (Knee, Shoulder, Back, Neck)
- Muscle Pain & Spasm
- Arthritis & Spondylitis
- Sciatica & Nerve Pain
- Sports Injuries
- Tendonitis & Bursitis
- Frozen Shoulder
- Sprains & Strains
- Post Fracture / Surgery Recovery
- Degenerative Conditions
- Stiffness & Weakness
- Stress & Fatigue

Prepared with
Traditional
Medicated Oils &
Herbs like
Mahanarayana Taila,
Ksheerabala Taila,
Dashamoola Taila,
Sahacharadi Taila
& more

HOW TO DO PICHU THERAPY

1. Warm the medicated oil as per need
2. Soak soft cotton pad (Pichu) in the warm oil
3. Place the pichu on the affected area
4. Retain for 20 – 45 minutes (as advised)
5. Reapply warm oil in the pichu periodically
6. Remove and gently massage the area (if advised)
7. Rest and relax for deeper healing

Duration: 20 – 45 minutes | Frequency: 3 – 7 times (or as advised by the Physician)

100% NATURAL
AYURVEDIC THERAPY

SAFE, GENTLE &
EFFECTIVE

EXPERT & EXPERIENCED
THERAPISTS

DEEP HEALING &
LONG LASTING RELIEF

HOLISTIC HEALING FOR
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PICHU THERAPY

SOOTHING • HEALING • REJUVENATING

A GENTLE AYURVEDIC OIL THERAPY
FOR DEEP RELIEF & BALANCE

Pichu Therapy is a specialized Ayurvedic treatment where a cotton pad soaked in warm medicated oil is gently applied over specific parts of the body. It deeply nourishes the tissues, relieves pain, reduces inflammation and promotes natural healing.



Gentle Care.
Deep Healing.
Lasting Relief.



BENEFITS OF PICHU THERAPY

- Relieves pain, stiffness & inflammation
- Nourishes muscles, tendons, ligaments & nerves
- Improves blood circulation in the affected area
- Promotes healing of injuries & joint disorders
- Reduces stress, calms the mind & body
- Supports in neurological & degenerative conditions
- Enhances sleep & overall well-being
- Rejuvenates tissues & restores natural balance

KEY BENEFITS



Relieves Pain
& Stiffness



Reduces
Inflammation



Improves
Circulation



Supports Joint
& Muscle Health



Calms Mind
& Reduces Stress



Improves
Sleep



Detoxifies &
Nourishes Tissues



Promotes Healing
& Immunity

WHAT IS PICHU THERAPY?

In Pichu Therapy, soft cotton is soaked in medicated oil or ghee, warmed and placed over the affected part for a specific time. It is an effective therapy for chronic pain, inflammation, neurological disorders and degenerative conditions.



INDICATIONS

- Joint pain & Osteoarthritis
- Muscle stiffness & Spasms
- Lower back pain & Sciatica
- Cervical spondylosis
- Frozen shoulder
- Tennis elbow
- Neurological disorders
- Arthritis & Tendonitis
- Sports injuries

CONTRAINDICATIONS

- Acute fever & infections
- Open wounds or skin diseases
- Fractures (recent)
- Severe cardiovascular conditions
- Pregnancy (apply with caution)
- Cancer (active stage)
- Bleeding disorders

IDEAL FOR

- Elderly people
- Athletes & physically active individuals
- People with chronic pain & stiffness
- Those seeking natural pain relief & relaxation



THE PICHU THERAPY PROCESS

1. CONSULTATION



Ayurvedic assessment of your condition & requirements.

2. PREPARATION



Selection of suitable medicated oil & preparation.

3. PICHU PREP



Cotton is soaked in warm medicated oil & gently prepared.

4. APPLICATION



Warm pichu is placed on the affected area with gentle pressure.

5. RESTING TIME



Left in place for the recommended time for deep absorption.

6. AFTERCARE



Area cleaned & light massage or rest advised for best results.

PERFECT ADD-ONS



Abhyanga
(Oil Massage)



Swedana
(Steam Therapy)



Kati Basti



Medicinal
Herbal Bath



Yoga &
Pranayama

“Healing is not just
about removing pain,
it's about restoring balance
and vitality.
– Ayurveda



OUR PROMISE

- 100% Authentic Ayurvedic Therapies
- Experienced & Qualified Therapists
- Personalized Care & Attention
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PICHU THERAPY

(AYURVEDIC MEDICATED OIL PACK THERAPY)

SOOTHES • HEALS • REJUVENATES
NATURAL RELIEF • DEEP ACTION • SAFE & EFFECTIVE

Pichu Therapy is an effective Ayurvedic treatment in which medicinal oil or ghee is absorbed in a soft cotton pad and applied over the affected area. It helps in reducing pain, inflammation, wound healing and promotes faster recovery naturally.



NATURAL
HEALING



SOOTHES
PAIN



REDUCES
INFLAMMATION



PROMOTES
WOUND HEALING



IMPROVES
MOBILITY



SAFE &
EFFECTIVE

GENTLE CARE
POWERFUL HEALING
PURE AYURVEDA

BENEFITS OF PICHU THERAPY

- Reduces pain and inflammation
- Promotes faster wound healing
- Relaxes muscles and nerves
- Improves joint mobility
- Beneficial in arthritis and rheumatic conditions
- Soothes skin irritations and burning sensation
- Helps in nerve related disorders
- Nourishes and rejuvenates the tissues
- Safe, natural and non-invasive therapy

HOW PICHU THERAPY IS PERFORMED

- The patient is examined and the affected area is identified.
- Medicinal oil or ghee is selected based on the condition.
- A soft cotton pad is soaked in the medicated oil.
- The pad is gently placed over the affected area.
- It is retained for 30–45 minutes.
- The area is then cleaned and advised proper rest.

Natural Ingredients.
Expert Care.
Lasting Relief.

IDEAL FOR

- Joint pain and arthritis
- Muscle stiffness and sprain
- Back pain and neck pain
- Sciatica and nerve pain
- Wounds, ulcers and burns
- Skin diseases (Eczema, Psoriasis)
- Tendonitis and bursitis
- Post injury recovery
- Neurological conditions
- General inflammation

THE POWER OF AYURVEDA

Pichu Therapy uses the healing power of medicated oils and herbs to penetrate deep into the tissues, reduce pain, heal from within and restore balance naturally.



COMMON OILS USED



MAHANARAYANA
TAILA



DASAMOOALA
TAILA



KSHIRABALA
TAILA



SAHACHARADI
TAILA



NEELIBHRINGADI
TAILA

INDICATIONS



Pain &
Inflammation



Muscle
Disorders



Skin
Disorders



Wound
Healing

AFTER CARE



Rest Well



Avoid Heavy
Exertion



Drink Warm
Water



Light
Sattvic Diet



Follow Doctor's
Advice



GENTLE TOUCH. DEEP HEALING. NATURAL RELIEF.
EXPERIENCE AUTHENTIC AYURVEDA.



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MEDITATION



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LIFESTYLE



VEDIC MANTRA
CHANTING



WELLNESS
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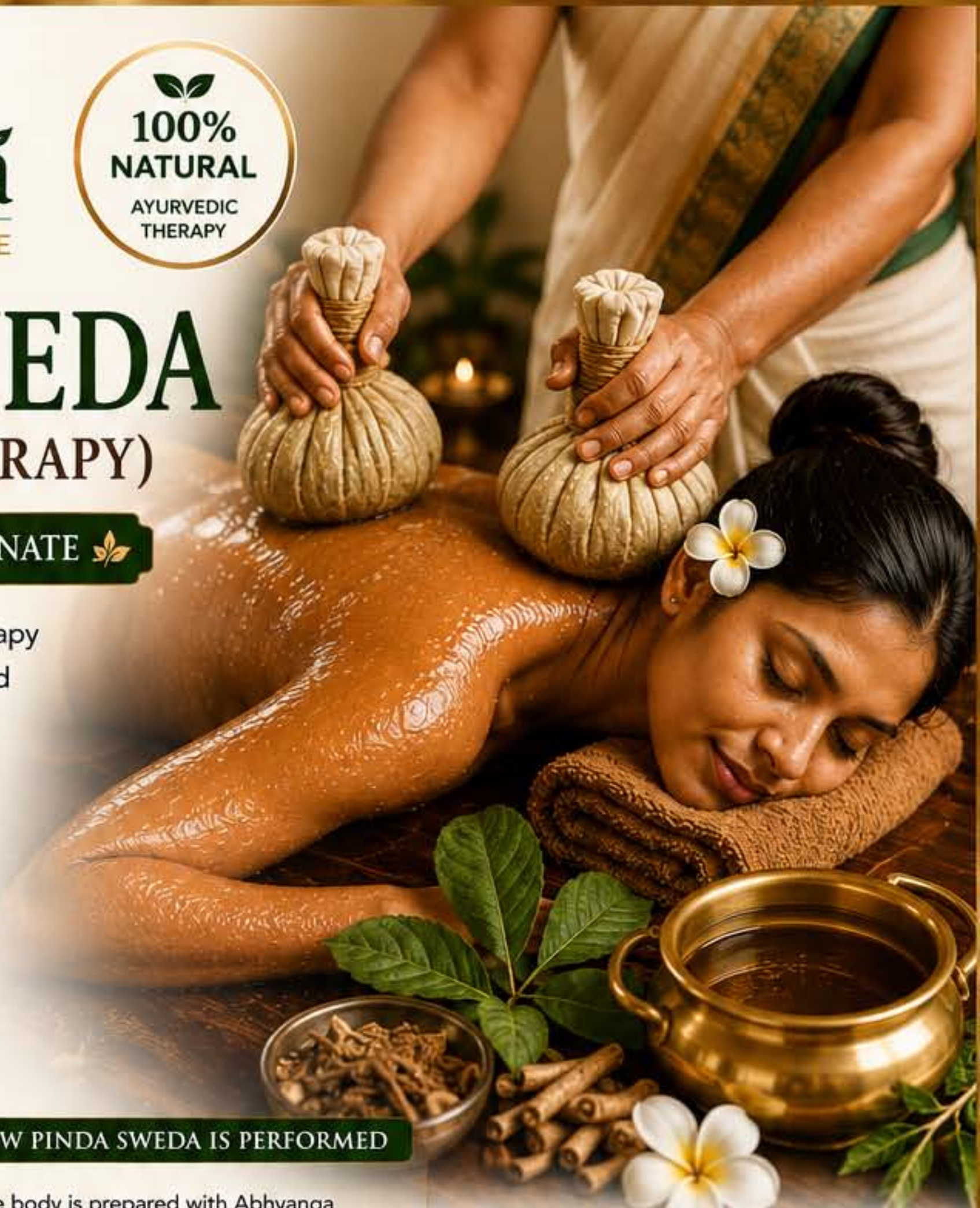


PINDA SWEDA

(HERBAL BOLUS THERAPY)

RELIEVE • NOURISH • REJUVENATE

Pinda Sweda is a traditional Ayurvedic therapy in which boluses (Pinda) made of medicated herbs, rice or powders are dipped in warm medicated oil or decoction and gently massaged over the entire body. It helps relieve pain, nourish tissues, improve circulation, strengthen muscles and promote overall rejuvenation.



BENEFITS OF PINDA SWEDA

- Relieves chronic pain, stiffness and inflammation
- Strengthens muscles, bones and joints
- Improves blood circulation and lymphatic flow
- Nourishes tissues and promotes healing
- Reduces stress, fatigue and anxiety
- Detoxifies the body and boosts immunity
- Promotes deep relaxation and restful sleep
- Enhances vitality, stamina and overall well-being
- Improves skin tone and natural glow

HOW PINDA SWEDA IS PERFORMED

- The body is prepared with Abhyanga (oil massage) and mild steam (Swedana).
- Herbal boluses (made of rice, herbs or powders) are prepared in warm medicated oil/decoction.
- The boluses are gently massaged all over the body in a rhythmic manner.
- Extra focus is given to painful areas, joints and muscles.
- The heat and herbal properties penetrate deep into tissues.
- The therapy continues for 45–60 minutes.
- After the therapy, a warm bath is recommended.

IDEAL FOR

- Joint pain, arthritis & rheumatism
- Back pain, neck & shoulder pain
- Muscle stiffness & spasms
- Sports injuries & sprains
- Stress, fatigue & burnout
- Poor circulation & cold extremities
- Post illness & post surgery recovery
- General debility & weakness

THE POWER OF HERBS

Pinda Sweda combines the goodness of Ayurvedic herbs and the healing touch to balance the body, calm the mind and rejuvenate the soul.



INDICATIONS

- Joint Pain & Arthritis
- Muscle Stiffness
- Back, Neck Pain
- Stress & Fatigue
- Poor Circulation
- Sports Injuries
- Post Surgery Recovery

HERBS COMMONLY USED IN PINDA SWEDA

- Dashamoola
- Bala
- Nirgundi
- Rasna
- Eranda (Castor)
- Ashwagandha
- Triphala

HEAL YOUR BODY. RELIEVE PAIN. RESTORE BALANCE.
EXPERIENCE THE HEALING TOUCH OF PINDA SWEDA.

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THERAPIES



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YOGA &
MEDITATION



SATTVIC DIET &
LIFESTYLE



VEDIC MANTRA
CHANTING



WELLNESS
RETREATS

PISHTI

(Ayurvedic Calcined Mineral Therapy)

PURE • SUBTLE • POTENT
CALCINED MINERAL PREPARATIONS
FOR DEEP HEALING & REJUVENATION

Pishti is a unique Ayurvedic process of purification and calcination of minerals and metals into extremely fine, soft, bioavailable forms using traditional methods and herbal media. These preparations are used in minute doses to balance doshas, treat chronic diseases, rejuvenate tissues and promote longevity.

ULTRA-FINE
BIOAVAILABLE
SAFE & DETOXIFIED
DEEP PENETRATION
ENHANCED
ABSORPTION
LONG-LASTING
RESULTS

BENEFITS

- Deep tissue nourishment & rejuvenation
- Balances all three doshas (Vata, Pitta, Kapha)
- Supports chronic disease management
- Enhances Ojas, immunity & vitality
- Detoxifies body at cellular level
- Improves strength, stamina & endurance
- Promotes healthy aging & longevity
- Safe, effective & easy to assimilate

INDICATIONS

- Weak Immunity
- Chronic Fever
- Anemia
- Asthma & Allergies
- Skin Disorders
- Diabetes (Madhumeha)
- Digestive Disorders
- Liver Disorders
- Arthritis & Joint Pain
- Neurological Disorders
- Heart Disorders
- Eye Disorders
- Urinary Disorders
- General Debility
- Stress, Anxiety & Mental Fatigue

COMMON PISHTI EXAMPLES

- Swarna Pishti – Rejuvenation, Immunity, Vitality & Longevity
- Raupya (Rajata) Pishti – Cooling, Heart & Mind Balance
- Pravala Pishti – Pitta Balance, Acidity & Burning
- Mukta Pishti – Calming, Insomnia, Mental Peace
- Yashada (Zinc) Pishti – Skin Health, Diabetes, Immunity
- Lauha (Iron) Pishti – Anemia, Weakness, Strength
- Abhraka Pishti – Respiratory Health, Rejuvenation & Longevity

THE PISHTI PREPARATION PROCESS



Prepared under strict Ayurvedic guidelines by experienced Vaidyas.

KEY FEATURES

- Extremely fine & soft like powder
- Non-toxic, properly detoxified
- High bioavailability
- Works in micro doses
- Prepared with traditional time-tested methods

ROOTED IN
AYURVEDIC WISDOM

PURE & AUTHENTIC
MINERAL PREPARATIONS

MINUTE DOSE
MAXIMUM EFFECT

SAFE, TESTED &
TRUSTED

HOLISTIC HEALING FOR
BODY, MIND & SOUL

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PIZHICHIL

(OIL BATH THERAPY)

REJUVENATE • NOURISH • HEAL

Pizhichil is a classical Ayurvedic therapy where warm medicated oil is continuously squeezed over the body using herbal-filled boluses. It deeply nourishes the tissues, calms the nervous system and promotes overall well-being.

