



EMERALD AYURVEDA RESORT

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AYURVEDA PACKAGES

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PRIME TREATMENTS IN AYURVEDA

PIZHICHIL - 14Days - 910 EURO (INR 57330) (1 TIME, 65 EURO (INR 4095))

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

NJAVARAKIZHI -- 14 Days – 840 EURO (52920) (1 TIME, 60 EURO INR 3780)

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

DHARA -- 14 Days – (THAKRA DHARA & KSHEERA DHARA – 308 EURO (INR 19404), 1 time- 22 EURO (INR 1386). THYLADHARA -- 490 EURO (INR 30870) 1 time- 35 EURO (INR 2205))

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

DASHAMoola KSHEERA DHARA (1 TIME – 35 EURO (INR 2205))

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

SARVANGA KASHAYA DHARA (1 TIME – 35 EURO (INR 2205))

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

VASTHI – 14 Days –(MATRA VASTHI – 140 EURO (8820)- 1 TIME- 10 EURO (INR 630), SNEHA VASTHI - 280 EURO (INR 17640) – 1 TIME – 20 EURO (INR 1260), KASHAYA VASTHI –770 EURO (INR 48510) - 1 Time – 55 EURO (INR 3465))

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

SIROVASTHI -- 14 Days – 350 EURO (INR 22050) (1 time- 25 EURO (INR 1575))

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

UDVARTHANAM –14 Days -- 308 EURO (INR 19404) (1 time- 22 EURO (INR 1386))

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

ABHYANGAM –14 Days – 210 EURO (INR 13230) (1 time- 15 EURO (INR 945))

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

NASYAM –14 Days – 98 EURO (INR 6174) (1 time- 7 EURO (INR 441))

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

SNEHAPANAM – 14 Days – 182 EURO (INR 11466) (1 Time- 13 EURO (INR 819))

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

KIZHI – 14 Days – (KIZHI-PART, 1 TIME- 14 EURO(INR 882). KIZHI-FULL, 1 TIME- 35 EURO (INR 2205))

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

DHANYAMLA DHARA –14 Days -- 560 EURO (INR 35280)

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

YONI PRAKSHALANAM – 1 Time – 10 EURO (INR 630)

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

KATIVASTHI – 1 time- 22 EURO (INR 1386)

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

UROVASTHI – 1 time- 30 EURO (INR 1890)

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

KSHEERADHOOMAM – 1 time- 7 EURO (INR 441)

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

THALAM -- 1 time- 5 EURO (INR 315)

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

LEPANAM -- 1 time- 13 EURO (INR 819)

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

MARMA MASSAGE (1 TIME- 30 EURO (INR 1890))

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

LEKHANEYAM- PART (1 TIME 18 EURO (INR 1134)) LEKHANEYAM FULL (1 TIME 35 EURO (INR 2205))

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

KARNAPOORNAM (1 TIME- 7 EURO (INR 441))

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

THARPANAM (1 TIME- 7 EURO (INR 441))

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

MUKHALEPAM (1 TIME- 7 EURO (INR 441))

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

MEDICATED STEAM BATH (1 TIME- 14 EURO (INR 882))

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

PRIME BODY CARE IN AYURVEDA

REJUVENATION THERAPY (RASAYANA CHIKILSA) – 14 Days – 840 EURO (INR 52920)

This treatment includes body massage with medicated oil and cream by two masseurs using hand and foot, internal rejuvenation medicines and medicated steam bath. This therapy is for 90 minutes to 2 hours per day for 7 to 14 days. This therapy is to rejuvenate the mind, body and soul, to tone up the skin, and to strengthen all systems so as to achieve ideal health and longevity.

BODY PURIFICATION THERAPY (SHODHANA CHIKILSA) –15 Days –900 EURO (INR 56700)

It is a process of purifying the whole body to attain proper balance of Vatha, Pitha and Kapha based on the Panchkarma and Swethakarma Treatment. The 15 day package process includes Body Massage, Snehapanam, Nasyam, Virachanam(Medicated purgative), Snehavasthi, Dhara, Pizhichil, Njavarakizhi, Karnapooranam, Tharpanam, Sirovasthi, Steam Bath, and internal herbal medicines.

