

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 tranquility. 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.



Treatment Philosophy at Kalari Kovilakom

Kalari Kovilakom follows the traditional panchakarma procedure which is curative in nature. Patients would mandatorily need to undergo the process of Detoxing the body of accumulated toxins by ingesting increased quantities of medicated Ghee over a minimum duration of 3 - 4 days, followed by a day of purging the toxic ghee out of the body using a herbal oral laxative.

Treatment duration will be decided solely by the Vaidya, as per the individual's condition, based on the Preliminary Assessment Form (PAF).

Duration: All programs begin from 14 days onwards. However the program 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, Doctor will advice 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.

IMPORTANT : Please ensure that the patient completes the full duration & course of treatments prescribed by the medical team (i.e: full 14 - 21 days). Breaking the program in between could prove to be detrimental to your health & affect the end results.

Healing Programs *at* Kalari Kovilakom

Manashanthi Chikitsa (Stress Management)

Panchakarma Chikitsa (Complete Detox)

Shodhana Chikitsa (Body Purification)

Sthoulyaghna Chikitsa (Weight Management)

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

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, Post Cancer Care and Management, Mental Health, Post De-addiction Rejuvenation, Geriatric Care and Skin Disorders.



Admission & Discharge Time : 0800 hrs

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 latest by 0930 hrs.

In the event that their arrival timings are later in the day, 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 Cochin or Coimbatore and proceed to the centre early the next morning.

Child Policy

As we follow traditional Panchakarma procedures for all our programs, we accept patients of 15 years and above only.

Note :

The Ayurveda doctor's advice is necessary in the case of medical treatments for children aged between 15 to 18 years.

Safety & Hygiene

Kalari Kovilakom follows the highest safety & hygiene standards.



**All-inclusive rate for treatments in Euro, applicable for
Foreign Nationals and Non Resident Indians
Valid from 01/01/2026 to 31/12/2026**

Suites	Single Occupancy			Double Occupancy		
	14 days	21 days	28 days	14 days	21 days	28 days
Kalari Suites	7990	10585	12635	13500	17820	21275
Kovilakom Suites	8425	11125	13285	14255	18790	22355
Vengunad Suites	11340	15550	18900	17495	23435	28405

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.

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, all applicable taxes.

Follow up consultations included

- 14 - 20 days program : 01 consultation
- 21 - 28 days program : 02 consultation

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.
- 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.

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.

Packing List

- 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.
- Carry your medical reports and medications for prior consultation with the Doctor at Kalari Kovilakom.
- You may carry a pair of non leather walking shoes, 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.