BENEFITS OF PIZHICHIL



Deeply nourishes the skin, muscles and nerves



Reduces stress, anxiety and promotes relaxation



Relieves joint pain, stiffness and muscle tension



Improves sleep quality and calms the mind



Improves blood circulation and lymphatic flow



Strengthens immunity and vitality



Promotes healthy aging and rejuvenation

HOW PIZHICHIL IS PERFORMED

- 1 The body is prepared with a gentle oil massage (Abhyanga).
- 2 Warm medicated oil is poured on the body.
- 3 The therapist uses boluses filled with herbs to gently squeeze and apply the warm oil all over the body.
- 4 Special attention is given to the head, joints and affected areas.
- 5 Treatment usually lasts 45–60 minutes.
- 6 A warm bath or rest is recommended after the therapy.



TRADITIONALLY BENEFICIAL IN

- ✓ Stress, anxiety and burnout
- ✓ Chronic pain and arthritis
- ✓ Neurological and degenerative disorders
- ✓ Insomnia and fatigue
- ✓ Vata imbalance
- ✓ Overall rejuvenation and longevity

HERBAL OILS USED



Ksheera Bala
Taila



Mahanarayan
Taila



Kottamchukkadi
Taila



Dhanwantharam
Taila



Bala Ashwagandha
Taila

IDEAL FOR



Detoxification



Rejuvenation



Pain Relief



Mental Wellness



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NOURISH YOUR BODY, CALM YOUR MIND, RENEW YOUR SOUL.

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PODIKIZHI (CHOORNA PINDA SWEDA)

RELIEVE • RESTORE • REJUVENATE

Podikizhi, also known as Choorna Pinda Sweda, is a deeply therapeutic Ayurvedic treatment in which medicated herbal powders (Choornas) are tied in a cloth bundle and used to massage the body with warm medicated oil. It helps relieve pain, reduce stiffness, improve mobility, nourish the muscles and rejuvenate the entire body.

BENEFITS OF PODIKIZHI

- Relieves chronic pain, stiffness and inflammation
- Reduces muscle spasms and tension
- Improves blood circulation and lymphatic flow
- Nourishes muscles, bones and connective tissues
- Strengthens joints and improves mobility
- Detoxifies the body and reduces swelling
- Promotes deep relaxation and better sleep
- Boosts immunity and overall vitality
- Nourishes the skin and enhances natural glow

HOW PODIKIZHI IS PERFORMED

- The body is prepared with Abhyanga (oil massage) and mild steam (Swedana).
- Special herbal powders (Choornas) are selected as per the condition.
- The herbal powders are mixed with warm medicated oil and tied in a cotton bundle (Pinda).
- The warm Podikizhi is gently massaged all over the body in a rhythmic manner.
- The heat and medicinal properties penetrate deep into the tissues.
- The therapy continues for 45–60 minutes.
- After the therapy, a warm bath is recommended.

Relieve pain. Restore balance.
Rejuvenate life.

IDEAL FOR

- Joint pain, arthritis & rheumatism
- Back pain, neck pain & shoulder pain
- Muscle stiffness & spasms
- Sports injuries
- Post injury & surgery recovery
- Stress, fatigue & poor circulation
- Degenerative joint disorders
- Sciatica & spondylitis

HERBAL POWDERS USED

A unique blend of powerful Ayurvedic herbs selected for pain relief, anti-inflammatory, detoxifying and rejuvenating properties.

INDICATIONS

- Joint Pain & Arthritis
- Muscle Pain & Stiffness
- Inflammation & Swelling
- Poor Mobility
- Sports Injuries
- Stress & Fatigue
- Sciatica & Weakness

HERBS COMMONLY USED IN PODIKIZHI

- Dashamoola Choorna
- Rasnadi Choorna
- Mahanarayana Choorna
- Sahacharadi Choorna
- Yastimadhu Choorna
- Triphala Choorna

EXPERIENCE THE POWER OF HERBAL HEALING.
RELIEVE PAIN. RESTORE MOBILITY. REJUVENATE YOUR LIFE NATURALLY.

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When the breath moves, the mind moves.
When the breath is calm, the mind is calm and the soul awakens.
– Hatha Yoga Pradipika

PRANAYAMA

THE SCIENCE OF BREATH

BREATHE IN HEALTH, BREATHE OUT STRESS, LIVE IN HARMONY

Pranayama is the ancient yogic science of breath control. It harmonizes the flow of prana (life energy) in the body, calms the mind, and promotes physical, mental and spiritual well-being.



IMPROVES
RESPIRATORY
HEALTH



CALMS
MIND &
REDUCES STRESS



BOOSTS
IMMUNITY



SUPPORTS
HEART
HEALTH



INCREASES
ENERGY &
STAMINA



ENHANCES
FOCUS &
CONCENTRATION



BALANCES
DOSHAS &
EMOTIONS



PROMOTES
INNER PEACE &
WELL-BEING

THE BREATH
IS THE BRIDGE
BETWEEN BODY,
MIND & SOUL

BENEFITS OF PRANAYAMA

- Increases oxygen supply & lung capacity
- Removes toxins & purifies the body
- Reduces stress, anxiety & depression
- Improves memory & mental clarity
- Enhances concentration & focus
- Balances nervous system
- Regulates blood pressure
- Supports heart health
- Improves digestion & metabolism
- Boosts immunity & vitality
- Promotes better sleep
- Balances hormones & emotions
- Enhances pranic flow (life energy)
- Supports overall health & longevity
- Prepares the body for meditation

HOW PRANAYAMA WORKS

- Deep, conscious breathing increases oxygen and life energy.
- It regulates the flow of prana in the nadis (energy channels).
- Balances the sympathetic & parasympathetic nervous system.
- Helps remove blockages and toxins from body & mind.
- Calms the mind and improves mental stability and focus.
- Harmonizes the doshas – Vata, Pitta & Kapha.
- Supports physical, emotional & spiritual well-being.

CONTROL YOUR BREATH,
TRANSFORM YOUR LIFE.

IDEAL FOR

- Stress, anxiety and mental fatigue
- Asthma, allergies & respiratory issues
- High blood pressure
- Heart health & circulation
- Low energy & fatigue
- Poor concentration & memory
- Insomnia & sleep disorders
- Hormonal imbalance (PCOS, Thyroid etc.)
- Digestive disorders
- Athletes & performers
- Spiritual growth & meditation seekers
- All age groups – for better health & inner peace

THE POWER OF AYURVEDA

When Pranayama is combined with Ayurvedic lifestyle, diet, herbs and meditation, it becomes a powerful healing tool that leads to complete wellness of body, mind and soul.



TYPES OF PRANAYAMA



ANULOMA
VILOMA

Balances energy
& calms mind



KAPALABHATI

Cleanses lungs
& energizes
the body



BHASTRIKA

Generates heat
& removes
toxins



BHRAMARI

Relieves stress
& improves
concentration



UJJAYI

Improves focus
& calms the
nervous system



SHEETALI

Cools the body
& calms Pitta
dosha



SHEETKARI

Refreshes the
mind & reduces
heat



SURYA
BHEDANA

Increases body
heat & energy



CHANDRA
BHEDANA

Calms mind &
reduces stress

DAILY PRANAYAMA PRACTICE



PRACTICE TIME
Early morning
on an empty
stomach



SIT COMFORTABLY
Keep spine erect,
& relaxed & steady



BREATH AWARENESS
Observes natural breath
before starting



START SLOWLY
Begin with simple
practices



BE CONSISTENT
Practice daily for
best results



END WITH MEDITATION
Sit quietly and experience
inner calm



BREATHE WITH AWARENESS, LIVE WITH BALANCE, BLOSSOM WITH WELLNESS.
EXPERIENCE AUTHENTIC PRANAYAMA WITH AYURVEDA.



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PANCHAKARMA
THERAPIES



AYURVEDA
TREATMENTS



YOGA &
MEDITATION



SATTVIC DIET &
LIFESTYLE



VEDIC MANTRA
CHANTING



WELLNESS
RETREATS

PRISHTA BASTI

(Oil Retention Therapy for Back)

Prishta Basti is a specialized Ayurvedic therapy in which warm, medicated oil is retained over the back in a well constructed area. This therapy deeply nourishes the muscles, relieves pain, strengthens the spine and improves overall back health.

BENEFITS

-  Relieves Chronic Back Pain & Muscle Stiffness
-  Strengthens Spine & Back Muscles
-  Nourishes Tissues & Joints
-  Improves Mobility & Flexibility
-  Reduces Stress & Anxiety
-  Promotes Deep Relaxation & Better Sleep

INDICATIONS

- ♦ Lower Back Pain
- ♦ Sciatica
- ♦ Lumbar Spondylosis
- ♦ Muscle Spasm
- ♦ General Weakness
- ♦ Post Delivery Back Pain
- ♦ Rehabilitation Therapy
- ♦ Vata Disorders

100% NATURAL
MEDICATED OILS

EXPERT &
EXPERIENCED
THERAPISTS

SAFE, GENTLE
& EFFECTIVE
THERAPY

AUTHENTIC
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PRISHTA BASTI

(AYURVEDIC BACK THERAPY)

✿ NOURISHES • STRENGTHENS • REJUVENATES ✿
RELIEVES PAIN • RESTORES MOBILITY

Prishta Basti is a deeply nourishing Ayurvedic therapy in which warm medicated oil is retained over the lower back within a specially prepared dam. It strengthens the muscles and nerves of the back, relieves pain, improves mobility and rejuvenates the spine.

Ancient Wisdom
Lasting Relief
Natural Healing



BENEFITS OF PRISHTA BASTI

- Relieves lower back pain and stiffness
- Strengthens muscles, nerves and ligaments of the back
- Improves spinal flexibility and mobility
- Nourishes the tissues and promotes regeneration
- Helps in sciatica, spondylitis, disc problems
- Reduces inflammation and swelling
- Relaxes the nervous system and reduces stress
- Enhances overall strength and vitality

HOW PRISHTA BASTI IS PERFORMED

- The patient is examined and the lower back area is prepared.
- A soft dough dam is made on the back to hold the medicated oil.
- Warm medicated oil is poured into the dam and retained.
- The oil is kept warm throughout the therapy.
- The oil is retained for 30–45 minutes.
- The oil is removed and the area is gently massaged.
- Rest and a light diet are advised after the therapy.

Heal the Root.
Strengthen the Back.
Live Pain-Free.

IDEAL FOR

- Lower back pain
- Sciatica and slipped disc
- Spondylosis and spondylitis
- Muscle spasms and stiffness
- Chronic lumbar pain
- Weak back and fatigue
- Post injury recovery
- Post pregnancy back weakness
- Stress related back pain
- Degenerative spine conditions

THE POWER OF AYURVEDA

Prishta Basti rejuvenates the back naturally, strengthens the spine, nourishes the nerves and restores balance for a pain-free life.



HERBS COMMONLY USED IN OIL



INDICATIONS



AFTER CARE



STRONG BACK. STRONG LIFE. HEAL NATURALLY.
EXPERIENCE AUTHENTIC AYURVEDIC HEALING.

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RAKTAMOKSHANA

(Ayurvedic Blood Purification Therapy)

**ANCIENT AYURVEDIC THERAPY
FOR PURIFYING BLOOD &
RESTORING HEALTH**

Raktamokshana is a powerful Ayurvedic therapy that helps to purify impure blood (Dushta Rakta) from the body. It is highly effective in treating skin disorders, inflammation, pain, and many chronic conditions. It promotes natural healing, improves circulation, and restores balance.

**PURIFIES BLOOD
RELIEVES PAIN
TREATS SKIN
DISORDERS
PROMOTES
HEALING**

BENEFITS

-  Purifies impure blood (Dushta Rakta)
-  Effective in skin disorders like Psoriasis, Eczema, Acne & Urticaria
-  Reduces inflammation, swelling & pain
-  Relieves joint pain, arthritis & muscle aches
-  Improves circulation & detoxifies the body
-  Supports healing of chronic wounds
-  Balances Pitta & Rakta Dosha
-  Enhances overall health, vitality & immunity

INDICATIONS

-  Skin Diseases (Psoriasis, Eczema, Acne, Urticaria)
-  Chronic Fever
-  Joint Pain & Arthritis
-  Migraine & Headache
-  Hypertension
-  Varicose Veins
-  Inflammation & Swelling
-  Allergic Disorders
-  Fibromyalgia
-  Non-healing Ulcers
-  Toxic Skin Conditions
-  Pitta & Rakta Disorders

TYPES OF RAKTAMOKSHANA

-  Siravedha (Venesection)
-  Jalaukavacharana (Leech Therapy)
-  Shringavacharana (Horn Method)
-  Alabu (Cupping)
-  Prachchhana (Scarification)

HOW RAKTAMOKSHANA IS DONE



Note: Therapy is done by experienced Ayurvedic doctors under sterile conditions.

Therapy is performed with classical care & herbal support

Neem • Manjistha
Turmeric • Triphala
Guduchi • Haridra
Aloe Vera • Sariva
& more


**100% NATURAL
AYURVEDIC THERAPY**


**SAFE, GENTLE &
EFFECTIVE**


**EXPERT & EXPERIENCED
AYURVEDIC DOCTORS**


**DETOXIFIES &
REJUVENATES**


**HOLISTIC HEALING FOR
BODY, MIND & SOUL**

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RASAKRIYA

(Ayurvedic Bio-Alchemical Therapy)

ANCIENT AYURVEDIC ALCHEMICAL
THERAPY FOR REJUVENATION,
VITALITY & LONGEVITY

Rasakriya is an advanced Ayurvedic bio-alchemical therapy that involves the purification, combination and activation of herbo-mineral preparations through precise processes to enhance their potency and bioavailability. It helps in rejuvenation, improves immunity, strengthens tissues, promotes longevity and restores balance at the cellular level.

REJUVENATES BODY
& MIND
ENHANCES OJAS
DETOXIFIES &
STRENGTHENS
PROMOTES LONGEVITY
& VITALITY

BENEFITS

- Rejuvenates & revitalizes body and mind
- Enhances Ojas, Tejas & overall vitality
- Strengthens immunity & disease resistance
- Detoxifies at deep cellular level
- Improves memory, concentration & clarity
- Promotes healthy aging & longevity
- Balances doshas & supports overall well-being
- Improves digestion, metabolism & energy

INDICATIONS

- Chronic Fatigue & Weakness
- Low Immunity
- Stress, Anxiety & Mental Fatigue
- Premature Aging
- Digestive Disorders
- Respiratory Disorders
- Joint Pain & Arthritis
- Skin Disorders
- Neurological Disorders
- Reproductive Weakness
- Post-illness Recovery
- General Debility
- Detoxification & Rejuvenation

KEY ELEMENTS USED

- Rasa (Mercurial Preparations)
- Parada (Purified Mercury)
- Gandhaka (Purified Sulphur)
- Maharasa & Upadhatu Bhasma
- Herbal Extracts & Juices
- Kalka (Herbal Paste)
- Specialized Heating & Activation Processes

HOW RASAKRIYA IS DONE

1. Raw materials selection
2. Purification (Shodhana)
3. Trituration & Mixing
4. Heating & Activation
5. Chemical Transformation
6. Final preparation of Rasayana
7. Quality testing & Therapeutic use

Prepared under strict Ayurvedic Guidelines by experienced Vaidyas.

THERAPEUTIC FORMS

- Rasaushadhi (Herbo-mineral medicines)
- Bhasma (Calcinated preparations)
- Guggulu (Medicated Resins)
- Rasayana (Rejuvenative Formulations)
- Vati / Tablets / Churna / Avaleha



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TRAVEL AND TOURISM
Soulful Journeys
Meaningful Experiences

**Best
Care**
A Step Towards
Better Health

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Connecting with Inner God

RASAYANA THERAPY

(Ayurvedic Rejuvenation & Rejuvenative Therapy)

THE SCIENCE OF REJUVENATION
FOR LONGEVITY, VITALITY,
IMMUNITY AND INNER RADIANCE

Rasayana Therapy is a holistic Ayurvedic rejuvenation therapy that nourishes the body, mind and soul. It enhances immunity, strengthens Dhatus (tissues), improves mental clarity, delays aging and promotes longevity. It helps in restoring balance and brings lasting health, happiness and vitality.

