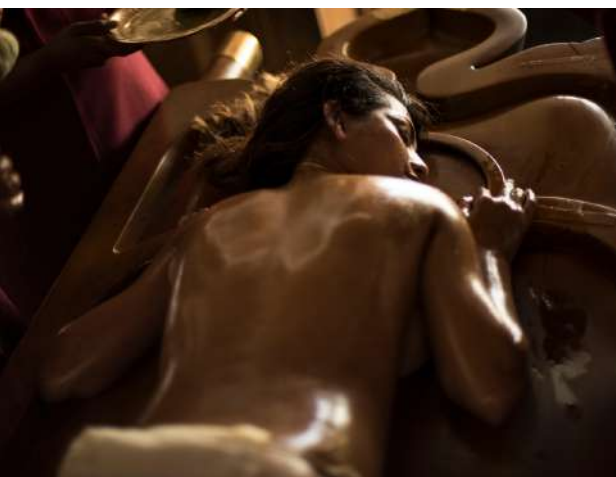


Your journey to Kalari Rasayana

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 tranquility 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

Duration: All treatments begin from 14 days onwards. Treatment duration will be decided solely by the Vaidya, as per the individual's condition, based on the preliminary assessment.

Manashanthi Chikitsa **(Stress Management)**

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.

Sthoulyaghna Chikitsa **(Weight Management)**

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.

Shodhana Chikitsa (Body Purification)

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.

Panchakarma Chikitsa (Complete Detox)

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).

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

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

We also address the following specific ailments: Diabetes Management, Gastro-intestinal Disorders, Circulatory Disorders, Liver Disorders, Urological Disorders, Respiratory Diseases, Neurological Disorders, Muskulo 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:

- We take only residents of 15 years and above. The Ayurveda doctor's advice is necessary in the case of medical treatments for children aged between 15 to 18 years.
- The treatment duration required for each patient will vary depending on 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
Applicable for Foreign Nationals and Non Resident Indians
Valid from 01/01/2024 to 31/12/2024

Suites	Single Occupancy			Double Occupancy		
	14 days	21 days	28 days	14 days	21 days	28 days
Rasayana Suites	7400	9800	11700	12500	16500	19650
Water Front Rasayana Suites	8700	11500	13750	14700	19400	23100

Note: 15-20 days: The rate will be calculated on a pro rata of 14 days | 22-27 days: The rate will be calculated on a pro-rata of 21 days | 29 days onwards: The rate will be calculated on a pro-rata of 28 days



Safety & Hygiene

Kalari Rasayana follows the highest safety & hygiene standards.

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, airport pick-up and drop and all applicable taxes.

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.
- For those sharing a double room, if the arrival and departure timing varies for each person, only one vehicle will be offered and the second vehicle will be charged extra.
- Please note that, on the date of admission, to start with the formalities of Registration, orientation, having the first consultation and being able to avail of the first-morning treatment; the patients should arrive at the centre before 10 am. In the event that their arrival flight timings are later in the day and they cannot be at the centre before or latest by 10 am, they would not be able to undergo any of the above procedures. In such cases, we recommend they come in a day earlier and stay in Trivandrum and proceed to the centre early the next morning.



Booking & Cancellation Policy

- Confirmation of the treatment is against 50% advance payment, and must be paid at the time of booking the programme or before the cut-off date mentioned by the Wellness reservations.
- 100% advance payment must be received 30 days prior to arrival or before the cut-off date mentioned by the Wellness reservations.
- 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 of admission / discharge: 0800 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.



National Accreditation Board for
Hospitals & Healthcare Providers

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www.cgheartayurveda.com