

Ayur Sanjeevini

Experience the Tradition



आयुर्वेद

The Science of life

Ayurveda is a holistic approach to healthcare
that helps people live long, healthy and well-balanced lives





Ayurveda

Welcome to read about the ancient and traditional science on one of the most modern system. Ayurveda has two words- Ayu: and Veda. Ayu: means life and Veda means knowledge. Historians have not pin-pointed the exact time Ayurveda came into being. Most agree that Ayurvedic classical texts were written in India between 3,500 and 5,000 years ago, though some suggest an even longer history. The knowledge passed on from generation to generation. People are realizing the importance and benefits of Ayurveda the perfect system of health knowledge for today's world.

Ayurveda literally means "science of life and longevity," and is considered to be the traditional system of medicine of India. It is the oldest health care system in the world. Ayurveda is a science of life so to know more about it, we must know what is life? Life according to Ayurveda is a combination of senses, mind, body and soul. So it is clear from this definition of life that Ayurveda is not only limited to body or physical symptoms but also gives a comprehensive knowledge about spiritual, mental and social health. Ayurveda offers reference points for managing treatment decisions specific to each case

Ayurveda offers specific recommendations to each individual on lifestyle, diet, exercise and yoga, herbal therapy, and even spiritual practices to restore and maintain balance in body and mind. Ayurveda sees a strong connection between the mind and the body

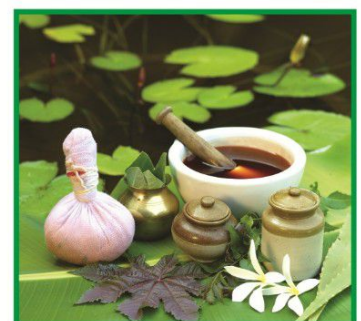
How work Ayurveda The first step in Ayurveda treatment is diagnosis to determine the constitution of the person. That is a unique way by which the patient who is diagnosed first and not the disease. The same disease might appear in different forms in two persons because of their different constitution. Due to this variation in constitution the medicines and treatment may be different for two people for the same illness. This difference in treatment methods according to the constitution is essential to bring back the natural balance of the biological humors. The constitutional approach is the essence of the Ayurvedic system. Understanding the patients constitution helps one to lead a life style that is most befitting his constitution, thus optimizing his health and creative potential.

According to Ayurvedic system, human body consists of three primary life forces or biological humors, which are Vatha, Pitha and Kapha. These three doshas are called the tridoshas. A balance among these life forces is essential for proper health. Any imbalance among the tridoshas causes a state of unhealthiness or disease.



Ayur Sanjeevini

Ayur Sanjeevini is located in Kumarakom, Kerala, India, has a reputation for maintain the quality of Ayurvedic treatment by the experienced doctors and staff .Ayur sanjeevini was founded with the mission of 'taking Ayurveda to every body. Our objective of making people happy and healthy through authentic Ayurvedic treatment delivered at their needs. Ayur Sanjeevini offers you an opportunity to combine a Tropical vacation along with Ayurveda rejuvenation in the way of tradition