REJUVENATES BODY
& MIND
BOOSTS IMMUNITY
DELAYS AGING
ENHANCES STAMINA
& STRENGTH
PROMOTES LONGEVITY
& INNER GLOW

BENEFITS

- Rejuvenates body, mind and spirit
- Boosts immunity and disease resistance
- Improves strength, stamina and endurance
- Enhances memory, intellect and mental clarity
- Nourishes all Dhatus (tissues) and balances Doshas
- Delays aging and promotes longevity
- Improves complexion, youthful glow and vitality
- Reduces stress, fatigue and burnout
- Improves reproductive health and vitality
- Supports overall well-being and quality of life

KEY RASAYANA HERBS & INGREDIENTS

- | | |
|---|---|
|  AMLA
(<i>Emblica officinalis</i>)
– Powerful antioxidant, rejuvenates & nourishes all Dhatus |  BRAHMI
(<i>Bacopa monnieri</i>)
– Improves memory, intellect & mental clarity |
|  ASHWAGANDHA
(<i>Withania somnifera</i>)
– Builds strength, stamina & vitality |  YASHTIMADHU
(<i>Glycyrrhiza glabra</i>)
– Nourishes, soothes & strengthens |
|  GUDUCHI
(<i>Tinospora cordifolia</i>)
– Immunity booster, detoxifies & rejuvenates |  HARITAKI
(<i>Terminalia chebula</i>)
– Rejuvenates, cleanses & balances Doshas |
|  SHATAVARI
(<i>Asparagus racemosus</i>)
– Rejuvenates reproductive tissues & nourishes |  GHEE, HONEY, MILK & HERBAL PREPARATIONS
– Acts as a carrier, enhances absorption & potency |

THERAPIES & FORMULATIONS USED

- Rasayana Churna & Avaleha (Lehyam)
- Medicated Ghee (Ghrita)
- Herbal Decoctions (Kashaya)
- Rasayana Yoga (Herbal Combinations)
- Abhyanga with Rasayana Oils
- Shirodhara with Medicated Oils
- Panchakarma followed by Rasayana
- Rejuvenative Diet & Lifestyle Guidance
- Yoga, Pranayama & Meditation
- Sleep & Stress Management

WHO CAN BENEFIT?

- People with low immunity, frequent illness & fatigue
- Those seeking better stamina, strength & vitality
- Individuals under stress, anxiety or mental fatigue
- Anyone looking to delay aging & improve quality of life
- Elderly people for healthy aging
- Athletes & high performers
- People recovering from illness



HOW RASAYANA THERAPY WORKS

- Assessment of Prakriti & Health Status
- Detoxification & Body Purification
- Administration of Rasayana Herbs & Medicines
- Nourishment of Dhatus & Strength Enhancement
- Mental & Emotional Rejuvenation
- Vitality, Longevity & Youthful Radiance

KEY FEATURES

- 100% Natural & Ayurvedic
- Personalized Treatment
- Holistic Rejuvenation
- Safe, Gentle & Effective
- Suitable for all age groups
- Improves quality of life



REJUVENATES
BODY & MIND

ENHANCES
IMMUNITY

DELAYS AGING &
PROMOTES LONGEVITY

IMPROVES STAMINA
& STRENGTH

BOOSTS MENTAL
CLARITY & MEMORY

PROMOTES INNER GLOW
& WELL-BEING

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RASAYANA THERAPY

THE SCIENCE OF REJUVENATION

Rejuvenate • Revitalize • Renew

ANCIENT WISDOM FOR MODERN LIFE

Rasayana is the unique Ayurvedic science of rejuvenation that nourishes the body, mind and soul, promotes longevity and enhances overall well-being.



PROMOTES
LONGEVITY



BOOSTS
IMMUNITY



ENHANCES
MEMORY



REDUCES
STRESS



IMPROVES
STRENGTH



IMPROVES
SKIN & GLOW



BALANCES
MIND & BODY



DETOXIFIES
& REJUVENATES

REJUVENATE
NOURISH
STRENGTHEN
LIVE LONG & STRONG

BENEFITS OF RASAYANA THERAPY

- Promotes healthy aging and longevity
- Improves vitality, strength & stamina
- Enhances immunity and disease resistance
- Improves memory, concentration and mental clarity
- Nourishes tissues and optimizes body functions
- Reduces stress, anxiety and fatigue
- Improves sleep and overall well-being
- Enhances complexion and skin health
- Supports reproductive health
- Detoxifies the body at a cellular level
- Restores balance and promotes a joyful life

HOW RASAYANA THERAPY IS DONE

- Detailed consultation and assessment of body & mind.
- Personalized diet and lifestyle guidance (Aahara & Vihara).
- Internal Rasayana medicines – Chyavanprash, Herbal tonics, Avaleha, Ghritas, etc.
- External therapies – Abhyanga (oil massage), Shirodhara, and Rejuvenating treatments.
- Yoga, Pranayama, Meditation & positive routines.
- Regular follow-up and adjustments for best results.

NOURISH TODAY,
REJUVENATE FOR A LIFETIME.

INDICATIONS

- Premature aging
- Weak immunity / Frequent illnesses
- Stress, anxiety, mental fatigue
- Low energy and stamina
- Poor memory and concentration
- Post-illness weakness
- Chronic fatigue
- Skin dullness and wrinkles
- Reproductive weakness
- General debility and convalescence
- For healthy, long and active life

THE POWER OF AYURVEDA

Rasayana Therapy works at the root level to rejuvenate your body, mind and soul, bringing harmony, health and happiness.



TRADITIONAL RASAYANA FORMULATIONS



CHYAVANPRASH



AMALAKI



BRAHMI



ASHWAGANDHA



SHATAVARI



GUDUCHI



HARITAKI



BHRINGRAJ

A HOLISTIC APPROACH FOR COMPLETE WELLNESS



SATTVIC DIET
Nourishing food for
body & mind



YOGA & PRANAYAMA
Strengthen body,
calm the mind



MEDITATION
Inner peace,
mental clarity



POSITIVE LIFESTYLE
Dinacharya &
Ritucharya



HERBAL SUPPORT
Natural herbs for
deep healing



REJUVENATE THE BODY. NOURISH THE MIND. ELEVATE THE SOUL.
EXPERIENCE AUTHENTIC AYURVEDIC HEALING.



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TREATMENTS



YOGA &
MEDITATION



SATTVIC DIET &
LIFESTYLE



VEDIC MANTRA
CHANTING



WELLNESS
RETREATS

RELAXATION THERAPY

REST YOUR BODY, CALM YOUR MIND,
RENEW YOUR SOUL.



Relaxation Therapy in Ayurveda is a holistic healing approach that helps release stress, soothe the nervous system, balance the doshas and bring harmony to body, mind and spirit.



RELAXATION
IS NOT A LUXURY,
IT IS A NECESSITY
FOR HEALING,
HAPPINESS &
LONGEVITY.

BENEFITS OF RELAXATION THERAPY



Reduces Stress
& Anxiety



Calms the Mind
& Emotions



Improves Sleep
Quality



Balances
Doshas



Supports Heart
Health



Boosts Immunity
& Vitality



Enhances Focus
& Clarity



Promotes Inner
Peace & Happiness

RELAXATION THERAPY TECHNIQUES



Abhyanga (Oil Massage)
Nourishes the body, calms the nerves
and promotes deep relaxation.



Shirodhara
A gentle stream of warm oil on the forehead
relaxes the mind and improves sleep.



Padabhyanga (Foot Massage)
Relaxes the entire body through the reflex
points in the feet.



Nadi Shodhana Pranayama
Balances the breath and calms the
nervous system.



Yoga Nidra (Yogic Sleep)
Guided relaxation that brings deep rest
to body and mind.



OM Chanting & Meditation
Soothes the mind and creates inner stillness.

WHO CAN BENEFIT?

- People with stress, anxiety
& mental fatigue
- Insomnia and sleep disorders
- High blood pressure
& heart stress
- Students and working
professionals
- Elderly and convalescents
- Anyone seeking peace,
balance & rejuvenation



HOW IT WORKS



Activates the parasympathetic
nervous system (rest & digest mode)



Reduces cortisol (stress hormone)



Improves circulation & oxygen flow



Relaxes muscles & releases tension



Restores energy and promotes
natural healing



Brings balance to body, mind
and emotions

DAILY RELAXATION TIPS

- Take 10 minutes daily to sit in silence
- Practice deep breathing or Nadi Shodhana
- Listen to soothing music or nature sounds
- Take warm oil massage once a week
- Switch off gadgets before sleep
- Go to bed early and wake up with gratitude

When you relax,
you allow your body to heal,
your mind to clear,
and your soul to shine.
– Ayurveda



RELAX DEEPLY. HEAL NATURALLY. LIVE HARMONIOUSLY.
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RITUCHARYA (SEASONAL REGIMEN)

LIVE IN HARMONY WITH NATURE,
STAY HEALTHY ALL YEAR ROUND



Ritucharya is the Ayurvedic wisdom of adapting our diet, lifestyle and daily routine according to the changing seasons. It keeps the Doshas balanced, boosts immunity, prevents diseases and promotes longevity.

ADAPT
TO THE SEASONS,
ALIGN WITH
NATURE,
AND THRIVE
IN HEALTH.

THE SIX SEASONS & HOW TO LIVE IN BALANCE



VASANTA SPRING (Feb – Apr)

Dosha Increase:
Kapha
Qualities: Heavy,
Cold, Moist

What to Do:

- Light, warm, dry diet
- Honey, barley, green leafy vegetables
- Exercise, dry massage (Udvardhana)
- Avoid day sleep, cold & oily foods



GRISHMA SUMMER (May – Jun)

Dosha Increase:
Pitta
Qualities: Hot,
Light, Dry

What to Do:

- Cool, hydrating foods
- Sweet, bitter, astringent taste
- Coconut water, milk, ghee, fruits
- Avoid overexertion, spicy, sour & salty foods



VARSHA MONSOON (Jul – Aug)

Dosha Increase:
Vata
Qualities: Cold,
Moist, Unstable

What to Do:

- Warm, light, easy to digest food
- Soups, ghee, rock salt, ginger, garlic
- Keep body warm & dry
- Avoid raw foods, salad, cold drinks



SHARAD AUTUMN (Sep – Oct)

Dosha Increase:
Pitta
Qualities: Hot,
Light, Sharp

What to Do:

- Cooling, mildly sweet, bitter foods
- Rice, ghee, sweet fruits, leafy greens
- Moonlight, meditation, pranayama
- Avoid spicy, oily, alcohol & sun exposure



HEMANTA EARLY WINTER (Nov – Dec)

Dosha Increase:
Kapha
Qualities: Cold,
Heavy, Stable

What to Do:

- Nourishing, unctuous, warming foods
- Ghee, sesame, nuts, meat soup, jaggery
- Oil massage, strength training
- Avoid excessive sleep, cold foods



SHISHIRA LATE WINTER (Jan – Feb)

Dosha Increase:
Vata
Qualities: Cold,
Dry, Mobile

What to Do:

- Warm, moist, oily foods
- Sesame oil, soups, steamed foods
- Abhyanga (oil massage)
- Avoid fasting, dry & cold foods

DAILY RITUCHARYA ESSENTIALS

- Wake up with the natural rhythm of the season
- Adapt food, activities, clothing & sleep
- Follow Dinacharya (daily routine) consistently
- Keep the Agni (digestive fire) strong
- Stay in harmony with body, mind & nature

BENEFITS OF RITUCHARYA

- Balances Doshas Naturally
- Improves Immunity
- Prevents Seasonal Disorders
- Enhances Digestion & Energy
- Promotes Longevity & Vitality
- Supports Mental Well-being
- Brings Harmony with Nature

AYURVEDIC GUIDELINES

- Eat according to season
- Dress according to climate
- Perform seasonal cleansing when needed
- Listen to your body's signals
- Avoid extremes in eating, sleeping & activities
- Respect nature, protect health

When we align with the
seasons, nature nurtures us.
When we resist,
disease persists.
– Ayurveda



FOLLOW RITUCHARYA, STAY BALANCED IN EVERY SEASON,
AND EXPERIENCE HEALTH, HAPPINESS & LONG LIFE.

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Live with
the Seasons,
Live Healthy.
– Ayurveda



RITUCHARYA SEASONAL REGIMEN

LIVE IN HARMONY WITH NATURE

ANCIENT AYURVEDIC WISDOM FOR YEAR-ROUND HEALTH

Ritucharya is the Ayurvedic seasonal regimen that guides us to adjust our diet, lifestyle and daily routine according to the rhythm of nature for perfect health, balance and longevity.

Nature
Changes...
So Should
Our Lifestyle.



Balances
Doshas



Boosts
Immunity



Prevents
Diseases



Enhances
Mental Clarity



Promotes
Longevity



Ensures
Holistic Well-being

THE SIX SEASONS (RITU) IN AYURVEDA

VASANTA
(Spring)



Mar – Apr

Kapha increases

- Light, warm, dry food
- Honey, barley, green gram, leafy greens
- Exercise & detox
- Avoid heavy, cold, sweet foods

GRISHMA
(Summer)



May – Jun

Vata increases

- Cooling, hydrating food
- Coconut water, fruits, milk, ghee
- Rest & stay cool
- Avoid extreme heat, unnecessary exertion

VARSA
(Monsoon)



Jul – Aug

Vata aggravates
due to weak digestion

- Warm, light, easily digestible food
- Ginger, pepper, herbal teas
- Keep body warm & dry
- Avoid raw food & excess water exposure

SHARAD
(Autumn)



Sep – Oct

Pitta increases

- Cooling, mildly sweet & bitter food
- Amla, ghee, coconut, leafy greens
- Enjoy moonlight
- Avoid spicy, sour, fried foods

HEMANTA
(Early Winter)



Nov – Dec

Vata calms, Agni strong

- Nourishing, unctuous food
- Milk, ghee, nuts, whole grains
- Abhyanga (oil massage)
- Exercise more
- Enjoy wholesome, warm meals

SHISHIRA
(Late Winter)



Jan – Feb

Kapha increases

- Warm, light, dry food
- Honey, ginger, pepper, garlic
- Regular exercise
- Avoid excessive sleep and heavy foods

BENEFITS OF RITUCHARYA

- Keeps the body in natural balance
- Strengthens immunity in all seasons
- Prevents seasonal diseases
- Improves digestion and metabolism
- Enhances energy, clarity and mood
- Promotes long, healthy and happy life

KEY PRINCIPLES

- Align diet, lifestyle & activities with the season
- Eat fresh, seasonal & local foods
- Follow nature's daily and seasonal rhythm
- Keep body, mind and environment in harmony
- Respect the changing qualities of time, place and climate

“Right Life at the Right Season
is the Secret of Perfect Health.”

SEASONAL LIFESTYLE ESSENTIALS



EAT
SEASONAL
FOODS



DRINK
HERBAL TEAS
& WARM WATER



PRACTICE
YOGA &
PRANAYAMA



USE NATURAL
OILS (ABHYANGA)



GET QUALITY
SLEEP



SPEND TIME
IN NATURE



STAY POSITIVE
& STRESS FREE

By following Ritucharya, Ayurveda helps you stay healthy, energetic and radiant throughout the year — naturally.



Live with the Seasons, Live with Balance, Live with Ayurveda.

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MOTHER EARTH
TRAVEL AND TOURISM
Explains, Captures, Embraces Diversity



Best
Care
Your Wellness Partner



goditsyou.net
Connecting with Inner God



PANCHAKARMA
THERAPIES



AYURVEDA
TREATMENTS



YOGA &
MEDITATION



AYURVEDIC DIET &
LIFESTYLE



VEDIC MANTRA
CHANTING



WELLNESS
RETREATS



ॐ
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SADVRITTA

(Code of Right Conduct)

THE ART OF RIGHT LIVING
FOR A HEALTHY, HAPPY &
HARMONIOUS LIFE

Sadvritta
is the key to
prevention of
diseases and
promotion of
longevity, happiness
& inner peace.



Sadvritta is the daily code of conduct recommended by Ayurveda for a balanced body, pure mind, peaceful soul and a meaningful life.

THE PRINCIPLES OF SADVRITTA



RESPECT YOURSELF

Value your body, mind and soul.



HARMONY WITH NATURE

Live in tune with seasons and natural rhythms.



RIGHT THINKING & SPEECH

Think positively, speak truthfully and kindly.



HEALTHY HABITS EVERYDAY

Follow daily routines that nourish body and mind.



GOOD RELATIONSHIPS

Build love, compassion and respect in all relationships.



