

Your Journey *to* Kalari Kovilakom

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 Kovilakom: A palace where you heal

Kalari Kovilakom is located near Kollangode in the Palghat District of Kerala, by the majestic Western Ghat mountain ranges. The treatment centre is located in a 200-year old palace where history meets natural tranquillity. CGH Earth took over the reins of this palace and converted it into a traditional Ayurvedic healing facility, while keeping its historic legacy intact. Kalari Kovilakom is set within the palace grounds of the old Vengunad kingdom and offers 19 well-appointed suites with modern amenities and a clinic with 12 treatment rooms. The living spaces and gardens here complement the healing process, with their nurturing and warm environment.

Treatments *at* Kalari Kovilakom

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>Kalari Suites</i>	6270	8255	9825	10660	14035	16700
<i>Kovilakom Suites</i>	6600	8690	10340	11220	14775	17580
<i>Vengunad Suites</i>	8970	12190	14890	13800	18550	22460

** 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 the Coimbatore or Cochin airports are included in the cost. Kalari Kovilakom is approximately 2 hours away from the Coimbatore airport and 2.5 hours away from the Cochin airport.



Booking Policy

- Confirmation of the treatment is against 50% advance payment, while balance payment may be made at any time before your arrival at Kalari Kovilakom – The Ayurveda Hospital.
- Complete 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 Kovilakom

- At Kalari Kovilakom, 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 Kovilakom, 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 Kovilakom.
- Kindly use non-leather footwear (closed and/or open) only.
- 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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