



Ayurlife Ayurvedic Centre



CHERISH YOUR SPIRIT
WITH AYURLIFE

Stay **HEALTHY** and prevent
illness with holistic
therapies of
AYURLIFE



Ayurlife Ayurvedic Centre

Dear ones,

Cure your illness, detoxify your body and mind. Get yourself rejuvenate.

We Ayurlife team would like to show you, what changes ayurveda can bring in your life and what changes you can bring around you.

-Ayurlife Health Team

Introduction to the Ancient Life Science

Ayurveda was officially recognized as a traditional medicine by the World health Organization (WHO) in 1976. Instead of treating diseases, it treats a person as a whole.

Living close to nature by following Ayurveda can prevent the occurrence of life style diseases. If used properly, most of Ayurvedic herbal products have only little or no side effects, to be used even in old age. With other integrated systems of medicine Ayurveda manages complicated health problems by preventing or reducing side effects.



Ayurvedic Principles

Ayurveda is called science of life, which provides knowledge of good, bad, happy and unhappy life, it's promoters and non-promoters, measurement and nature.

According to Ayurveda everything in the world is made of five elements – Earth, Air, Fire, Water and Space.

Three body elements, Doshas are derived from these prime elements – Vata, Pitta, Kapha. So, every human is a part of nature, and the combination of these determine a person's constitution. Any imbalance either in these doshas or elements leads to illness, and discomfort to our body and mind. Ayurveda narrates daily regimes, seasonal regimes, diet and social and occupational factors that can increase our wellness.



Ayurvedic view of healthy person says how specific the ancient science is,

According to Ayurveda everything in the world is made of five elements – Earth, Air, Fire, Water and Space.

Ayurveda gives emphasis on,

- ☯ Protecting health and providing a healthy life
- ☯ To eliminate illness and other discomfort of body and mind.

Ayurvedic principles can be applied to daily habits like your way of breathing, way of eating, choice of food, sleep, activities etc. Ayurvedic treatments cure illness, there are treatments for relaxation too.



Ayurveda has a wide range of Treatments

Ayurveda is based on the harmony between an individual and nature, so the treatments are holistically designed. Ayurveda advises different medicated foods, teas and halwas, herbal juice and paste, hot and cold decoctions, tablets, powder based preparations, fat or oil based preparations, herbal oils, tinctures, ointments, medicated distilled waters and so on. Different active principles of herbs that are soluble in water and fats are made use of by different media's and so cross different barriers of body successfully. External therapies play an important role in the complete and fast recovery. If you are restricted taking any other medicines even herbs internally, these external therapies itself help you get better.

Apart from the specific therapeutic benefits, most of the body treatments are truly relaxing. Specific detoxifying treatments like emetic therapy, purgation, medicated enema, etc. known as Panchakarma is the main part of ayurvedic treatment.

In most of the cases it is possible to select a treatment that is emotionally, culturally and economically viable for you. And it gives an experience of renewed and brings calmness to body and mind.



IN AYURLIFE WE PROVIDE

Ayurveda Consultation

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OUR HEALTH PHILOSOPHY FOCFOCUS YOU AS A PERSON AND YOUR INDIVIDUAL NEEDS

Ayurveda benefits you with, restoring the natural balance, normalizing your digestion and metabolism, improving the skin and hair health, improving your sleep quality and bringing overall wellbeing and maintain a good immune system in your body.

Wellness Counseling

Ayurvedic health principles include preventative aspects, ie how to keep you healthy. While doing wellness counseling we take into account all areas of a person, body, behavior, emotions, intellect, living environment, social life and difference in time of day to day activities and season.

Consultation for Specific Illness

According to Ayurveda, disease manifests after passing through four stages of pathology. If these stages are diagnosed timely, it is possible to prevent the progress of pathology and occurrence of future diseases.

Ayurvedic Prakruthi Assessment (body type analysis) and nutrition advice

Smrithi Meditation Session

Specific ayurvedic counseling sessions mainly for psychosomatic illness. It improves one's mental health in various aspects.





Ayurvedic Treatments

- Abhyangam
- Kizhi-different types
- Pizhichil
- Shirodhara
- Takradhara
- Kashayadhara
- Ksheeradhara
- Kativasti
- Januvasti
- Lepanam
- Thalapothechhal
- Udwarthanam
- Njavaratheppu
- Virechanam
- Snehavasti
- Nasyam
- Head Massage
- Special Ayurvedic Foot Care
- Ayurvedic Facial

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☯ ABHYANGAM

Heated ayurvedic herbal oils are used to do a full body massage, revitalizing the body tissues by penetrating deep into skin. Flow to the energy channels are restored, and deep relaxation is attained. This therapy maintains good health, improve sleep patterns and rejuvenate the whole body. It reduces stress. Adding to it, this oil massage pacifies Vata and Kapha, gives stamina relieves fatigue, enhance the luster of skin and nourishes every part of the body. Once done, the person is made to relax for about 20 to 30 minutes, enabling the oil to get absorbed, to calm and relax the body and mind. Relaxation massages.