SELF-CONTROL & DISCIPLINE

Control the senses, emotions and desires.



SPIRITUAL AWARENESS

Cultivate gratitude, humility and faith in the divine.



DAILY CONDUCT (DINACHARYA)

- ✓ Wake up early (Brahma Muhurta)
- ✓ Cleanliness of body, mind & surroundings
- ✓ Oil massage (Abhyanga) & exercise
- ✓ Bath and wear clean clothes
- ✓ Eat fresh, sattvic & seasonal food
- ✓ Work with dedication and honesty
- ✓ Take adequate rest and sleep on time



DO'S OF SADVRITTA

- ✓ Speak the truth & be gentle in speech
- ✓ Think good & have positive intentions
- ✓ Respect elders, teachers & all beings
- ✓ Feed the hungry & help those in need
- ✓ Keep your senses under control
- ✓ Be grateful, content & kind
- ✓ Follow moral values & ethics
- ✓ Protect nature & all living beings



A right lifestyle today ensures a disease-free tomorrow.



DON'TS OF SADVRITTA

- ✗ Do not lie, cheat or harm others
- ✗ Do not speak harsh or unnecessary words
- ✗ Do not indulge in alcohol, tobacco, drugs or addictions
- ✗ Do not overeat, undereat or eat junk food
- ✗ Do not suppress natural urges
- ✗ Do not stay up late or sleep in the day
- ✗ Do not get angry, jealous or selfish

SADVRITTA & AYURVEDA

Ayurveda says, "Swasthasya Swasthya Rakshanam," Aturasya Vikara Prashamanam."

Sadvritta helps in maintaining health of healthy people and prevents the diseased from getting worse by following right conduct.



BENEFITS OF SADVRITTA



Prevents diseases



Enhances immunity



Improves digestion



Promotes mental peace



Increases longevity



Builds strong relationships



Brings prosperity and happiness



Leads to spiritual growth

WHO SHOULD FOLLOW?

Everyone – irrespective of age, gender or profession.

Sadvritta is for students, professionals, homemakers, elders and children – anyone who wishes to live a healthy, meaningful and joyful life.



CHOOSE SADVRITTA. CHOOSE A LIFE OF BALANCE, PURPOSE AND WELL-BEING.



LIVE RIGHT. LIVE LIGHT.
LIVE AYURVEDA.



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SANKALPA THERAPY

THE POWER OF DIVINE INTENTION

A Positive Resolve.
A Powerful Transformation.
A Purposeful Life.



Sankalpa Therapy in Ayurveda is the science of setting a pure, positive and divinely aligned intention. It reprograms the mind, strengthens willpower, and aligns our actions with our higher purpose for healing and success.

BENEFITS OF SANKALPA THERAPY



Brings Mental
Clarity & Focus



Strengthens
Willpower



Reduces Stress
& Anxiety



Boosts Immunity
& Vitality



Helps Achieve
Goals



Enhances Self
Discipline



Promotes Inner
Peace & Calm



Creates Positive
Transformation

AYURVEDIC VIEW

- ✓ The mind (Manas) is influenced by Sattva, Rajas and Tamas.
- ✓ Sankalpa increases Sattva (purity, clarity), which reduces Rajas (restlessness) and Tamas (inertia).
- ✓ A strong and pure Sankalpa aligns your mind, body, emotions and actions with Dharma (higher purpose).
- ✓ It is a powerful tool for healing, success, self-growth and spiritual evolution.



HOW SANKALPA WORKS



Conscious Intention
A clear, positive and meaningful resolve.



Subconscious Programming
The Sankalpa is gently planted in the subconscious mind.



Energy Alignment
The mind, emotions and prana align towards the intention.



Inspired Action
You are guided to take aligned actions effortlessly.



Manifestation
The intention manifests as positive results in life.

HOW TO PRACTICE (STEP BY STEP)

- 1 Sit in a quiet, peaceful place.
- 2 Relax the body and calm the breath.
- 3 Connect with your heart and higher self.
- 4 Think of your intention (Sankalpa) in the present tense, positive and short.
- 5 Repeat it mentally with feeling and devotion 3, 9 or 108 times.
- 6 Let it sink deep into your mind.
- 7 Release and trust the Divine.
- 8 Practice daily with Faith, Gratitude and Consistency.



TIPS FOR A POWERFUL SANKALPA

- ✓ Keep it short, simple and positive
- ✓ Use present tense (e.g., I am healthy, I am peaceful)
- ✓ Make it meaningful and achievable
- ✓ Align with Dharma and higher good
- ✓ Repeat daily with devotion and feeling
- ✓ Visualize and feel the result
- ✓ Be patient, consistent and trust the Divine



EXAMPLES OF SANKALPA

- ✓ I am healthy, strong and full of energy.
- ✓ I am calm, peaceful and centered.
- ✓ I am happy, grateful and abundant.
- ✓ I am successful in all my endeavors.
- ✓ I am worthy of love, health and happiness.



BEST TIME FOR SANKALPA

-  Brahma Muhurta (4:00 AM – 6:00 AM)
-  Sunrise Time (After Bath)
-  Before Sleep (Night)

Consistency is the key to transformation.



WHO CAN BENEFIT?

- ✓ People with stress, fear & confusion
- ✓ Students & professionals
- ✓ People seeking health & healing
- ✓ Those desiring success & prosperity
- ✓ Anyone on a journey of self-improvement



*"As you think, so shall you be.
As your Sankalpa, so shall be your life.
Make your Sankalpa pure,
and your life will be divine."
– Ayurveda*

A STRONG SANKALPA
WITH FAITH AND ACTION
CAN TRANSFORM
YOUR LIFE AND
CREATE MIRACLES.



SET YOUR SANKALPA. ALIGN YOUR ENERGY. TRANSFORM YOUR LIFE.
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The mind is
our greatest friend
and our greatest enemy.
When the mind is
pure, joy follows
like a shadow that
never leaves.
– Ayurveda

SATTVAVAJAYA (MIND THERAPY)

CONQUER THE MIND, FIND INNER PEACE

ANCIENT AYURVEDIC PSYCHO-THERAPY FOR MENTAL WELL-BEING

Sattvavajaya Chikitsa is the Ayurvedic mind therapy that helps us understand our mind, overcome negative emotions, develop positive thinking and attain mental balance, clarity and inner strength. It is the victory of Sattva (purity & wisdom) over Rajas (restlessness) and Tamas (inertia).



CALMS
THE MIND



REDUCES
STRESS & ANXIETY



ENHANCES
EMOTIONAL
BALANCE



IMPROVES FOCUS
& CONCENTRATION



BUILDS MENTAL
STRENGTH
& RESILIENCE



PROMOTES INNER
PEACE & HAPPINESS



SUPPORTS SPIRITUAL
GROWTH

MASTER
YOUR MIND,
MASTER
YOUR LIFE

SATTVAVAJAYA – THE VICTORY OF THE PURE MIND

PRINCIPLES OF SATTVAVAJAYA THERAPY

- Understand the mind and its patterns
- Replace negative thoughts with positive ones
- Control of Rajas (restlessness) and Tamas (inertia)
- Strengthen Sattva (purity, clarity, wisdom)
- Develop self-awareness and self-discipline
- Cultivate courage, patience, memory and will power
- Live with dharma, purpose and gratitude
- Practice meditation, mantra and contemplation

“When the mind becomes calm and pure,
reason is steady and wisdom arises.”
– Charaka Samhita

TECHNIQUES USED

- YUKTI VYAPASHRAYA
Counseling & logical reasoning
- PRATYAVAMARSA
Self-reflection & introspection
- DHYANA (MEDITATION)
Calms and stabilizes the mind
- JAPA & MANTRA CHANTING
Purifies thoughts and emotions
- SATSVIKA AHARA & VIHARA
Pure diet, good company & habits
- ACHARA RASAYANA
Right conduct for mental rejuvenation
- BHAGAVAT SMARANA
Remembrance of the Divine

HELPS IN MANAGING

- Stress, anxiety & depression
- Fear, anger & irritability
- Overthinking & mental restlessness
- Lack of confidence & self-esteem
- Grief, emotional trauma & sadness
- Addictions & unwanted habits
- Insomnia & disturbed sleep
- Low concentration & memory
- Relationship & family problems
- Spiritual emptiness & confusion

A calm mind brings inner strength,
clear decisions and a joyous life.”

DAILY PRACTICES FOR A STRONG MIND

- WAKE UP
EARLY
- MEDITATION
15-20 MIN
- MANTRA
CHANTING
- GRATITUDE
JOURNAL
- READ
SPIRITUAL
BOOKS
- SATTVIC
DIET
- SELF
REFLECTION
- SLEEP
ON TIME

Discipline the mind today, enjoy a peaceful and purposeful life forever.

SIGNS OF A BALANCED MIND

- Calm in all situations
- Positive thinking & joyful heart
- Compassion & forgiveness
- Clear understanding & good memory
- Healthy relationships
- Self-control & patience
- Fearlessness & confidence
- Contentment & gratitude

THE SATTVIKA JOURNEY – A TRANSFORMATION WITHIN



Victory over the
mind is the greatest
victory of all.
– Ayurveda



A PURE MIND IS THE FOUNDATION OF A HEALTHY BODY, HAPPY LIFE AND HIGHER CONSCIOUSNESS.
EXPERIENCE AUTHENTIC AYURVEDIC MIND THERAPY WITH OM AYURVEDA.



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THERAPIES



AYURVEDA
TREATMENTS



YOGA &
MEDITATION



AYURVEDIC DIET &
LIFESTYLE



VEDIC MANTRA
CHANTING



WELLNESS
RETREATS

SATVAVAJAYA CHIKITSA

(Ayurvedic Psychotherapy)

THE AYURVEDIC PATH OF
SELF-MASTERY, INNER STRENGTH
& MENTAL WELL-BEING



Satvavajaya Chikitsa is one of the unique therapies in Ayurveda that helps to control the mind, regulate emotions and develop positive thinking through wisdom, self-awareness and inner discipline.

MASTER YOUR MIND,
TRANSFORM YOUR LIFE.
SATTVA IS STRENGTH,
CLARITY IS FREEDOM,
VICTORY IS
WITHIN YOU.

BENEFITS OF SATVAVAJAYA CHIKITSA



Improves
Mental Strength
& Resilience



Reduces Stress,
Anxiety &
Depression



Builds Self-
Confidence &
Positive Mindset



Enhances Emotional
Balance &
Inner Peace



Supports Mental
Health & Overall
Well-being



Improves Focus,
Memory &
Concentration



Promotes
Spiritual Growth
& Self-realization

THE PRINCIPLES (AYURVEDIC VIEW)

- ✓ Mind (Manas) is influenced by Gunas – Sattva, Rajas and Tamas.
- ✓ When Sattva (clarity, purity) increases, the mind becomes stable & disease-free.
- ✓ Satvavajaya strengthens Sattva and helps to overcome negative thoughts and emotions.
- ✓ It is the victory of the mind through wisdom (Jnana) and right effort.



TECHNIQUES OF SATVAVAJAYA CHIKITSA



Jnana (Right Knowledge)
Learning true wisdom and understanding the nature of the self.



Vijnana (Wisdom & Discrimination)
Applying knowledge in daily life with discernment.



Dhairya (Fortitude & Patience)
Developing courage, endurance and steadfastness.



Smriti (Good Memory & Mindfulness)
Remembering positive values & life goals.



Samadhi (Meditation & Concentration)
Deep meditation to calm the mind and connect within.

WHO CAN BENEFIT?

- ✓ People with stress, anxiety, depression
- ✓ Overthinking & negative thought patterns
- ✓ Emotional imbalance & mood swings
- ✓ Addictions (smoking, alcohol, digital etc.)
- ✓ Low confidence & self-esteem
- ✓ Students, working professionals, elderly & anyone seeking mental peace

*"The mind is our best friend
when it is calm;
our worst enemy
when it is uncontrolled."
– Ayurveda*



CONDITIONS HELPED

- ✓ Stress & Burnout
- ✓ Anxiety & Fear
- ✓ Depression & Sadness
- ✓ Anger, Irritability & Frustration
- ✓ Insomnia (due to mental stress)
- ✓ Addiction & Habit Disorders
- ✓ Grief, Trauma & Emotional Pain
- ✓ Lack of Motivation & Confusion



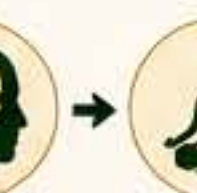
HOW IT WORKS



Identify Negative
Thoughts &
Emotions



Understand their
Root Cause



Apply Satvavajaya
Techniques



Develop Positive
Mindset &
Inner Strength

DAILY PRACTICES FOR A STRONG & PEACEFUL MIND

- ✓ Start the day with gratitude & prayer
- ✓ Practice meditation for 10–20 minutes
- ✓ Read uplifting & spiritual literature
- ✓ Speak truth & avoid negativity
- ✓ Keep good company & avoid toxic media
- ✓ Practice forgiveness & compassion
- ✓ Sleep on time & follow dinacharya



**"VICTORY OVER THE MIND
IS GREATER THAN VICTORY
OVER OTHERS."
– Charaka Samhita**

SATVAVAJAYA BRINGS HARMONY TO:



Body



Mind



Emotions



Relationships



Spirituality

**STRENGTHEN YOUR MIND. ELEVATE YOUR LIFE.
EXPERIENCE THE HEALING POWER OF SATVAVAJAYA CHIKITSA.**

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SHIRO ABHYANGA

(AYURVEDIC HEAD MASSAGE)

RELAX • REJUVENATE • RESTORE BALANCE

Shiro Abhyanga is a classical Ayurvedic therapy in which warm medicated oil is gently massaged on the scalp, hair roots, head, neck and shoulders. It nourishes the brain and nerves, relieves stress, improves sleep, strengthens hair and promotes overall well-being.

BENEFITS OF SHIRO ABHYANGA

- Relaxes the mind and reduces stress
- Promotes sound sleep and relieves insomnia
- Nourishes the brain and strengthens nerves
- Strengthens hair roots and reduces hair fall
- Relieves headache, migraine and eye strain
- Improves memory, concentration and focus
- Balances Vata and Pitta dosha
- Rejuvenates the scalp, skin and facial glow
- Promotes overall mental and physical well-being

HOW SHIRO ABHYANGA IS PERFORMED

- 1 The scalp and hair are gently combed to stimulate circulation.
- 2 Warm medicated oil (e.g., Brahmi Tailam, Ksheerabala Tailam) is applied on the scalp.
- 3 Gentle circular strokes are used on the scalp, forehead, temples, behind the ears, neck and shoulders.
- 4 Special focus is given to marma points on the head and neck.
- 5 The massage continues for 20–40 minutes depending on the individual.
- 6 Oil is left on the scalp for some time for deep nourishment.
- 7 The head is then cleansed with a mild herbal shampoo if required.

Calm Your Mind.
Nourish Your Brain.
Live in Balance.

IDEAL FOR

- Stress, anxiety & mental fatigue
- Insomnia and poor sleep
- Headache and migraine
- Hair fall and weak roots
- Memory & concentration issues
- Eye strain and computer fatigue
- High Vata and Pitta imbalance
- General rejuvenation and relaxation

THE POWER OF AYURVEDA

Shiro Abhyanga calms the nervous system, nourishes the brain and rejuvenates the senses through the healing touch of medicated oils and Ayurvedic wisdom.



INDICATIONS

- Stress & Anxiety
- Insomnia
- Headache
- Hair Fall
- Eye Strain
- Mental Fatigue
- Memory Issues
-

HERBS USED IN SHIRO ABHYANGA OIL

- Brahmi
- Bhringraj
- Amla
- Jatamansi
- Yashtimadhu (Licorice)
- Nirgundi
- Ksheerabala Taila Base

NOURISH YOUR HEAD. CALM YOUR MIND. ENHANCE YOUR LIFE.
EXPERIENCE AUTHENTIC AYURVEDIC HEALING.

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- AYURVEDA TREATMENTS
- YOGA & MEDITATION
- SATTVIC DIET & LIFESTYLE
- VEDIC MANTRA CHANTING
- WELLNESS RETREATS

SHIRODHARA

AYURVEDIC OIL THERAPY

◇ CALM THE MIND • HEAL WITHIN ◇

Shirodhara is a deeply relaxing Ayurvedic therapy where a continuous flow of warm medicated oil or herbal decoction is gently poured on the forehead (Ajna Marma). It soothes the nervous system, relieves stress and anxiety, improves sleep and promotes mental clarity and overall well-being.