PRADHANAKARMA: FIVE THERAPEUTIC MEASURES

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

BODY IMMUNIZATION /LONGEVITY TREATMENT (KAYAKALPA CHIKILSA) – 28 Days – 1680 EURO (INR 105840)

This is the prime treatment in Ayurveda for reducing the ageing process, arresting the degeneration of the body cells and immunization of the system. Giving RASAYANA (very special Ayurvedic medicine) internally is the main part of this programme, based on the Panchakarma and Swethakarma treatment. The 28-day package process includes Body massage, Snehapanam, Virechanam,

Nasyam, Snehavasthi, Dhara, Pizhichil, Njavarakizhi, Tharpanam, Sirovasthi, Karnapooranam and Medicated Steam Bath. This treatment is best effective if taken before the age of 60, for either sex.

MANASANTHY (10 Days – 900 EURO) (INR56700)

The human mind is full of stress and strain which creates hormonal imbalance and psychosomatic disorders such as Hypertension, Ulcerative Colitis, Ischaemic Heart Disease, Peptic Ulcer, Diabetic Mellitus, Bronchial Asthma, Migraine, Rheumatoid Arthritis etc. This is a combination of Yoga-Meditation and Ayurveda Therapy with holistic method. This treatment is very effective for stress management as well as for the purification of your body and mind helping you to attain the right balance and temperament of the mind. This therapy includes Yoga, Meditation, Rejuvenation Therapy, Dhara, Njavarakizhy, Thalam, Herbal Steam Bath, Herbal Pack etc, with intake of Herbal Medicines.

PSORIASIS TREATMENT PROGRAMME. (SIDHMA CHIKILSA) – 21 Days – 1470 EURO (INR 92610)

This is an effective treatment for all types of psoriasis. This special Ayurvedic treatment programme lasts for 21 to 28 days. This programme includes special Lapanam, Abhyangam, Snehapanam, Pizhichil, Medicated Steam Bath and Sirovasthi along with exclusively prepared internal herbal medicines.

SLIMMING PROGRAMME – 21 Days – 1155 EURO (INR 72765)

This includes two types of massages (1) Medicated Herbal Powder Massage (2) Medicated Herbal Oil Massage. These two massages will be given for 28 days. This programme also includes medicated steam bath, intake of herbal juices and herbal tea. A very special Ayurvedic diet is advised during the treatment period.

BEAUTY CARE PROGRAMME. – 10 Days – 800 EURO (INR 50400)

One looks beautiful and radiant only when beauty of the inner body surfaces. Inner beauty can be achieved through Yoga, Meditation and use of beauty enhancers. Outer beauty includes the obvious traits such as contours of the body, texture of the skin and the quality of the hair and nails.

Massage is the easy method for the proper circulation of vital fluids to give a beautiful luster to the skin. In this programme herbal face pack, herbal cream massage, massage with special oils, fruit juices, herbal juices, body pack, head pack, steam bath or herbal bath and intake of herbal juices are included.

This treatment improves the skin complexion, skin tone and muscle tone.

SPINE AND NECK CARE PROGRAMME – 10 Days – 750 EURO (INR 47250)

This special treatment keeps your spine and neck healthy and cures problems related to neck and spine. This programme includes Special Massages, Kativasthi, Snehavasthi, Kashayavasthi, Pizhichil, Njavarakizhi, special Exercises etc.

REJUVENATION MASSAGE – 1 Time - 25 EURO (1575)

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

BODY UZHICHIL – 22 EURO(INR 1386)

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

AYURVEDA ANTI AGEING PROGRAMME – 22 Days – 1760 EURO (INR 110880)

The various cells and tissues of the body undergo changes as age advances. So it is necessary to rejuvenate the body systems for a better harmony of the body, mind and soul. Ayurveda prescribes treatment for repairing the wear and tear of the body due to ageing process. After proper purification by evacuating measures, one can increase the vital energy called „ojas“ which improves strength and vitality through the „Rasayana“ intake.

This process ensures prolonged lifespan, youthfulness, good health, fine complexion, stoutness, intellect, power of retention and strength. The 28 day package process includes body massages with special oils and herbal juices, njavaratheppu (massage with rice pudding), narangakizhi, kayasekam with medicated oil or decoctions or milk, snehapanam, virechana, ksheeravasthy, snehavasthy thalapothichil, sirodhara, head massage with special herbal juices, thalam, srubhath, herbal bath, steam bath and Rasayana intake with very special diet.

YOGA AND MEDITATION -- PER SESSION 10 EURO (INR 630)

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

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