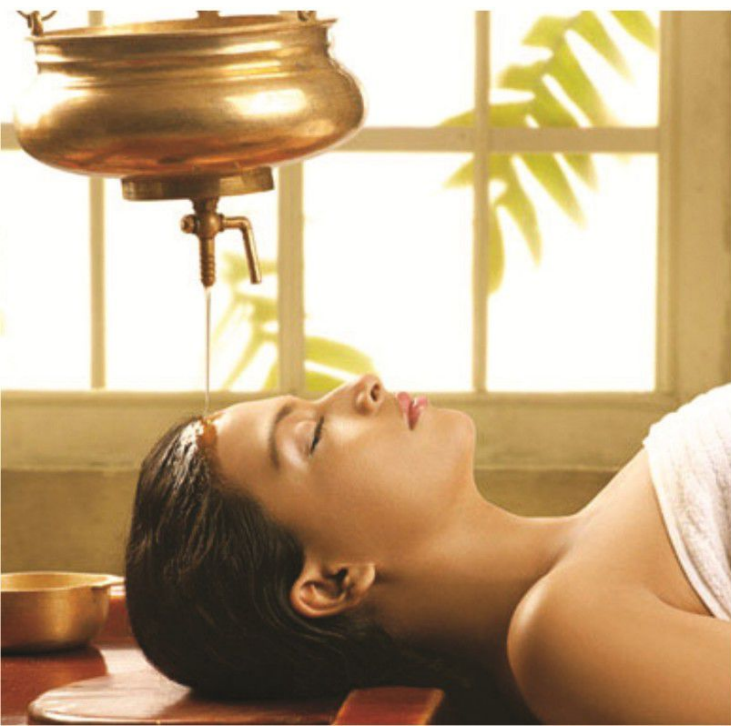
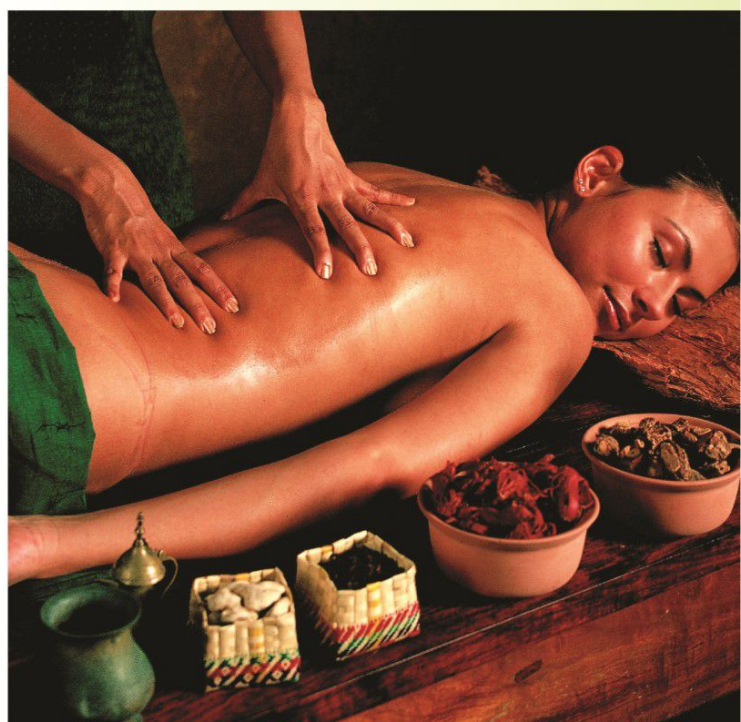
Abhyangam

Abhyangam is an authentic body massage in ayurveda. The word abhyanga itself means to massage. Special type of oil massage in which strokes are given according to the needs for about 60 minutes. It is very useful for obesity, diabetic gangrene (a condition developed due to lack of blood circulation in certain parts of the body). The Massage is done with a combination of specially prepared Ayurvedic herbal oils and applied all over the body stimulating the vital points. This is very good for the general health of the skin and prevents early aging and relieves muscular aches and pain. Abhyangam can increase the production of white blood corpuscles and antibodies, which provide more resistance against viruses and diseases. This helps the defense mechanism in the body and increases immunity towards environmental changes. In this way abhyangam massage is a protector, preserver and a rejuvenator, increasing self-confidence and will power. To massage is to exercise the nervous system.



Kalari Massage With Medicated Steam Bath

Its about 60 minutes Massage and 15 minutes steam bath. The steam bath Certain precious herbal leaves and herbs are boiled and the steam is passed over the whole body. This is good for certain types of skin diseases for eliminating impurities and improving the tone of the body for reducing fat etc. In this treatment, after a full body massage using lukewarm therapeutic oils, steam produced by the boiling of certain herbs and their leaves in water, is filled in a cavity in which the patient is kept. It induces perspiration and thus drains impurities, tones up the body, clears the skin and improves the blood circulation. It cures obesity, pains in the joints, problems of the respiratory system and rheumatic complaints.