BENEFITS OF SHIRODHARA

-  Reduces stress, anxiety and mental fatigue
-  Improves sleep quality and helps in insomnia
-  Enhances memory, concentration and clarity
-  Balances emotions and promotes relaxation
-  Nourishes the nervous system and calms the mind
-  Relieves headache, migraine and eye strain
-  Promotes overall well-being, harmony and inner peace

HOW SHIRODHARA IS PERFORMED

- 1 A gentle head, neck and shoulder massage is given with warm oil.
- 2 You lie down comfortably with eyes closed.
- 3 Warm medicated oil or herbal decoction is poured in a continuous stream on the center of the forehead.
- 4 The oil flows gently over the forehead and hair for 30–45 minutes.
- 5 The mind enters a deep state of relaxation.
- 6 Excess oil is wiped off and rest is advised.
- 7 A warm bath can be taken after some time.

A tranquil mind
creates a healthy body.

EXPERIENCE DEEP RELAXATION

Let the healing flow
bring balance to your
mind, body and soul.

INDICATIONS

-  Stress & Anxiety
-  Insomnia & Sleep Disorders
-  Migraine & Headache
-  Mental Fatigue & Burnout
-  Hypertension
-  Depression

OILS USED IN SHIRODHARA

-  **Ksheerabala Taila**
(Nourishing & Calming)
-  **Brahmi Taila**
(Memory & Brain Tonic)
-  **Mahanarayana Taila**
(Relaxing & Rejuvenating)
-  **Kshirabala Taila**
(Strengthening & Soothing)



ANCIENT WISDOM. HOLISTIC HEALING. LASTING WELLNESS.

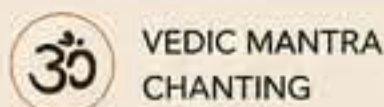
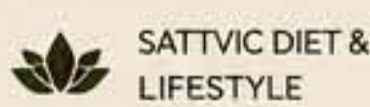
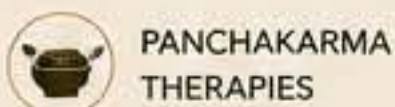


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SHIROPICHU

(SCALP NOURISHMENT THERAPY)

NOURISH • CALM • REJUVENATE

Shiropichu is a deeply nourishing Ayurvedic therapy in which warm medicated oil is retained on the scalp with the help of a cotton pad. It pacifies Vata and Pitta, nourishes the brain and nerves, relieves stress, improves sleep and promotes overall mental clarity and well-being.

BENEFITS OF SHIROPICHU

- Nourishes the brain and scalp tissues
- Calms the mind and reduces stress & anxiety
- Promotes better sleep and relaxation
- Improves memory, concentration and focus
- Strengthens nerves and soothes the senses
- Nourishes hair roots and promotes healthy hair
- Relieves headache, migraine and eye strain
- Balances Vata and Pitta dosha

HOW SHIROPICHU IS PERFORMED

- 1 The scalp is gently cleaned.
- 2 A cotton pad is soaked in warm medicated oil (Ksheerabala Tailam or other prescribed oil).
- 3 The oil-soaked pad is placed on the scalp and left undisturbed.
- 4 The oil is retained for 30–45 minutes allowing deep nourishment.
- 5 Gentle head and neck massage may be given.
- 6 The pad is removed and the scalp is cleaned with a mild herbal cleanser.
- 7 Rest in a calm environment is recommended after the therapy.

Calm Mind. Nourished Scalp.
Balanced Life.

IDEAL FOR

- Stress, anxiety & mental fatigue
- Insomnia and restlessness
- Headache & migraine
- Hair fall and dry scalp
- Memory & concentration issues
- Eye strain & computer fatigue
- High Vata and Pitta imbalance

THE POWER OF AYURVEDA

Shiropichu combines the healing power of medicated oils and Ayurvedic wisdom to nourish the brain, calm the mind, strengthen the nerves and bring harmony to body and soul.



INDICATIONS

- Stress & Anxiety
- Insomnia
- Headache
- Mental Fatigue
- Memory Issues
- Eye Strain
- Hair Fall
- Dry Scalp

HERBS USED IN SHIROPICHU OIL

- Brahmi
- Bala
- Jatamansi
- Yashtimadhu (Licorice)
- Bhringraj
- Nirgundi
- Ksheerabala Taila Base



NOURISH YOUR BRAIN. CALM YOUR MIND. LIVE IN BALANCE.
EXPERIENCE AUTHENTIC AYURVEDIC HEALING.



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SIRAVYADHA

(Ayurvedic Therapeutic Venesection)

ANCIENT AYURVEDIC THERAPY
FOR PURIFICATION, PAIN RELIEF
& RESTORING BALANCE

Siravyadha is an Ayurvedic bloodletting therapy in which impure blood is removed from specific veins. It is an effective therapy for many diseases caused by vitiated blood (Dushta Rakta). It helps in detoxification, reduces inflammation, relieves pain, treats skin disorders and promotes overall healing.

REMOVES IMPURE
BLOOD
RELIEVES PAIN
TREATS SKIN
DISEASES
PROMOTES
HEALING

BENEFITS

- Purifies impure blood (Dushta Rakta)
- Treats skin disorders like Psoriasis, Eczema, Acne & Urticaria
- Reduces inflammation, swelling & pain
- Relieves joint pain, arthritis & muscle aches
- Improves circulation & detoxifies the body
- Helps in chronic fever, allergies & toxic conditions
- Promotes natural healing & regeneration
- Balances Pitta & Rakta Dosh
- Enhances vitality, immunity & well-being

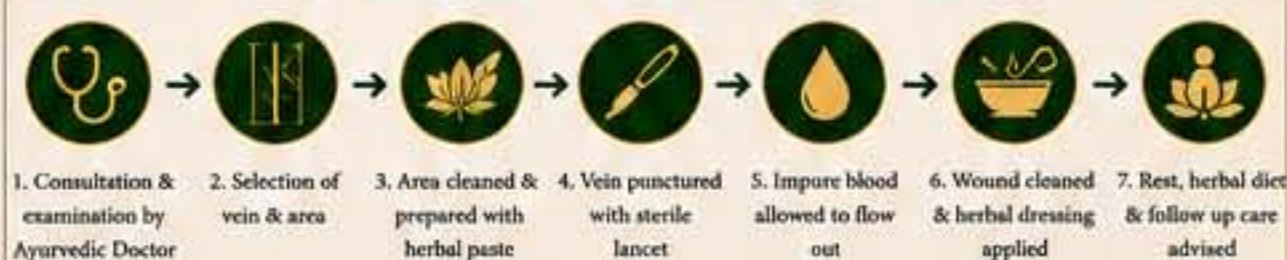
INDICATIONS

- Skin Diseases (Psoriasis, Eczema, Acne, Urticaria)
- Chronic Fever
- Joint Pain & Arthritis
- Hypertension
- Varicose Veins
- Migraine & Headache
- Allergic Disorders
- Chronic Inflammatory Conditions
- Toxic Skin Conditions
- Pitta & Rakta Disorders
- Non-healing Ulcers
- Fibromyalgia
- Eye Disorders
- General Detoxification

TYPES OF SIRAVYADHA

- Ekasha Siravyadha – One vein
- Pratana Siravyadha – Multiple veins
- Jalaukavacharana – Leech therapy
- Alabu – Cupping with gourd
- Shringavacharana – Horn method
- Prachchhana – Scarification

HOW SIRAVYADHA IS DONE



Duration: 20 – 45 minutes (depends on condition) | Frequency: As advised by the Physician

Therapy is performed by experienced Ayurvedic doctors under sterile conditions

Herbal support used in Siravyadha:

Neem • Manjistha • Turmeric • Triphala
Guduchi • Haridra • Sariva • Chirayata & more

100% NATURAL
AYURVEDIC THERAPY

SAFE, GENTLE &
EFFECTIVE

EXPERT & EXPERIENCED
AYURVEDIC DOCTORS

DETOXIFIES &
REJUVENATES

HOLISTIC HEALING FOR
BODY, MIND & SOUL

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SNEHAPANA (INTERNAL OLEATION)

✦ NOURISH • LUBRICATE • PREPARE ✦

Snehapana is a fundamental Ayurvedic therapy that involves the internal intake of medicated ghee or oil in increasing doses. It deeply nourishes the tissues, lubricates the body from within, pacifies Vata dosha and prepares the body and mind for Panchakarma.

BENEFITS OF SNEHAPANA

-  Deeply nourishes and lubricates the body tissues (Dhatus)
-  Pacifies Vata dosha and improves flexibility
-  Improves digestion and metabolism
-  Enhances immunity, strength and vitality
-  Supports mental clarity, calm and better sleep
-  Helps remove toxins and prepares for detox therapies
-  Promotes healthy skin, joints and overall well-being

HOW SNEHAPANA IS DONE

- 1 The digestive power (Agni) is assessed by the Ayurvedic physician.
- 2 Medicated ghee or oil is given in increasing doses each day.
- 3 Taken in the morning on an empty stomach with warmth and awareness.
- 4 Followed by warm water or herbal decoction as advised.
- 5 The dose is increased until signs of proper oleation are observed.
- 6 A special diet and lifestyle are followed during the course.
- 7 After completion, the body is prepared for Panchakarma.
- 8 Duration depends on the individual's condition and goals.

-  Strengthens Digestion
-  Lubricates Joints & Tissues
-  Prepares Body for Panchakarma

IDEAL FOR

-  Vata Imbalance
-  Dryness & Stiffness
-  Constipation
-  Stress & Anxiety
-  Detox & Rejuvenation

MEDICATED GHEE / OILS USED

-  Cow Ghee (Go Ghrita)
-  Sesame Oil (Tila Taila)
-  Herbal Medicated Ghee / Oils



**SNEHAPANA IS THE FOUNDATION OF DEEP HEALING.
NOURISH WITHIN, HEAL WITHIN.**

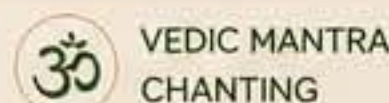
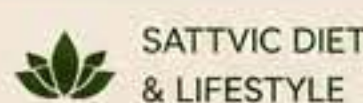
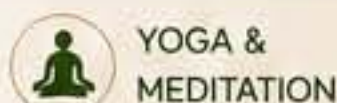
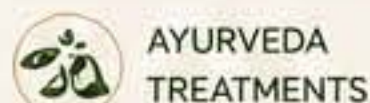
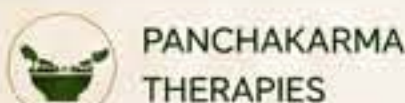


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SOUND HEALING (MANTRA NADA)

HEALING THROUGH THE POWER OF SOUND

When the sound is pure,
the mind becomes calm.
When the mind is calm,
the soul awakens.



Sound Healing uses the power of sacred mantras, vibrations and Nada (sound) to balance the body, mind and spirit. It restores harmony, releases blockages and connects us with divine consciousness.



NADA IS THE
FIRST CREATION.
MANTRA IS THE
DIVINE VIBRATION.
HEAL THROUGH
SOUND.
AWAKEN YOUR
SOUL.

BENEFITS OF SOUND HEALING (MANTRA NADA)



Reduces Stress
& Anxiety



Calms the Mind
& Emotions



Balances
Emotions



Boosts Immunity
& Vitality



Deep Relaxation
& Better Sleep



Improves Focus
& Clarity



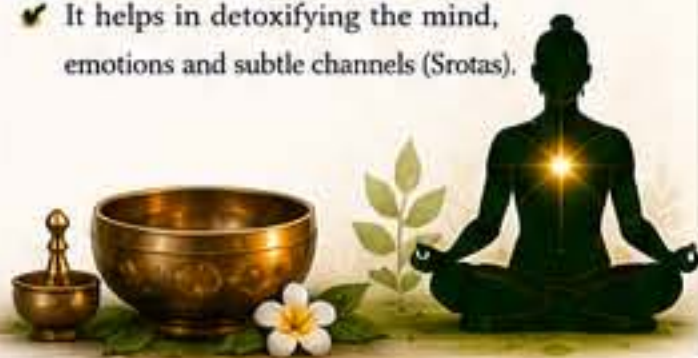
Balances Chakras
& Energy Flow



Promotes Inner Peace
& Spiritual Growth

AYURVEDIC VIEW

- ✓ According to Ayurveda, everything in the universe is made of Panchamahabhutas.
- ✓ Sound (Sabda) is a subtle form of Akasha (Space) element.
- ✓ Mantra Nada balances Vata dosha, calms the nervous system, and promotes mental clarity and Ojas (vitality).
- ✓ It helps in detoxifying the mind, emotions and subtle channels (Srotas).



HOW SOUND HEALING WORKS



Sound vibrations travel through the body, mind and energy field.



It clears energy blockages and negative patterns.



Mantras and sacred sounds create positive brain waves.



It calms the nervous system and activates self-healing.



It aligns the individual with higher consciousness.

TYPES OF SOUND HEALING



Mantra Chanting
Recitation of Vedic mantras like Om, Gayatri, Maha Mrityunjaya.



Nada Yoga
Listening and meditating on inner sound.



Bija Mantras
Seed sounds for chakra healing (Lam, Vam, Ram, Yam, Ham, Om).



Kirtan & Bhajan
Devotional singing to uplift the heart and mind.



Toning & Humming
Using humming sounds like Om, Aum, Hreem.



Instrumental Sound Healing
Using bowls, gongs, flutes, shruti box, bells and tuning forks.

BEST TIME FOR SOUND HEALING



Brahma Muhurta
(4:00 AM – 6:00 AM)



Sunrise Time



Sunset Time



Before Sleep
(Night)

*"Sound is the medicine
of the future."*

– Edgar Cayce



INSTRUMENTS USED



Tibetan Singing Bowls



Gongs



Shruti Box



Bells & Tingsha



Flutes



Tuning Forks



HOW SOUND HEALING HELPS

- ✓ Lowers blood pressure and heart rate
- ✓ Relieves pain and muscle tension
- ✓ Regulates breathing and heartbeat
- ✓ Enhances meditation and spiritual practice
- ✓ Releases suppressed emotions
- ✓ Improves memory and learning
- ✓ Brings emotional balance and happiness
- ✓ Enhances creativity and intuition



WHO CAN BENEFIT?

- People with stress, anxiety & depression
- Those with insomnia or sleep issues
- Individuals with chronic pain
- Students & working professionals
- Senior citizens
- Anyone on a spiritual path
- People seeking inner peace and balance



*"OM" is the sound of the universe.
Chant it. Feel it. Become it.*

– Ayurveda



LET THE DIVINE SOUND HEAL YOUR BODY, CALM YOUR MIND
AND AWAKEN YOUR SOUL.



SWEDANA

(HERBAL STEAM THERAPY)

PURIFY • RELAX • REJUVENATE

Swedana is a traditional Ayurvedic therapy that uses herbal steam to induce sweating, open the channels of the body, and promote deep relaxation and detoxification.

BENEFITS OF SWEDANA

-  Promotes sweating and helps open skin pores
-  Relaxes muscles and eases stiffness
-  Supports joint mobility and flexibility
-  Encourages healthy circulation
-  Helps the body feel refreshed and rejuvenated
-  Promotes relaxation and overall well-being

HERBS USED IN STEAM



HOW SWEDANA IS PERFORMED

- 1 Warm oil massage (Abhyanga) is given first.
- 2 The body is exposed to herbal steam in a steam chamber.
- 3 The head is kept cooler than the body.
- 4 Session lasts 10–20 minutes depending on individual needs.
- 5 After the therapy, rest and hydration are recommended.



EXPERIENCE THE POWER OF HERBAL STEAM AND FEEL LIGHTER, DETOXIFIED & ENERGIZED NATURALLY.

BEST COMBINATION WITH
ABHYANGA & PANCHAKARMA
FOR COMPLETE WELLNESS



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TAILA DHARA

ANCIENT
WISDOM
FOR MODERN
WELLNESS

Medicated Oil Stream Therapy

Taila Dhara is a deeply relaxing Ayurvedic therapy where a continuous stream of warm, medicated oil is poured gently on the forehead in a rhythmic flow. It nourishes the nervous system, relieves stress and anxiety, improves sleep, and promotes mental clarity and emotional balance.

