

Your Journey *to* Kalari Rasayana

Ayurveda is the ancient Indian system of healing and living that addresses the physical, emotional and spiritual aspects of our well-being. CGH Earth Ayurveda offers treatments at its healthcare facilities in Kerala, which are certified and accredited by the National Accreditation Board for Hospitals and Healthcare (NABH). The treatments provided by our Vaidyas (doctors) are strictly according to the tenets of ancient Ayurveda.



Kalari Rasayana: Healing *by* a serene lake

Kalari Rasayana is located in the lap of the Paravur backwaters and is surrounded by thick coconut groves and floating mini-islands. Kalari Rasayana is a place where healing is activated by its sheer tranquillity and beauty. Set in the heart of the backwater area of the Paravur Village, the place is an absolute abode of peace. Spread over 8 acres of coconut grove land, Kalari Rasayana offers 22 rooms that are well-equipped with modern amenities and a clinic with 11 treatment rooms. The living spaces at Kalari Rasayana help in the healing process with their soothing and pleasant ambience.

Treatments *at* Kalari Rasayana

Manashanthi Chikitsa (Stress Management)

Duration: 14 to 28 Days

With stress becoming a part of today's hectic lifestyle, Manashanthi, which means 'mental peace', is an anti-stress treatment focused on improving mental health. It aims at helping combat symptoms of stress, insomnia, lack of concentration, fatigue and headaches.



Panchakarma Chikitsa (Complete Detox)

Duration: 21 to 28 Days

Panchakarma is an intensive cleansing treatment that follows the early texts of Ayurveda. Panchakarma, literally meaning five actions, includes Vamana (induced-vomiting), Virechana (purgation), Kashaya Vasti and Sneha Vasti (two kinds of medicated enemas) and Nasya (nasal medication).

Shodhana Chikitsa (Body Purification)

Duration: 14 to 21 Days

Shodhana Chikitsa is a body purification treatment that uses some of the Panchakarma procedures. It is preceded by Purvakarma, a stage in which the body is prepared for toxin removal. To undergo a complete detox Panchakarma treatment, a minimum duration of 21 days is required.

Sthoulyaghna Chikitsa (Weight Management)

Duration: 14 to 28 Days *(A minimum of 21 days are required to see the optimum results)*

Sthoulyaghna Chikitsa works by increasing metabolism which helps in utilizing the fat and increasing vitality, so that less fat is accumulated in the body. The core of this treatment lies essentially in purification of the body by elimination of excess cellulite deposits, to prevent the body from disease.



Rasayana Chikitsa (Treatment for Healthy Aging - Cleansing and Rejuvenation)

Duration: 21 to 28 Days

Rasayana Chikitsa is a treatment for rejuvenation and regeneration of tissues. It furthers mental well-being and intellect and is best for those with low immune system and deficient vitality. It helps the affected person return to normalcy, and enhances vitality, immunity and intellect in a normal person.

Specific Ailments & Conditions

Duration: 14 to 28 Days (*Treatment duration will be decided solely by the Vaidya, as per the individual's condition, based on the preliminary assessment*)

We also address the following specific ailments: Diabetes Management, Gastro-intestinal Disorders, Cardiovascular Disorders, Liver Disorders, Urological Disorders, Respiratory Diseases, Neurological Disorders, Musculo Skeletal and Joint Disorders, Hormonal and Metabolic Disorders, Allergic Disorders, Gynecological Disorders, Infertility, Cancer Care and Management, Mental Health, Post De-addiction Rejuvenation, Geriatric Care and Skin Disorders.

Note

The treatment duration required for each patient will vary depending upon the individual's condition. The preliminary assessment form filled in by the patient is necessary for our doctors to understand their medical condition and general state of being. Based on the preliminary assessment form, we will advise the patient on the duration required for the course of treatment. The results may vary for each person, and in some cases a follow-up visit may be required.



ALL-INCLUSIVE RATE FOR TREATMENTS IN EURO*						
VALID FROM 1st JANUARY 2021 TO 31st DECEMBER 2021						
SUITES	SINGLE OCCUPANCY			DOUBLE OCCUPANCY		
	14 Days	21 Days	28 Days	14 Days	21 Days	28 Days
<i>Rasayana Suites</i>	6600	8690	10340	11220	14775	17580

* 15-20 days: Me rate will be calculated on a pro-rata of 14 days.
 22-27 days: Me rate will be calculated on a pro-rata of 21 days.
 29 days onwards: Me rate will be calculated on a pro-rata of 28 days.

Cost Inclusions

All charges include the cost of Doctors' consultations, all Ayurveda treatments including therapeutic massages and steam treatments, all herbal medicines administered at the hospital for external use and internal consumption, prescribed diet, Yoga consultation, Yoga and meditation sessions, accommodation, garments provided for use at the hospital and airport pick-up and drop.

Airport Pick-up and Drop

Your pick-up and drop from Trivandrum airport is included in the cost.

Kalari Rasayana is approximately 1.5 hours away from the airport.



Booking Policy

- Confirmation of the treatment is against 50% advance payment and the balance payment may be made at any time before your arrival at Kalari Rasayana – The Ayurveda Hospital.
- Full refund if the booking is cancelled 30 days in advance.
- 50% refund if the booking is cancelled 21 days in advance.
- No refund if the booking is cancelled in less than 20 days.
- Admission / Discharge time: 08.00 hrs

Packing List for Kalari Rasayana

- At Kalari Rasayana, everyone is provided with three sets of complimentary fine cotton Pyjama suits for their use.
- If you do not intend to travel elsewhere other than to Kalari Rasayana, you need not carry many clothes, so pack light.
- Do carry a light shawl, scarf and cotton socks, as the evenings can get cold.
- Bring along a set of personal toiletries.
- Carry your medical reports and medications for prior consultation with the Doctor at Kalari Rasayana.
- You may carry a pair of sunglasses and a hat, if required.
- As per Government Regulations, we request you to carry a valid Passport and Visa. Indian nationals can present any one of the following: Passport, Driving License, Voter ID or Aadhaar card.



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