☯ KIZHI

Specific herbal combination is prepared and is tied into a Pottali bag and is heated by different methods, and is rubbed by exerting a specific pressure, it can be done for whole body or a part. A Kizhi is a poultice which is tied up in a cotton cloth with herbal medicines and heated in warm herbal oil throughout the treatment.

The Kizhi is massaged over the affected area or the whole body as required.

The warmth of the poultices, combined with the active ingredients of the herbs and oils, improves circulation and reduces body stiffness and pain. It is done full body or to specific part.

The Kizhi ingredients, herbarized oils and massage techniques are all selected according to the type and causes of your pain.



Types of Kizhi.

There are many varieties of Kizhi and the name is given based on the ingredients tied within the poultice. The kind of Kizhi used is chosen according to what is most suitable for your particular condition.

● NavaraKizhi (Shashtika Pinda Sweda)

The main ingredient in this Kizhi is Navara rice which is harvested in 60 days and is used exclusively for treatments in Ayurveda. The rice is cooked in a mixture of cow's milk and herbal decoctions and tied in a poultice. The poultice is dipped into warm milk and herbal decoctions throughout the treatment. The ingredients are rejuvenating and nourishing to the body

● ElaKizhi (Patra Pinda Sweda)

This Kizhi contains fresh leaves of medicinal plants that are fried with other herbal ingredients. The Kizhi is then dipped into warm herbarized oil and applied to the affected body parts.

● NarangaKizhi (Jambeera Pinda Sweda)

The main ingredient in this Kizhi is lime which is cut and fried in herbal oil with herbal powders. The Kizhi is then dipped into warm herbarized oil and applied to the affected areas of the body.

● PodiKizhi (Choorna Pinda Sweda)

Unlike the other Kizhi varieties, this one can be applied with or without oil.

The Kizhi contains herbs that have been dried and then pounded with a mortar and pestle into a fine powder

The Kizhi can be warmed in medicated oil throughout the massage, or can be applied without oil when a dry heat is required.

Selection of Kizhi will be done in the consultation session

PIZHICHIL

This therapy was considered as a treatment mainly for royalties in the ancient times.

Pizhichil lives up to its appellation as it combines Snehana (oil massage) with Swedana (heat treatment), two of the superior Ayurvedic treatments, to help restore your physiological functions into their optimal levels by pouring lukewarm medicated oil into the body while performing a relaxing massage simultaneously.

- Mainly helps in health conditions like hemiplegia, paraplegia, arthritis, Muscle cramps, ankylosing spondylitis and other skeletomuscular conditions, enhances body strength and immunity.
- Pizhichil speeds up the healing of fractured bones and develops muscles. It also detoxifies your body, prevents signs of ageing by giving you that youthful, radiant skin.

Shirodhara

This revitalizing and relaxing therapy uses a smooth rhythmic pattern in pouring down medicated herbal oil onto your forehead, paired with light massages in between the procedure. It mitigating your anxiety, fatigue, insomnia, specific headaches, premature raying of hair and hair loss.

Shirodhara puts you into a calm, tranquil state. It activates your body's parasympathetic nervous system that mitigates stress and relaxes muscles. It also aids in the treatment of memory loss, psoriasis and other skin diseases, eye diseases, Meniere's disease, allergic rhinitis, sinusitis, helps in treating damage, vertigo, and other neuropathies.



Lie down, relax & let your stress flow out of your body and mind



Shirovasthi

Medicated oil is retained over head with a cap.

Helps with – headaches, insomnia, dryness affecting nose, mouth or throat, certain neurological conditions.



Thalam

Mixture of specific herbal powders made into paste with herbal decoction oils is applied on the temples.

Helps in – different neuropathic conditions, insomnia, burning sensation or numbness in hands and foot.

Headaches, eyes, ears and throat related health problems.

Thalapothichil

Ayurvedic herbs suitable for the particular person will be made into smooth paste and applied to the head after a Shiroabhyangam

Nasyam

This is one of the panchakarmas which brings health benefits either by cleansing process, subsiding symptoms of illness, or nourishing the nervous system. Here medicated oil or medicine is administered into the nostrils for certain days. The dose of the medicine and adjacent procedures will be planned by the practitioner

By this vitiated Kapha in Srothus is removed. It gives cure from chronic sinusitis, head aches of different origin. For many neurological conditions and certain stages of cervical radiculopathy Nasya gives excellent results.