BENEFITS

-  Calms the Mind & Reduces Stress
-  Improves Sleep & Mental Clarity
-  Nourishes the Nervous System
-  Relieves Headache, Anxiety & Fatigue
-  Balances Vata & Pitta Doshas
-  Promotes Deep Relaxation & Emotional Balance

Experience Deep Relaxation, Inner Peace & Holistic Healing

INDICATIONS

- Stress & Anxiety
- Insomnia
- Headache & Migraine
- Mental Fatigue
- High Blood Pressure
- Burning Sensation
- Irregular Sleep
- Restlessness

Natural Oils • Ancient Techniques
Expert Therapists • Authentic Ayurveda



AUTHENTIC AYURVEDA • ANCIENT WISDOM • NATURAL HEALING

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Heal Naturally. Live Consciously.

Body • Mind • Soul



Om
Ayurvedā
THE SCIENCE OF LIFE



TAILAM

(AYURVEDIC HERBAL OIL)

ANCIENT WISDOM • TIME TESTED
PURE HERBS • AUTHENTIC PREPARATION
THERAPEUTIC • SAFE & EFFECTIVE

Tailam is a classical Ayurvedic preparation of medicated oil processed with herbs, roots, barks, flowers and essential ingredients. It penetrates deep into the tissues, nourishes, lubricates and balances the body. Tailam pacifies Vata, nourishes the skin, strengthens hair and promotes overall health and well-being.



HERBAL INFUSION
DEEP PENETRATION
NATURAL HEALING
LASTING RELIEF

- NOURISHES & STRENGTHENS
- LUBRICATES JOINTS
- BALANCES DOSHAS
- RELIEVES PAIN & STIFFNESS
- PROMOTES HAIR GROWTH
- NOURISHES SKIN
- CALMS MIND & RELIEVES STRESS

BENEFITS OF TAILAM

- Reduces joint pain and stiffness
- Nourishes and strengthens muscles, bones and nerves
- Improves blood circulation
- Promotes healthy and shiny hair
- Nourishes and protects the skin
- Relieves stress, anxiety and fatigue
- Boosts immunity and vitality
- Supports better sleep
- Detoxifies and revitalizes the body
- Enhances flexibility and mobility
- Supports overall rejuvenation

HOW TAILAM IS PREPARED

- Fresh herbs are cleaned and coarsely powdered.
- Decoction (kashayam) is prepared from the herbs.
- Herbal paste (kalka) is made with selected ingredients.
- Oil (preferably sesame/coconut) is mixed with decoction and paste.
- The mixture is cooked on low flame with continuous stirring.
- Cooked until water evaporates and oil is well infused with herbs.
- Filtered, cooled and stored in clean containers to preserve potency.

Prepared with Purity.
Powered by Herbs.
Perfect by Ayurveda.

IDEAL FOR

- Joint pain, arthritis and stiffness
- Muscle pain, sprains and strains
- Dry skin, wrinkles and pigmentation
- Hair fall, dandruff and scalp dryness
- Stress, anxiety and insomnia
- Postpartum care and massage
- Sports recovery and body massage
- Neurological weakness
- Children's growth and massage
- Elderly care and daily self massage
- General wellness and relaxation

THE POWER OF AYURVEDA

Tailam carries the healing intelligence of herbs deep into the body, balancing, nourishing and restoring natural harmony.



COMMON HERBS USED



DOSHA BALANCING



HOW TO USE



Apply warm oil and gently massage on the affected area or entire body.

BEST TIME



PURE HERBS. ANCIENT WISDOM. AUTHENTIC HEALING.
EXPERIENCE THE TRUE POWER OF AYURVEDA.



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PANCHAKARMA
THERAPIES

AYURVEDA
TREATMENTS

YOGA &
MEDITATION

SATTVIC DIET &
LIFESTYLE

VEDIC MANTRA
CHANTING

WELLNESS
RETREATS



Om
Ayurveda
THE SCIENCE OF LIFE



TAKRADHARA

(BUTTERMILK THERAPY)

COOL • CALM • HEAL

Takradhara is a unique Ayurvedic therapy in which medicated buttermilk is gently poured in a continuous stream on the forehead. It helps to pacify Pitta dosha, cools the body and mind, relieves stress, and promotes deep relaxation and healing.

BENEFITS OF TAKRADHARA



Calms the mind and reduces stress & anxiety



Improves sleep quality and helps in insomnia



Pacifies Pitta dosha and cools the body



Enhances memory, concentration & clarity



Supports heart health and lowers irritability



Nourishes the skin and gives natural glow



Strengthens immunity and overall well-being

HOW TAKRADHARA IS PERFORMED

- 1 The head and body are prepared with a relaxing massage.
- 2 Medicated buttermilk is prepared with healing herbs.
- 3 The warm buttermilk is poured in a continuous stream on the forehead.
- 4 The stream flows gently over the forehead, scalp and hair.
- 5 The therapy continues for 30–45 minutes.
- 6 The mind enters a deep state of calm and relaxation.
- 7 A rest or steam and herbal bath may be advised after the therapy.

A cooling stream that heals within, bringing balance to mind, body and soul.

INDICATIONS



Stress & Anxiety



Insomnia



Migraine & Headache



Acidity & Burning



Hypertension



Skin Disorders

HERBS USED IN TAKRA



Yashtimadhu (Licorice)



Brahmi



Shatavari



Mustaka



Sandalwood



Jatamansi

EXPERIENCE THE COOLING, CALMING & HEALING TOUCH OF TAKRADHARA.
RESTORE BALANCE. RENEW YOUR ENERGY. REVIVE YOUR INNER PEACE.

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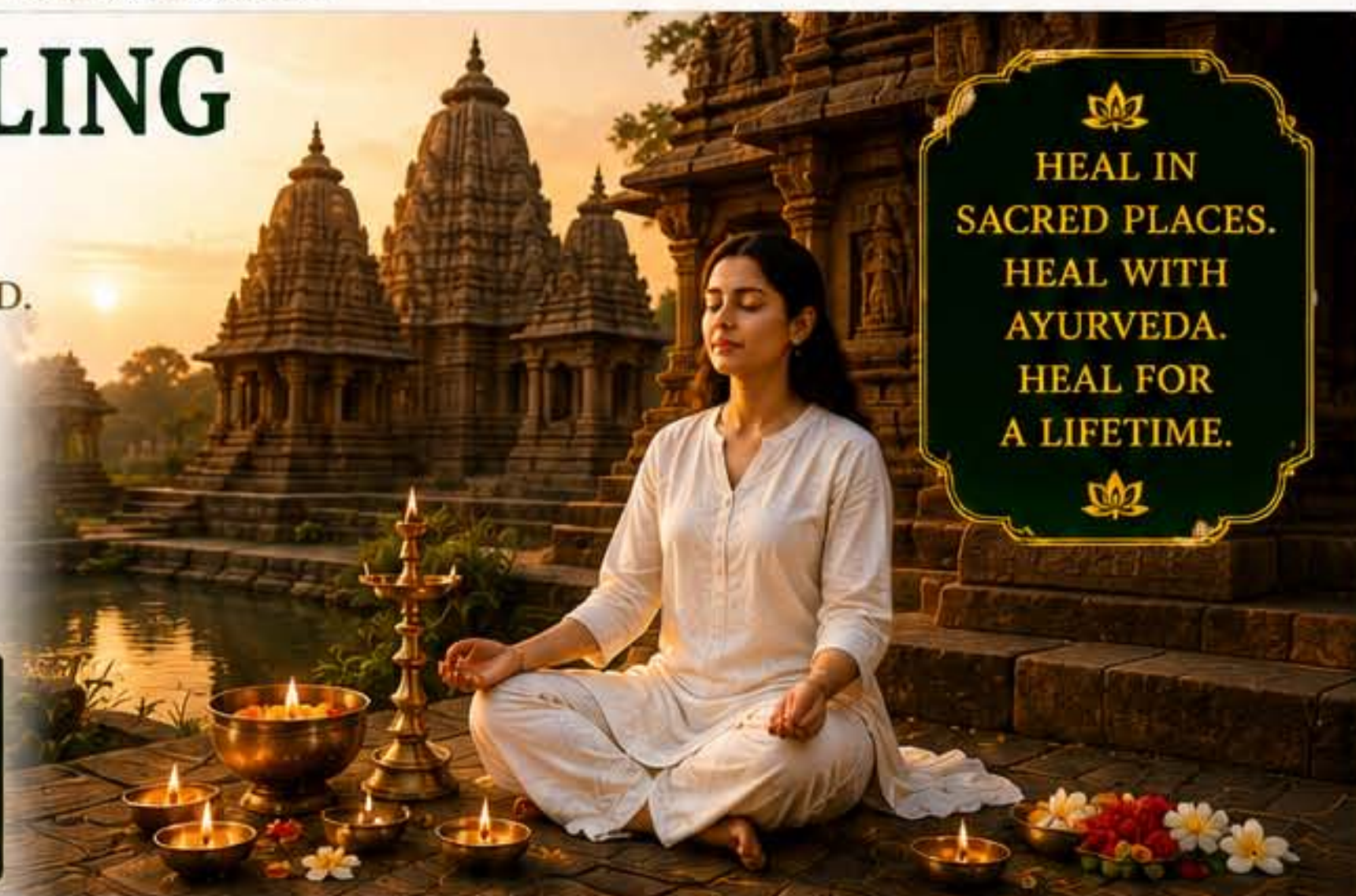
WELLNESS
RETREATS

TEMPLE HEALING RETREAT

HEAL YOUR BODY. CALM YOUR MIND.
AWAKEN YOUR SOUL.

Experience the divine power of ancient temples, authentic Ayurveda, Vedic chanting, meditation, sattvic food and spiritual practices for complete healing and transformation.

Temple Healing Retreat combines the energy of sacred temples with time-tested Ayurvedic therapies to detoxify the body, balance the mind and elevate the soul. A journey to inner peace, vibrant health and divine connection.



HEAL IN
SACRED PLACES.
HEAL WITH
AYURVEDA.
HEAL FOR
A LIFETIME.

BENEFITS OF TEMPLE HEALING RETREAT



Detoxifies
Body & Mind



Reduces Stress
& Anxiety



Boosts Immunity
& Vitality



Improves Focus
& Clarity



Enhances Sleep
& Relaxation



Balances Emotions
& Doshas



Spiritual Growth
& Inner Peace



Connects with
Divine Energy

AYURVEDIC HEALING

- ✓ Panchakarma Therapies
- ✓ Abhyanga & Swedana
- ✓ Shirodhara / Pizhichil
- ✓ Herbal Medicines
- ✓ Detox Diet & Lifestyle Guidance
- ✓ Yoga & Pranayama
- ✓ Meditation & Breath Awareness



SPIRITUAL & TEMPLE EXPERIENCE

- ✓ Daily Temple Darshan
- ✓ Vedic Mantra Chanting
- ✓ Havan & Pujas
- ✓ Sacred Baths (Tirtha Snan)
- ✓ Meditation in Temple Premises
- ✓ Satvik Satsang & Discourses
- ✓ Connecting with Divine Energy



SATTVIC FOOD & LIFESTYLE

- ✓ 100% Sattvic, Fresh & Organic Meals
- ✓ Dosha Balancing Diet
- ✓ Herbal Teas & Detox Drinks
- ✓ Proper Meal Timing
- ✓ Digital Detox & Nature Walks
- ✓ Healthy Daily Routine (Dinacharya)



WHO CAN JOIN?

- People with stress, anxiety or lifestyle disorders
- Those seeking natural healing and detox
- Individuals on a spiritual path
- Wellness seekers & nature lovers
- Anyone looking for peace, balance and transformation



RETREAT PROGRAM (EXAMPLE)

- Day 1** Arrival, Orientation, Temple Visit, Ayurvedic Consultation
- Day 2** Panchakarma Therapy, Yoga, Meditation, Temple Darshan, Satsang
- Day 3** Abhyanga, Shirodhara, Vedic Chanting, Havan, Nature Walk
- Day 4** Herbal Therapy, Pranayama, Temple Tour, Spiritual Guidance
- Day 5** Integrative Healing, Meditation, Closing Ceremony & Blessings



INCLUDES

- ✓ Accommodation (Peaceful & Comfortable)
- ✓ Ayurveda Consultations
- ✓ All Therapies & Medicines
- ✓ Sattvic Meals & Herbal Drinks
- ✓ Yoga, Meditation & Pranayama Sessions
- ✓ Temple Visits & Spiritual Activities
- ✓ Vedic Pujas, Havan & Satsang
- ✓ Nature & River Walks
- ✓ Personal Care & Guidance



BEST TIME TO JOIN

-  Brahma Muhurta (4:00 AM – 6:00 AM)
-  Morning (After Breakfast)
-  Evening (Sunset Time)
-  Before Sleep (Night)

"Temple is not just a place,
it is a powerful energy field.
Healing happens when you
align with it."

EXPERIENCE THE PERFECT BLEND OF



A RETREAT THAT HEALS
YOUR BODY, CALMS YOUR MIND
AND AWAKENS YOUR SOUL.
A JOURNEY YOU WILL
CHERISH FOREVER.



CLEANSE. HEAL. REJUVENATE. TRANSFORM.
JOIN OUR TEMPLE HEALING RETREAT AND EXPERIENCE DIVINE WELLNESS.



UDVARTANA

(HERBAL POWDER MASSAGE)

DETOXIFY • REVITALIZE • REJUVENATE

Udvartana is a traditional Ayurvedic therapy that uses warm herbal powders massaged over the body with firm, upward strokes. It helps to exfoliate the skin, stimulate circulation, reduce excess fat and toxins, and promote overall wellness.

BENEFITS OF UDVARTANA

-  Exfoliates and rejuvenates the skin
-  Improves blood circulation and lymphatic flow
-  Helps in weight management and reduces cellulite
-  Reduces excess oiliness of the skin
-  Improves skin tone, texture and radiance
-  Helps eliminate toxins and reduce water retention
-  Energizes the body and balances Kapha dosha

HOW UDVARTANA IS PERFORMED

- 1 The body is prepared for the therapy.
- 2 Warm herbal powder is applied all over the body.
- 3 The therapist massages with firm, upward strokes towards the heart.
- 4 Special attention is given to areas of excess fat and stiffness.
- 5 Treatment usually lasts 30–60 minutes.
- 6 A warm bath or herbal steam (Swedana) may follow.

COMMON HERBAL POWDERS USED



TRADITIONALLY RECOMMENDED FOR

- ✓ Weight management programs
- ✓ Cellulite and inch loss
- ✓ Kapha imbalance
- ✓ Oily skin and acne-prone skin
- ✓ Improving skin texture
- ✓ General detox and wellness



SHED EXCESS. REVITALIZE YOUR BODY NATURALLY.
EXPERIENCE THE PURIFYING TOUCH OF UDVARTANA.

PRECAUTIONS

Not recommended during pregnancy, over open wounds, active skin infections, severe inflammation or if advised against by a healthcare professional.

BOOK YOUR AYURVEDIC THERAPY

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Om
Ayurveda
THE SCIENCE OF LIFE



UPANAHA SWEDA

(HERBAL POULTICE THERAPY)

RELIEVE PAIN • REDUCE INFLAMMATION • HEAL

Upanaha Sweda is an Ayurvedic therapy in which medicated herbal pastes are applied on specific body parts and retained with a warm fomentation. It helps to reduce pain, inflammation, stiffness and swelling while nourishing the tissues and promoting healing.

BENEFITS OF UPANAHA SWEDA

- Relieves pain and inflammation
- Reduces swelling and stiffness
- Nourishes and strengthens muscles, ligaments and joints
- Promotes healing of injuries and strains
- Useful in chronic conditions like arthritis and sciatica
- Improves blood circulation in the affected area
- Detoxifies and removes accumulated toxins
- Pacifies Vata and Kapha doshas
- Enhances mobility and flexibility
- Supports tissue repair and regeneration

HOW UPANAHA SWEDA IS PERFORMED

- The affected area is cleaned and prepared.
- A herbal paste is prepared using medicinal herbs, powders, oils, and decoctions.
- The paste is applied thickly on the affected part.
- A suitable leaf or cloth is placed over the paste.
- The area is bandaged gently to hold the poultice in place.
- Mild sudation (fomentation) is given with warm herbal steam or hot packs.
- The poultice is retained for 30–60 minutes or as advised.

