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CURATIVE PACKAGES



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Nurtured, developed and perfected the science of Ayurveda continuously through the legacy and experience of eight generations of eminent physicians; Svaztha Ayurveda Retreat is dedicated to practicing authentic Ayurveda, retaining the centuries old tradition and adapting to the changes of the modern world. Ayurveda says maintenance of positive health through a disciplined lifestyle is the means of keeping away from illness. Several factors individually and collectively lead to accumulation of toxins in the body and mind of the individual. Understanding this phenomenon and the role of Ayurveda in the elimination of these toxins through various purification methods and later restoring health through various rejuvenating methods Svaztha Ayurveda Retreat have designed a whole bunch of treatment packages aimed at boosting natural immunity to help a person live a healthy, happy life.

Svaztha Ayurveda Retreat offers authentic Ayurveda treatment and therapies based on the scientifically written ancient texts of Ayurveda as curative solutions for lifestyle disorders and chronic health problems. The Kerala Ayurveda Panchakarma treatment, a successful and proven method of treatment in Ayurveda is very effective for a wide range of ailments affecting the body. Bone and joint diseases like Back and neck pain, Neurological diseases like Paralysis Multiple sclerosis, Lifestyle diseases, Skin diseases and more curative treatment solutions for any other ailments

HEALING PROGRAM- 14 N/15 days

At a point of time in your life you discover the truth and fact that health is the most important asset in your life. To gain this wealth of health, to cure yourself of the illnesses haunting you and to achieve complete rejuvenation your body and mind our 15 days Panchakarma program is an ideal period to go deep into you and reverse the trends of the past wrong lifestyle habits and take a quantum shift towards your wellbeing, energy and clarity of mind. The cumulative effect of the medicines, daily treatments, lifestyle modifications and healthy food for an extended period establishes an internal calm, removes deep rooted toxins and allows the body to settle down better with each passing day. The 15 days Healing Program at Svaztha Ayurveda Retreat is the answer to real long lasting change, supporting health, longevity and vitality. This intensive process is the gift of Ayurveda and is performed with perfection at Svaztha Ayurveda Retreat.

SPINE CARE PROGRAM 17N/18 Days

Vatakalpa is a well-researched and tried treatment package formulated by Shri. Ayyappan Vaidyar, the grandfather of Dr. Jinu, the present custodian of the legacy. The package comprises special internal medicines and external treatment techniques to cure cervical spondylosis, spinal and disc problems, rheumatic and osteo arthritis and neuro-muscular-skeletal ailments.

DEEP HEALING PROGRAM -21N/22 days

This panchakarma program is developed as an ultimate mind-body healing system for deeply detoxifying the body and mind, restoring the tridosha balance, reversing the aging process and rejuvenating you in totality. The three weeks program allows you to go deeper into the purification and healing process for more intense and sustainable results by effectively and



deeply removing toxic build up and deep rooted stress from your body and mind, while rebuilding the immune system, boosting the energy, and repairing the damaged tissues for complete wellbeing. The benefits of the three weeks program extend beyond detoxification and rejuvenation to positive changes at the mental, emotional and intellectual levels. You will leave feeling strong, healthy, calm, content, energized and reborn.

DEEP CLEANSING AND REJUVENATING PROGRAM-28N/29 Days

Owing to a host of extrinsic and intrinsic factors diseases manifest the body. Many of them are chronic and require periodic treatments. Ayurveda focuses on eradicating the cause and cutting off the pathological path to cure or treat an illness. This intensive course is followed by strengthening the body and mind by way of creating an immunological barrier around them. Thus the

agony due to the manifestation of the disease is addressed and the quality of life improves..

This treatment aims at discarding these elements by means of induced Snehana, Swedana, Nasya, Virechana, Snehavasthi and Kashayavasthi. Chronic diseases like degenerative joint diseases, rheumatism, skin diseases, muscular dystrophies, strokes, paralysis are a few examples that require long term programs of four weeks or more. By the time of completion of this course the complete cleansing happens to inhibit the cause and course of the disease and rejuvenation helps in the growth of healthy tissue and restoration of normal functions. You leave the place feeling free of your ailment and ready to take on the life thread healthily.

MORE CURATIVE TREATMENT SOLUTIONS FOR ANY OTHER AILMENTS.

CURATIVE PACKAGES INCLUDE

- Accommodation as per the category of booking
- Initial consultation, daily monitoring-counseling and final consultation and advice by the doctor.
 - Two session of external treatment program per day.
 - Curative packages are inclusive of internal medicines.
- Free online consultation for three months from the date of discharge.
 - Prescribed Ayurveda Vegetarian Meals.
 - Unlimited free Wi-Fi in the lobby and restaurant.

For booking and enquiry contact : www.svaztha.com