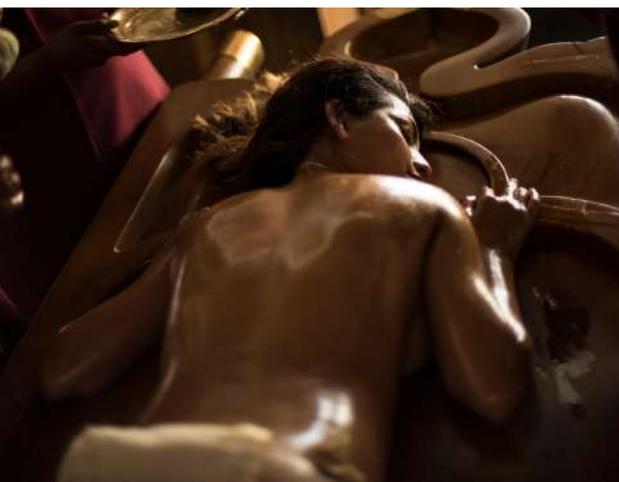


Your journey to Kalari Rasayana

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.

Treatment Philosophy *at* Kalari Rasayana

Kalari Rasayana 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 days and upwards. This would be 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

Treatments *at* Kalari Rasayana

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 Trivandrum 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 Rasayana 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
Rasayana Suites	8425	11125	13285	14255	18790	22355
Water Front Rasayana Suites	9940	13070	15660	16740	22140	26460

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 Trivandrum Airport is included in the cost. Kalari Rasayana is approximately 1.5 hours away from Trivandrum 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 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.
- Carry your medical reports and medications for prior consultation with the Doctor at Kalari Rasayana.
- Please carry a pair of sunglasses, comfortable walking shoes 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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