Ancient Healing.
Natural Relief.
Lasting Wellness.

IDEAL FOR

- Joint pain and arthritis
- Muscle pain and stiffness
- Lower back pain and sciatica
- Sports injuries and sprains
- Tendonitis and bursitis
- Cervical spondylosis
- Frozen shoulder
- Swelling and inflammation
- Post fracture and surgery support
- Chronic pain and degenerative conditions

THE POWER OF AYURVEDA

Upanaha Sweda uses the healing power of herbs, warmth and therapeutic touch to reduce pain, restore natural movement and bring balance to the body, mind and doshas.

INDICATIONS



HERBS COMMONLY USED



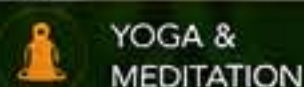
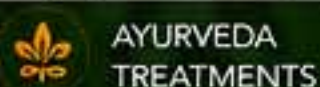
HERBAL HEALING. WARMTH. RELIEF.
RESTORE BALANCE. RESTORE LIFE.

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URO BASTI

(AYURVEDIC CHEST THERAPY)

NOURISHES • STRENGTHENS • HEALS
RESTORES BALANCE

Uro Basti is a specialized Ayurvedic therapy in which medicated warm oil is retained over the chest in a well-constructed dam (leather ring). It nourishes the muscles, relieves pain, improves respiratory health and strengthens the heart and lungs.

SUPPORTS LUNG HEALTH

STRENGTHENS HEART

RELIEVES PAIN & INFLAMMATION

BOOSTS IMMUNITY

PROMOTES WELLNESS

NOURISHING THERAPY
FOR A HEALTHY HEART
AND STRONG LUNGS

BENEFITS OF URO BASTI

- Relieves chest pain and muscle stiffness
- Improves lung capacity and respiratory function
- Beneficial in asthma, bronchitis and sinusitis
- Reduces inflammation and alleviates chronic cough
- Nourishes the heart and improves circulation
- Strengthens the chest muscles and respiratory muscles
- Helps in stress, anxiety and sleep disturbances
- Enhances immunity and overall vitality

HOW URO BASTI IS PERFORMED

- The chest area is cleaned and the patient is made comfortable.
- A leather ring is placed on the chest to form a well.
- Warm medicated oil is poured into the well and retained.
- The oil is kept warm throughout the therapy.
- The oil is retained for 30–45 minutes.
- The oil is removed and the area is gently massaged.
- Rest and light diet are advised after the therapy.

Ancient Wisdom.
Holistic Healing.
Lasting Relief.

IDEAL FOR

- Asthma and bronchitis
- Chronic cough and cold
- Chest pain (non-cardiac)
- Muscle pain and stiffness
- Weak lungs and immunity
- Stress and anxiety
- Post viral weakness
- Respiratory allergies
- Sinusitis
- General debility
- Rehabilitation and recovery

THE POWER OF AYURVEDA

Uro Basti deeply nourishes the chest region, strengthens the heart and lungs, relieves pain and restores balance to bring harmony to body and mind.

HERBS COMMONLY USED IN OIL



INDICATIONS



BREATHE BETTER. LIVE BETTER. HEAL NATURALLY.
EXPERIENCE AUTHENTIC AYURVEDIC HEALING.

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MOTHER EARTH
TRAVEL AND TOURISM

Soulful Journeys
Meaningful Experiences



A Step Towards
Better Health



goditsyou.net
Connecting with Inner God

VAJIKARANA THERAPY

(Ayurvedic Aphrodisiac & Rejuvenation Therapy)

THE SCIENCE OF VITALITY, VIGOUR,
REPRODUCTIVE HEALTH AND
YOUTHFUL LIVING

Vajikarana Therapy is a specialized branch of Ayurveda that aims to enhance vitality, sexual health, reproductive strength and overall well-being. It nourishes the reproductive tissues, balances hormones, improves stamina, reduces stress and promotes a happy, energetic and youthful life.

ENHANCES LIBIDO
IMPROVES FERTILITY
BUILDS STAMINA
INCREASES STRENGTH
PROMOTES YOUTHFUL
ENERGY &
CONFIDENCE



BENEFITS

- Enhances sexual desire and performance
- Improves sperm quality and fertility
- Increases stamina, strength and endurance
- Nourishes reproductive organs and tissues
- Balances hormones naturally
- Reduces stress, anxiety and fatigue
- Promotes youthful glow and vitality
- Improves mental clarity, confidence & vitality
- Supports healthy aging and longevity

KEY INGREDIENTS & HERBS

- | | |
|---|---|
|  Ashwagandha
(Withania somnifera)
– Builds strength & stamina |  Kaunch Beej
(Mucuna pruriens)
– Improves sperm count |
|  Kapikacchu
(Mucuna pruriens)
– Enhances libido & fertility |  Vidari Kand
(Pueraria tuberosa)
– Strengthens & rejuvenates |
|  Shatavari
(Asparagus racemosus)
– Nourishes reproductive tissues |  Amla
(Emblica officinalis)
– Rejuvenates & boosts immunity |
|  Gokshura
(Tribulus terrestris)
– Improves vitality & urinary health |  Bala
(Sida cordifolia)
– Improves strength and energy |
|  Safed Musli
(Chlorophytum borivilianum)
– Increases strength & vigor |  Ghee, Milk & Natural Tonics
– Acts as carrier & nourishes deeply |

THERAPIES & FORMULATIONS USED

- Aphrodisiac Herbal Oils for Abhyanga
- Shirodhara with Medicated Oils
- Vajikarana Churna & Lehyam
- Medicated Ghee (Vajikarana Ghrita)
- Herbal Milk Preparations
- Rasayana Therapy
- Diet & Lifestyle Guidance
- Yoga & Pranayama for Vitality
- Meditation & Stress Management

IDEAL FOR

- Stress, fatigue & low energy
- Low libido & sexual weakness
- Infertility & reproductive issues
- Premature aging
- Athletes & high performers
- Anyone seeking vitality & youthful living



HOW VAJIKARANA THERAPY WORKS

1. Assessment of Prakriti & Vitality Status
2. Internal Detox & Preparation
3. Therapeutic Treatments & Oil Therapies
4. Vajikarana Herbs & Rasayana Nourishment
5. Yoga, Diet & Lifestyle Balancing
6. Enhanced Vitality, Strength & Reproductive Health

KEY FEATURES

- ✓ 100% Natural & Ayurvedic
- ✓ Personalized Treatment
- ✓ Holistic Rejuvenation
- ✓ Safe, Gentle & Effective
- ✓ Suitable for all age groups




BOOSTS LIBIDO
& PERFORMANCE


IMPROVES FERTILITY
& SPERM HEALTH


BUILDS STAMINA
& STRENGTH


PROMOTES YOUTHFUL
ENERGY & GLOW


SUPPORTS MENTAL
WELL-BEING


ENHANCES OVERALL
VITALITY & LONGEVITY

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VAJIKARANA THERAPY

THE ANCIENT SCIENCE OF VITALITY & REJUVENATION

Strengthen • Revitalize • Rejuvenate

AWAKEN YOUR INNER STRENGTH, ENERGY & PASSION

Vajikarana Therapy is a specialized branch of Ayurveda that enhances reproductive health, vitality, stamina, mental well-being and overall rejuvenation. It nourishes the reproductive tissues, balances hormones, improves strength and brings harmony to body, mind and relationships.



ENHANCES
VITALITY



IMPROVES
STAMINA



SUPPORTS
REPRODUCTIVE
HEALTH



BALANCES
HORMONES



REDUCES
STRESS &
ANXIETY



BOOSTS
IMMUNITY



IMPROVES
PERFORMANCE



PROMOTES
OVERALL
WELL-BEING

REJUVENATE
YOUR BODY
IGNITE YOUR ENERGY
ENHANCE YOUR LIFE

BENEFITS OF VAJIKARANA THERAPY

- Enhances sexual health and performance
- Improves libido and reproductive vitality
- Increases stamina, strength and endurance
- Nourishes reproductive tissues (Shukra Dhatu)
- Supports healthy sperm count and quality
- Helps in hormonal balance naturally
- Reduces stress, anxiety and fatigue
- Improves mental clarity and confidence
- Promotes better sleep and relaxation
- Strengthens immunity and overall health
- Enhances relationships and emotional well-being
- Delays aging and promotes longevity

HOW VAJIKARANA THERAPY IS DONE

- Detailed consultation and assessment of body, mind and lifestyle.
- Personalized diet and lifestyle guidance (Aahara & Vihara).
- Internal medicines – Herbal powders, Avaleha, Ghritas, Chyavanprash, Rasayanas, etc.
- External therapies – Abhyanga (oil massage), Shirodhara, Pizhichil, Basti, etc.
- Yoga, Pranayama, Meditation & rejuvenating routines.
- Regular follow-up and adjustments for best results.
- Natural, safe and holistic approach for long-lasting benefits.

NOURISH THE SEED,
STRENGTHEN THE BODY,
AWAKEN THE SPIRIT.

INDICATIONS

- Low libido and sexual weakness
- Erectile dysfunction
- Premature ejaculation
- Infertility (male & female)
- Low sperm count and motility
- Hormonal imbalance
- Physical and mental fatigue
- Stress, anxiety and depression
- Lack of confidence and enthusiasm
- General debility and weakness
- For healthy aging and rejuvenation

THE POWER OF AYURVEDA

Vajikarana Therapy naturally restores vitality, strengthens the reproductive system, enhances energy and brings harmony to life.



POWERFUL VAJIKARANA HERBS



ASHWAGANDHA
Strength & Stamina



SHATAVARI
Female Vitality



KAUNCH BEEJ
Reproductive Health



GOKSHURA
Energy & Vitality



MUSLI
Strength & Endurance



SAFED MUSLI
Stamina & Rejuvenation



BALA
Vitality & Strength



AMLA
Rejuvenation

SUPPORTIVE LIFESTYLE



SATTVIC DIET
Nourishing &
Balanced Food



YOGA & PRANAYAMA
Improves Energy
& Vitality



MEDITATION
Calms Mind
Enhances Focus



ADEQUATE SLEEP
Restores Body
& Mind



POSITIVE LIFESTYLE
Happy Mind
Healthy Life

THERAPIES THAT REJUVENATE



ABHYANGA
Nourishing
Oil Massage



SHIRODHARA
Calms Mind &
Nerves



BASTI
Detoxifies &
Rejuvenates



PIZHICHIL
Deep Nourishment
& Relaxation



RASAYANA
Rejuvenation from
Within

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PANCHAKARMA
THERAPIES

AYURVEDA
TREATMENTS

YOGA &
MEDITATION

SATTVIC DIET &
LIFESTYLE

VEDIC MANTRA
CHANTING

WELLNESS
RETREATS

VATI (GUTIKA)

(Ayurvedic Herbal Tablet Medicine)

**POWERFUL AYURVEDIC FORMULATION
IN CONCENTRATED TABLET FORM
FOR PRECISE DOSAGE & MAXIMUM EFFECT**

Vati (Gutika) is a classical Ayurvedic dosage form in which fine powders of herbs, minerals or herbo-mineral ingredients are processed, mixed with suitable binders and made into tablets. These tablets are easy to carry, have accurate dosage, are quick to absorb and deliver potent results in various health conditions.

**CONCENTRATED
• POTENT
• EASY TO TAKE
QUICK ABSORPTION
HIGH EFFICACY
SAFE & EFFECTIVE
TIME-TESTED
RESULTS**



BENEFITS

- Easy to take & carry
- Precise dosage
- Quick absorption
- Balances doshas & supports agni
- Strengthens immunity & vitality
- Supports chronic disease management
- Promotes healing & rejuvenation
- Detoxifies body & eliminates ama
- Supports overall health, energy & well-being

INDICATIONS

- Indigestion & Loss of appetite
- Acidity & Gastritis
- Constipation
- Diabetes (Madhumeha)
- Joint Pain & Arthritis
- Respiratory Disorders
- Skin Disorders
- Liver Disorders
- Fever & Cold
- Stress, Anxiety & Mental Fatigue
- Immunity Weakness
- Obesity (Sthaulya)
- Urinary Disorders
- Menstrual Disorders
- Cardiac Support
- Detoxification & Rejuvenation
- General Debility

COMMON VATI (GUTIKA) EXAMPLES

- Triphala Vati – Digestion, Detox & Rejuvenation
- Ashwagandha Vati – Strength & Vitality
- Shilajit Vati – Energy, Stamina & Rejuvenation
- Guduchi Vati – Immunity & Fever Support
- Yograj Guggulu – Joint Pain & Inflammation
- Kanchanar Guggulu – Thyroid Support
- Arogyavardhini Vati – Liver & Metabolic Support
- Avipattikar Vati – Acidity & Pitta Balance
- Dashamoola Vati – Vata Disorders & Pain Relief
- Vasa Vati – Respiratory Health, Cough Relief

HOW VATI (GUTIKA) IS MADE



Prepared under strict Ayurvedic Guidelines by experienced Vaidyas.

KEY FEATURES

- Classical Ayurvedic Preparation
- 100% Natural & Safe
- Standardized Dose
- Non-toxic & Easy to Digest
- Quick Action & High Potency
- Long Shelf Life
- Suitable for all age groups (as per guidance)



ANCIENT
WISDOM
MODERN SCIENCE

CONCENTRATED
FORMULA FOR
MAXIMUM EFFECT

SAFE, TESTED &
TRUSTED

PRECISE DOSAGE
BETTER COMPLIANCE

HOLISTIC HEALING
FOR BODY, MIND & SOUL

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The Vedas are
the breath of God.
Mantra is the
sound form of
Divine Energy.
— Ayurveda

VEDIC MANTRA CHANTING

HEAL YOUR MIND • PURIFY YOUR SOUL • AWAKEN YOUR SPIRIT

Vedic Mantra Chanting is the ancient science of sound vibration that harmonizes the body, mind and soul. The divine vibrations of the mantras create positivity, peace, protection and prosperity in life.



CALMS
THE MIND



REDUCES
STRESS & ANXIETY



PROTECTS FROM
NEGATIVITY



IMPROVES HEALTH
& IMMUNITY



ENHANCES FOCUS
& MEMORY



SPIRITUAL GROWTH
& INNER PEACE



ATTRACTS PROSPERITY
& POSITIVITY

SACRED SOUNDS
DIVINE VIBRATIONS
INNER TRANSFORMATION

POWERFUL VEDIC MANTRAS



ॐ नमः शिवाय
Om Namah Shivaya
— For Peace, Healing & Protection



ॐ श्रीं महालक्ष्म्यै नमः
Om Shreem Mahalakshmyei Namah
— For Prosperity & Abundance



ॐ गं गणपतये नमः
Om Gam Ganapataye Namah
— For Success & Removal of Obstacles



ॐ श्रीं ह्रीं क्लीं चामुण्डायै विच्चे
Om Shreem Hreem Kleem Chamundayai Viche
— For Protection & Strength



ॐ त्र्यम्बकं यजामहे
Om Tryambakam Yajamahe
— For Health & Longevity



ॐ भूर्भुवः स्वः गायत्री मंत्र
Gayatri Mantra
— For Wisdom, Enlightenment & Energy



लोकाः समस्ताः सुखिनो भवन्तु
Lokah Samastah Sukhino Bhavantu
— For Universal Peace & Harmony

BENEFITS OF VEDIC MANTRA CHANTING

- ✓ Purifies the aura and energy field
- ✓ Brings mental peace and emotional balance
- ✓ Strengthens the nervous system
- ✓ Improves concentration and memory
- ✓ Balances all the chakras
- ✓ Enhances spiritual growth and intuition
- ✓ Removes negativity and fear
- ✓ Supports healing of body and mind
- ✓ Attracts positivity, success and abundance
- ✓ Connects with divine consciousness

OUR CHANTING INCLUDES

- ✓ Vedic Mantra Chanting Classes
- ✓ Personalized Mantra Guidance
- ✓ Daily Group Chanting Sessions
- ✓ Special Homa & Yajna with Mantras
- ✓ Rudra Parayan & Sri Rudram
- ✓ Vishnu Sahasranama Parayan
- ✓ Devi Suktam & Durga Suktam
- ✓ Gayatri Mantra Sadhana
- ✓ Mantra Healing & Meditation
- ✓ For Individuals, Families & Groups

When the mind is pure,
mantra becomes powerful.
When mantra is pure,
life becomes divine.