Udhwarthanam












It is a deep tissue massage done using herbal powders. Involving upward strokes, which regulates proper blood circulation and detoxification. It helps to breakdown subcutaneous fat. improves skin complexion and reduces rigidity of muscles and joints.

External therapies like Janu vasti, Greevavasti, Kativasti etc. where medicated oil is retained at specific areas, helps to get relieved from pain and lubricate the joints. It improves flexibility also





Ayurvedic Retreat Packages

-  Ayur Relaxation Packages
-  Ayur Healing Packages
-  Ayur Weight Reduction Packages
-  Ayur immune Boost Packages
-  Ayur Mother Care
-  Ayur Detox Packages
-  Ayur Retreat (Elderly Care)
-  Ayur Skin & Beauty Care
-  Ayur Holiday Packages
-  Ayur Yoga & Pranayama Sessions
-  Ayur Smriti Meditation

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☯ Sukaayurvedam (Relaxation Massages)

● General Massage

Duration – 1 Hour

Gentle full body massage which relaxes your muscles and makes your body refresh. There after herbal steam bath will be provided

● Synchronized Massage

Duration - 1.15 Min

In this massage they will provide rhythmic massage strokes, which will relieve you from muscular spasm, rigidity, calm down your stress hormones and give you complete relaxation

● Deep Relaxation

Duration - 1.30 Hour

- Full body massage with special foot reflexology
- Full body massage with special head massage

Other Special Massages

Foot Massage

- Prevents dryness and cracking, numbness of the limbs and feet get relieved.
- Relaxes the mind, improves strength and firmness
- Gives clarity of vision, improves blood flow

Head Massage

- Makes the whole body relaxed, Improves blood supply
- Reduce head ache due to stress and tension
- Stimulate brain functions and brings to its normalcy.



🌀 Therapeutic Massages.

According to the diagnosed condition full body or a part of body massage is done with ayurvedic oils.

3 Days Course/ 7 Days Course

Common therapeutic conditions-musculoskeletal disorders, different arthritic conditions, hemiplegia, paraplegia, facial paralysis, certain conditions of radiculopathies. Certain developmental disorders.

After Full body massage Swedanam (herbal steam bath) is given accessing the condition

🌀 Ayur Detox Package

Days: 8-14 Days

Therapy Duration: 60 Min to 120 Min

Traditional Ayurvedic detox cleanses both body and mind. In today's world of pollution and toxins it has become important to do something to purify ourself. This package involves herbs, supplements, purgation, ayurvedic therapies (Snehanam, Swedanam, Shirodhara, Pizhichil etc.), dietary regimen and wellness counselling, as well as stress-relieving lifestyle practices like yoga and meditation, oil massage and herbal steam baths.

- ✔ Ayurprkruthi assessment and wellness counselling
- ✔ Advice Internal detox food and drinks, needed medicines.



Ayur Weight Reduction Package

Days: 14 to 28 Days

Therapy Duration: 60 Min to 2 Hours

Benefits of this package is mainly feeling your body free, losing weight and reduce the harmful effect of overweight. Special ayurvedic herbs which is having effect on reducing fat accumulation, balancing the doshas, bring a healthy metabolism plays important role here. Initialized care for diet planning and meditation make this package special.

- ✓ Ayur health diet
- ✓ Exercises
- ✓ Meditation

Ayur Mother Care (Prasava Srusrusha)

Days: 14 to 28 Days

Therapy Duration: 60 Min to 2 Hours

A woman undergoes many changes during pregnancy and delivery. When she gives birth to her child, it is the birth of a new individual “mother” too. Her motherhood gets in harmony only when she is physically, mentally strong and healthy. We care her for and extends a supportive hand for her to make her motherhood beautiful and healthy

- ✓ Full body oil massage,
- ✓ Herbal paste application
- ✓ Hair care
- ✓ Herbal bath
- ✓ Abdominal exercises for muscle tightening
- ✓ Special herbal recipes

Ayur Beauty care

Days: 1 Month

Therapy Duration: 1.30 Min to 2 Hours

Beauty care does not merely include the products we use or the therapies we do to get a glowing skin, if your concerned about your beauty then you have to see into food you take, sleep and emotions too. Ayur Beauty Package helps to bring one’s inner power and rejuvenate their outer beauty. It helps to bring a balance in the boy and mind.

Ayur Healing Packages

Our life styles, bad postures and stress have brought around many musculoskeletal alignments among us. The reason for the Pain may be different, so individualized healing packages are planned after thorough examinations and assessment. Patient is given follow up for further managements.

Ayur Holiday Package

Days: 1 Day

Duration: 2 to 4 Hours

This package makes you refreshed from your stressful work schedule and helps to get energized for upcoming days. It helps to make your mind sharp and brighten your memory power and relaxes your mind and body. It helps to get rid of muscle spasms, dry eyes and hotness in your hands and legs, neck and back pain.