Shirodhara

It is a process by which herbal oils are poured to flow on the forehead in a special method for about 45 minutes in a day. In Ayurveda, Shirodhara deeply relaxes the nervous system, lowers metabolism, integrates brain function and creates brain wave coherence and an alpha state. When the brain is under stress, cerebral circulation is compromised. As oil is poured on the forehead, the nervous system is deeply stilled. The brain waves slow down and become coherent. Once the brain is quieted, more life energy and oxygen and other nutrients flow more freely to the brain. The result: better brain function, mood stability and improved stress handling ability. With each successive Shirodhara treatment, the mind systematically achieves an even deeper state of silence and more healing takes place. Regular treatments are said to increase blood circulation to the brain, improve memory, nourish the hair and scalp, encourage sound sleep and calm body and mind.



Elakizhi

Elakizhi is an innovative classical massage with medicated leaves. Herbal poultices (bundles) are prepared with various herbs and medicated powders. The poultices are warmed in medicated oils and used to massage the entire body, neck, shoulders, hands and back, shifting the person from side to side to tackle joint pain, muscle cramps, stress and arthritis. All the above-mentioned treatments can be done in a perfectly healthy person as well so as to enhance his/her immunity, vitality and longevity of life. Each of these combinations give a curative and rejuvenative effect. The massage can promote better circulation within the affected area thereby promoting increased perspiration, which helps the skin to eliminate wastes. It also helps to tone the skin and can be superbly relaxing.



Pizhichil

Pizhichil Treatment in Ayurveda, is a combination of oil massage and heat treatment. Application of lukewarm herbal oils over the body by 2 to 4 masseurs in a special rhythmic style for about 60 to 90 minutes per day. It is a highly rejuvenating treatment useful in all cases of nervous disorders, treatment for paralytic, rheumatic, diabetic patients etc and as a rejuvenate course.

In this treatment lukewarm medicated oil is applied on the body of the patient lying on the \"Dharapathi\". Oil dipped pieces of cloth are squeezed by hand and the oils rubbed smoothly over the body of the patient by masseurs on either side. The medicated oil is pressed out of the cloth uniformly over the body at a defined height and massaged by skillful hands. This treatment is indicated in stiffness and pain of joints and limbs, dislocation of joints, paralytic conditions and in ladies with a history of uterine inertia in earlier deliveries, complaints associated with Menopause. Many persons also undergo this treatment for rejuvenation and preservation of health to offset early aging. Sclerotic changes can be prevented by this treatment.



Njavarakkizhi

Njavarakkizhi Kerala's unique contribution to Ayurveda, involves fomentation of the body with a bolus of cooked rice. Shastika or particular kind of rice known for its nutritional value, is cooked in milk and a herbal decoction made of kurumthotti (*Sida rhombifolia*). Four boluses are made of this cooked rice and tied up in linen bags. It relieves pain and oedema, Indicated in arthritis, spondylosis, low back ache etc and Good results in sports injury.



Udwarthanam

Udwarthanam is known as powder massage. Udwarthanam is a deep, dry and stimulating massage about 60 minutes using special herbal powder to reduce cellulite accumulations, to improve circulation and to enhance your skin's texture and appearance. We thoroughly exfoliate your body using a mixture of Ayurvedic powders which will break up fatty deposits and energize blood circulation.