— Ayurveda

RULES FOR CHANTING

- ✓ Clean Body, Pure Mind, Pure Heart
- ✓ Sit in a quiet, clean and sacred place
- ✓ Chant with devotion, faith and focus
- ✓ Follow proper pronunciation
- ✓ Regular practice brings best results



EXPERIENCE THE POWER OF SACRED SOUND



SHANTI
Peace



AAROGYA
Health



SAMRIDDHI
Prosperity



RAKSHA
Protection



GYAAN
Wisdom



ANANDA
Bliss



MOKSHA
Liberation



Let the divine
vibrations of
mantras transform
your life.

WHO CAN BENEFIT?



Students



Professionals



Housewives



Seniors



Children



Spiritual Seekers



Anyone who
seeks peace

“ Chanting is not just recitation,
it is a connection with the Divine.
Chant Daily, Change Your Life. ”

CHANT MANTRAS, CHANGE YOUR VIBRATIONS, CHANGE YOUR LIFE.
JOIN OUR VEDIC MANTRA CHANTING CLASSES & EXPERIENCE DIVINE TRANSFORMATION.

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LIFESTYLE



VEDIC MANTRA
CHANTING



WELLNESS
RETREATS

VEGA DHARANA AWARENESS

Respect Your Body's Natural Urges,
Protect Your Health

In Ayurveda, suppressing natural urges (Vega Dharana)
is the root cause of many diseases.

Listen to your body.
Respond naturally. Stay healthy.



Your Body
Knows Best.
Don't Ignore
Its Signals.
Live in Harmony
with Nature.

WHAT IS VEGA DHARANA?

Vega Dharana means the suppression or restraint of natural urges like urination, bowel movement, sneezing, yawning, hunger, thirst, etc., against the body's natural call. It disturbs the balance of Doshas and leads to diseases.

CONSEQUENCES OF VEGA DHARANA

- Disturbs Dosha balance (Vata, Pitta, Kapha)
- Causes headaches, body pain, & fatigue
- Leads to constipation, piles, urinary disorders
- Results in skin diseases, acidity, & gas
- May cause heart problems, high BP
- Leads to stress, anxiety, & mental disturbances
- Can result in severe & chronic diseases



"Suppression of natural urges is like stopping a flowing river – it will overflow somewhere with force."
– Charaka Samhita



HOW TO LISTEN TO YOUR BODY

- Develop body awareness and mindfulness
- Follow a regular daily routine
- Eat fresh, sattvic food at proper time
- Stay hydrated and active
- Practice Yoga, Pranayama & Meditation
- Respect nature and live in harmony



NATURAL URGES (VEGAS) YOU SHOULD NEVER SUPPRESS

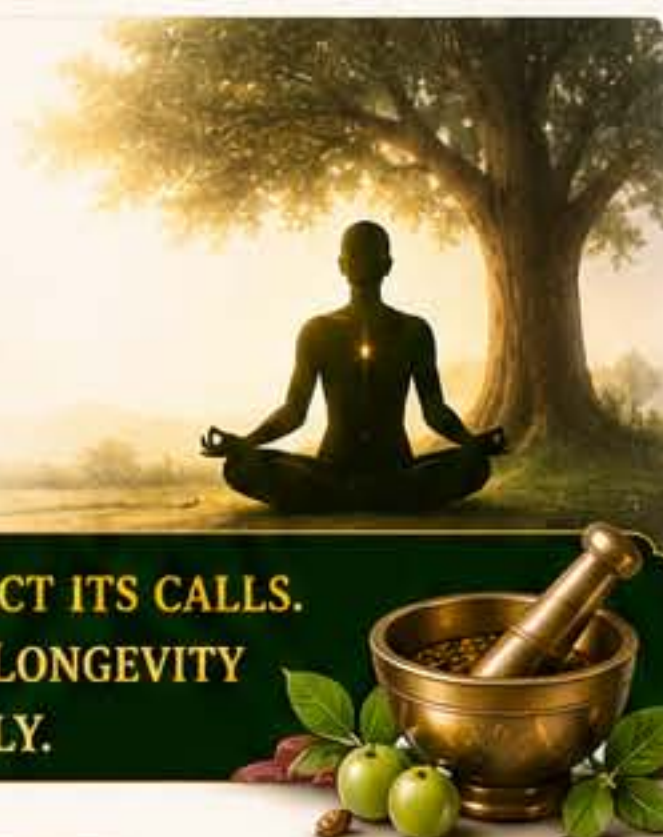
- | | | |
|---|--|--|
|  Mala Vega
(Urge to pass stool) |  Hikka Vega
(Hiccup) |  Shukra Vega
(Urge to ejaculate) |
|  Mutra Vega
(Urge to pass urine) |  Kshudha Vega
(Hunger) |  Ashru Vega
(Tears) |
|  Kshavathu Vega
(Sneezing) |  Trishna Vega
(Thirst) |  Vacha Vega
(Speech / Expression) |
|  Nidra Vega
(Sleep) |  Mootha Vega
(Vomiting) |  Jrimbha Vega
(Yawning) |

BENEFITS OF RESPONDING TO NATURAL URGES

- | | | | |
|--|--|---|--|
|  Maintains Dosha Balance |  Improves Digestion & Metabolism |  Prevents Diseases |  Promotes Mental Peace & Clarity |
|  Enhances Energy & Vitality |  Supports Longevity & Well-being |  Strengthens Immunity |  Brings Harmony in Body & Mind |

AYURVEDIC GUIDELINES

- Respond to natural urges at the right time.
- Do not delay urination or bowel movement.
- Eat when hungry, drink when thirsty.
- Get enough sleep and rest.
- Express your emotions in a healthy way.
- Follow Dinacharya (daily routine) for balance.



HONOR YOUR BODY. RESPECT ITS CALLS.
HEALTH, HAPPINESS & LONGEVITY
COME NATURALLY.

KEY MESSAGE

Never ignore the signals of your body. Vega Dharana is an invitation to disease, while following natural urges is the path to perfect health.

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WOMEN'S WELLNESS PROGRAMME

NOURISH • BALANCE • EMPOWER

Holistic care for every stage of a woman's life – Body, Mind, Hormones & Soul.



Our Women's Wellness Programme combines authentic Ayurveda, nutrition, yoga, meditation and lifestyle guidance to support women at every phase of life naturally and safely.

A HEALTHY WOMAN
BUILDS A HEALTHY
FAMILY.
A HEALTHY FAMILY
BUILDS A HEALTHY
SOCIETY.
A HEALTHY SOCIETY
BUILDS A HEALTHY
NATION.

KEY BENEFITS



Hormone Balance



Improves Reproductive Health



Reduces Stress & Anxiety



Boosts Immunity & Vitality



Enhances Skin & Hair Health



Better Sleep & Energy



Supports Healthy Weight Balance



Emotional Well-being



Inner Strength & Confidence

WELLNESS FOR EVERY STAGE



Teenage Girls

Growth, Nutrition, Menstrual Health



Reproductive Years

Fertility, Hormonal Balance, PCOS/PCOD



Pregnancy & Postpartum

Prenatal Care, Postnatal Recovery, Lactation Support



Perimenopause

Hormonal Shifts, Mood Support



Menopause & Beyond

Bone Health, Vitality, Healthy Aging

OUR PROGRAMME INCLUDES

- ✓ Ayurvedic Consultation & Assessment
- ✓ Personalized Diet & Lifestyle Plan (Sattvic Nutrition)
- ✓ Ayurvedic Herbs & Natural Supplements
- ✓ Yoga, Pranayama & Meditation
- ✓ Stress Management & Emotional Support
- ✓ Detox & Rejuvenation Therapies (Panchakarma as per need)
- ✓ Women's Health Workshops & Education
- ✓ Ongoing Guidance & Follow-up



FOCUS AREAS

- ✓ Irregular Periods
- ✓ PCOS / PCOD
- ✓ Thyroid Imbalance
- ✓ Infertility Support
- ✓ Menstrual Pain & PMS
- ✓ Skin & Hair Problems
- ✓ Anemia & Fatigue
- ✓ Weight Management
- ✓ Menopause Care
- ✓ Emotional Well-being



AYURVEDIC HEALING

Natural therapies and herbal solutions for root cause healing.



NUTRITION & LIFESTYLE

Sattvic diet, daily routine and healthy habits for hormonal balance.



YOGA & MIND CARE

Yoga, meditation and breathwork to calm the mind and uplift women's energy.



EMPOWER & EDUCATE

Workshops, sessions and guidance to help women live with confidence.



*"When a woman heals,
the whole world heals.
Nurture yourself.
You are worth it."*
– Ayurveda

OUR PROMISE

A safe, supportive and sacred space to heal, grow and thrive – naturally.

Because You Deserve the Best Care.

- ✓ 100% Natural & Safe
- ✓ Personalized Care
- ✓ Experienced Ayurvedic Doctors
- ✓ Holistic & Sustainable Healing



**NURTURE YOUR HEALTH. HONOR YOURSELF. EMPOWER YOUR LIFE.
JOIN OUR WOMEN'S WELLNESS PROGRAMME TODAY!**

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Holistic care for every stage of a woman's life – Body, Mind, Hormones & Soul.



Our Women's Wellness Programme combines authentic Ayurveda, nutrition, yoga, meditation and lifestyle guidance to support women at every phase of life naturally and safely.



A HEALTHY WOMAN
BUILDS A HEALTHY
FAMILY.

A HEALTHY FAMILY
BUILDS A HEALTHY
SOCIETY.

A HEALTHY SOCIETY
BUILDS A HEALTHY
NATION.



KEY BENEFITS



Hormone
Balance



Improves
Reproductive
Health



Reduces Stress
& Anxiety



Boosts Immunity
& Vitality



Enhances Skin
& Hair Health



Better Sleep
& Energy



Supports Healthy
Weight Balance



Emotional
Well-being



Inner Strength
& Confidence

WELLNESS FOR EVERY STAGE



Teenage Girls
Growth, Nutrition, Menstrual Health



Reproductive Years
Fertility, Hormonal Balance,
PCOS/PCOD



Pregnancy & Postpartum
Prenatal Care, Postnatal Recovery,
Lactation Support



Perimenopause
Hormonal Shifts, Mood Support



Menopause & Beyond
Bone Health, Vitality,
Healthy Aging

OUR PROGRAMME INCLUDES

- ✓ Ayurvedic Consultation & Assessment
- ✓ Personalized Diet & Lifestyle Plan (Sattvic Nutrition)
- ✓ Ayurvedic Herbs & Natural Supplements
- ✓ Yoga, Pranayama & Meditation
- ✓ Stress Management & Emotional Support
- ✓ Detox & Rejuvenation Therapies (Panchakarma as per need)
- ✓ Women's Health Workshops & Education
- ✓ Ongoing Guidance & Follow-up



FOCUS AREAS

- ✿ Irregular Periods
- ✿ PCOS / PCOD
- ✿ Thyroid Imbalance
- ✿ Infertility Support
- ✿ Menstrual Pain & PMS
- ✿ Skin & Hair Problems
- ✿ Anemia & Fatigue
- ✿ Weight Management
- ✿ Menopause Care
- ✿ Emotional Well-being



AYURVEDIC HEALING

Natural therapies and herbal solutions for root cause healing.



NUTRITION & LIFESTYLE

Sattvic diet, daily routine and healthy habits for hormonal balance.



YOGA & MIND CARE

Yoga, meditation and breathwork to calm the mind and uplift women's energy.



EMPOWER & EDUCATE

Workshops, sessions and guidance to help women live with confidence.



HOLISTIC WELL-BEING

Mind, Body, Emotions & Spirit in balance.



*"When a woman heals,
the whole world heals.
Nurture yourself.
You are worth it."*
– Ayurveda

OUR PROMISE

- ✿ 100% Natural & Safe
- ✿ Personalized Care
- ✿ Experienced Ayurvedic Doctors
- ✿ Holistic & Sustainable Healing

✿ A safe, supportive and sacred space to heal, grow and thrive – naturally.

**Because You
Deserve the Best Care.**



NURTURE YOUR HEALTH. HONOR YOURSELF. EMPOWER YOUR LIFE.
JOIN OUR WOMEN'S WELLNESS PROGRAMME TODAY!



BOOK YOUR CONSULTATION TODAY

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AUTHENTIC AYURVEDA • ANCIENT WISDOM • NATURAL HEALING



Om
Ayurveda
THE SCIENCE OF LIFE



“
Yoga is the journey
of the self, through the self,
to the self.
– The Bhagavad Gita
”



YOGA THERAPY

HEAL THE BODY • CALM THE MIND • ELEVATE THE SOUL

ANCIENT WISDOM • HOLISTIC HEALING • COMPLETE WELLNESS

Yoga Therapy is a holistic healing approach that combines ancient yogic practices with Ayurvedic wisdom to restore balance in body, mind and spirit. It addresses the root cause of imbalances, improves health, prevents diseases and promotes inner harmony.



IMPROVES
FLEXIBILITY &
STRENGTH



ENHANCES
BREATH &
ENERGY



REDUCES
STRESS &
ANXIETY



BOOSTS
IMMUNITY



PROMOTES
MENTAL
CLARITY



BALANCES
BODY, MIND
& EMOTIONS



BRINGS INNER
PEACE &
HARMONY

YOGA THERAPY IN AYURVEDA

- Personalized
- Holistic
- Therapeutic
- Transformative

BENEFITS OF YOGA THERAPY

- Improves flexibility, strength & stamina
- Enhances posture & body alignment
- Boosts energy & vitality
- Improves digestion & metabolism
- Strengthens immunity naturally
- Reduces stress, anxiety & depression
- Enhances sleep quality
- Detoxifies body & mind
- Improves concentration & memory
- Balances hormones & emotions
- Supports heart & lung health
- Promotes overall well-being & longevity

HOW YOGA THERAPY WORKS

- 1 Detailed assessment of Prakriti (body type) and health condition.
- 2 Personalized Yoga Asanas for healing and strengthening.
- 3 Pranayama for breath balance and energy flow.
- 4 Meditation & Yoga Nidra for deep relaxation and mental clarity.
- 5 Cleansing practices (Shatkarma) for detoxification.
- 6 Ayurvedic diet & lifestyle guidance for complete healing.
- 7 Regular monitoring & support for lasting transformation.

YOGA IS NOT JUST EXERCISE,
IT IS A WAY OF LIFE.

IDEAL FOR

- Stress, anxiety & depression
- Back pain, neck pain & stiffness
- Obesity & weight management
- Digestive disorders
- Diabetes & hypertension
- Respiratory conditions (asthma, allergies)
- PCOS & hormonal imbalance
- Insomnia & sleep disorders
- Addiction recovery & mental fatigue
- Sports performance & endurance
- Elderly care & overall rejuvenation
- Anyone seeking a healthy, happy & balanced life

THE POWER OF AYURVEDA

When Yoga Therapy is combined with Ayurveda, it becomes a powerful healing system that restores balance, prevents disease and helps you live a joyful, meaningful life.



OUR YOGA THERAPY INCLUDES



YOGA ASANAS
Healing postures
for strength
& flexibility



PRANAYAMA
Breath techniques
for energy &
vitality



MEDITATION
Calm the mind,
awaken inner
awareness



YOGA NIDRA
Deep relaxation
for body &
mind



SHATKARMA
Detoxify & cleanse
for a healthy
system



AYURVEDIC DIET
Sattvic, nourishing
food for healing
& balance



LIFESTYLE GUIDANCE
Daily routine for
harmonious &
healthy living



YOGA TODAY, HEALTH TOMORROW, HAPPINESS FOREVER.
EXPERIENCE AUTHENTIC YOGA THERAPY WITH AYURVEDA.



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PANCHAKARMA
THERAPIES



AYURVEDA
TREATMENTS



YOGA &
MEDITATION



SATTVIC DIET &
LIFESTYLE



VEDIC MANTRA
CHANTING



WELLNESS
RETREATS