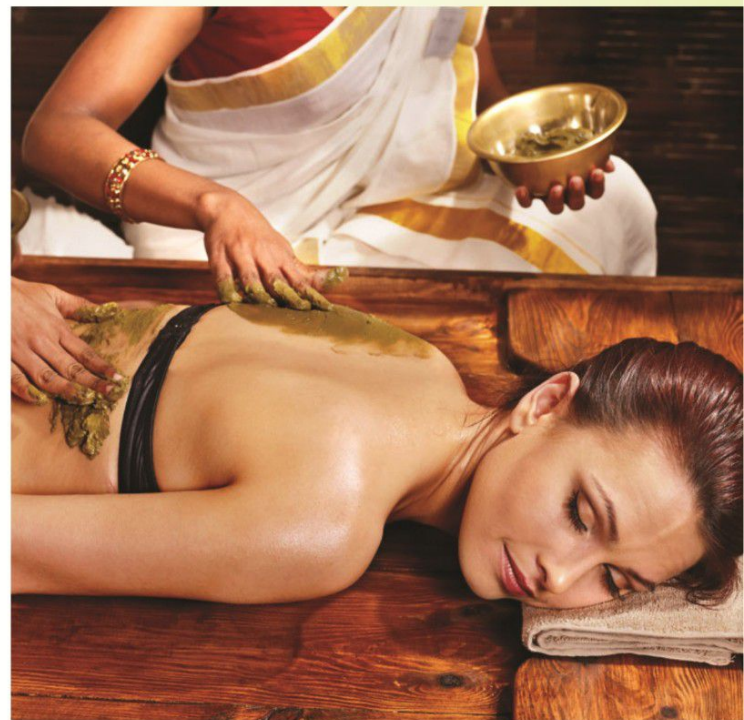
Udwarthanam is beneficial to diseases like hemiplegia, paralysis, obesity (excess fat). It imparts mobility to joints, strengthens muscles and refreshes the body.



Herbal Body Pack

Ayurveda recommends so many Body-packs also. In ancient times, Applying .herbal body pack is part of regular lifestyle

It is a treatment wherein medicated powders/fresh herb paste/medicated rice is applied as a pack over the whole body. It is removed by milk when the pack dries up completely Its about 150 minutes. According to skin type and diseases Face-pack is applied as a thick or thin layers. In some diseases one should kept it only till its wet on body and should remove it as soon as it get dry. Or some 'lepas' are applied overnights also.



Nasyam

Drops of medicated oil are administered in each nostril of the patient. This treatment eliminates the toxins from the head and neck region and is useful in curing headaches, migraine, sinusitis, chronic cold , chest congestion, cervical spondylosis and Facial Palsy. It assures lightness of the body and head ensures better sleep. Helps in curing degeneration of cervical vertebrae.



Herbal Face pack

The herbal paste which is applied on face to treat acne, pimple, scars, marks and pigments are known as "mukha lepa" in ayurveda. The process of smearing this herbal mix on face is known as "mukha lepana".and its about 60 minutes program. This beauty therapy is popular as facial. The smooth powder which is used for facial application is "face pack". A good herbal face pack must supply necessary nutrients to skin. It should penetrate the subcutaneous tissues in order to deliver the required nutrients. Different types of skin need different types of herbal face packs. A herbal face pack with specially made herbal powder and fresh cream that helps preventing and avoiding wrinkles and improving the skin tone. Increase fairness using herbal face packs and ayurvedic treatment. Say no to pimples, acne, marks, black circles and darkness.



Foot Massage

Foot massage is called "Padabhyanga", Its about 30 minutes and it has a very special place within the Ayurvedic tradition. Feet are very important part in our body, as many nerves from many organs terminate in the feet. So massage helps to strengthen these nerves and restores health to many parts of the body. The marma (vital) points are massaged which gives balance to your dosha and is very helpful for people with insomnia, fatigue and cramps.



Head Face ,Shoulder and Back Massage

An Aurvedic head and shoulder massage can be done with or without oil by rubbing the scalp and forehead with palms or tapping it with fingers. Its about 30 minutes massage. The therapy is very beneficial for people who suffer from baldness, graying of hair, headache, migraine, insomnia, stress and mental disorders and back pain.

It helps in cases of paralysis, polio, loss of memory, high blood pressure, and in diseases of the nervous system.



Tariff

Time	Treatment	₹
75 min	Abhyangam	1500/-
90 min	Kalari Massage + Medicated Steam Bath	1800/-
100 min	Abhyangam + Sirodhara	2850/-
60 min	Elakizhii	1800/-
90 min	Pizhichil	2800/-
60 min	Njavarakkizhi	1950/-
60 min	Udwarthanam	1500/-
150 min	Herbal Body Pack	4500/-
30 min	Nasyam	450/-
60 min	Herbal Face pack	900/-
30 min	Foot Massage	800/-
45 min	Head Face ,Shoulder + Back Massage	1050/-