Yoga and pranayama sessions

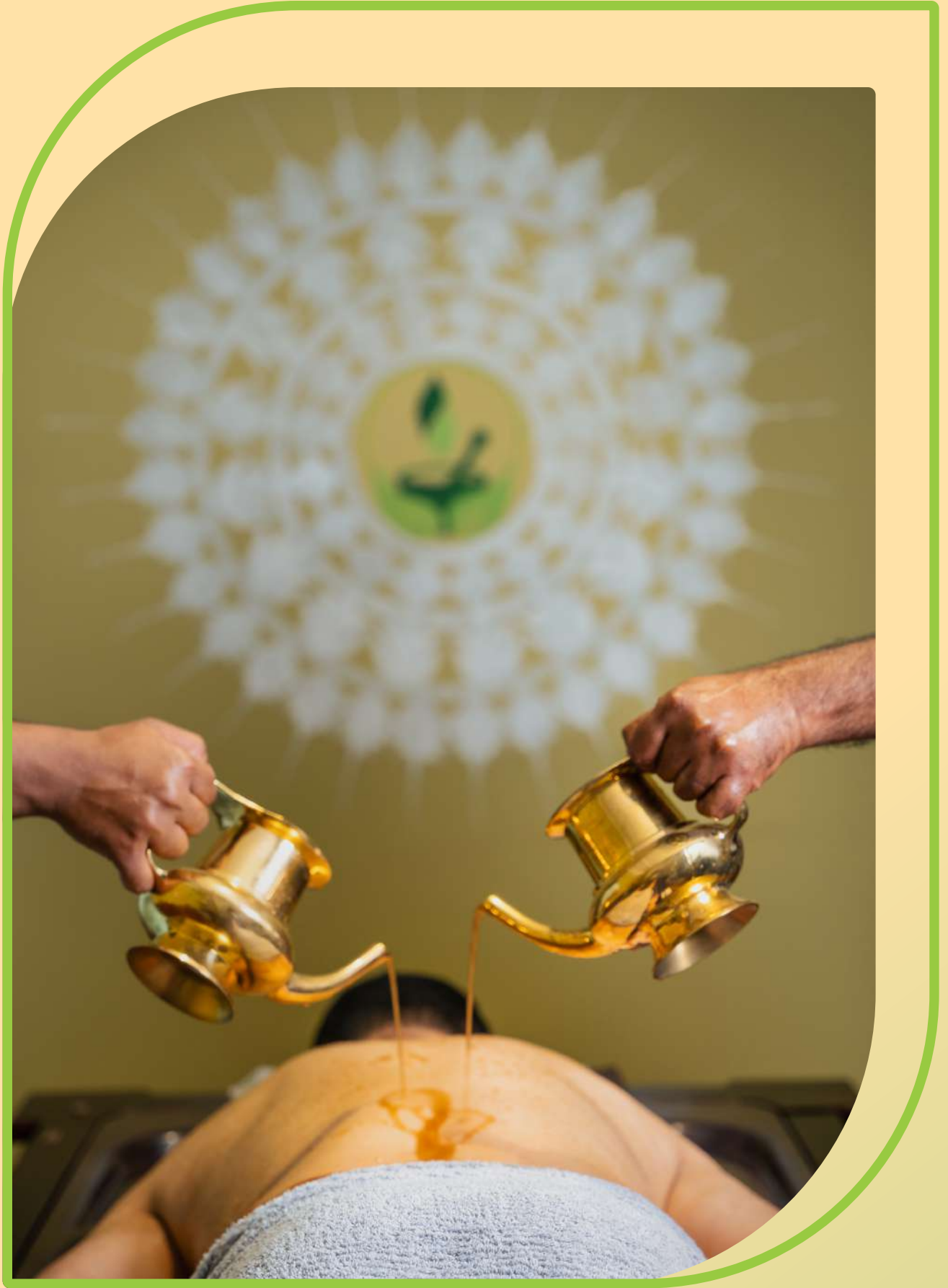
Special sessions for the people who want to make yoga and meditations part of their daily regimen. And also for one who want to gain knowledge about basic concepts of yoga, pranayama and stress relieving meditation sessions.

Smrithi Meditation

For many of the diseases the cause behind has a connection with the intellectual errors. The role of this in manifestation of psychosomatic diseases is to be considered. there arises the importance of Smrithi Meditation. This is a tool mainly for diagnosing and managing mainly psychosomatic symptoms in brief.

It is Meditation sessions with doctor





Follow up consultation will be there



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Ayurlife Special

-  **Ayur Swasthyam Package**
-  **Ayur Soukyam Package**
-  **Ayur Athmaboth Package(family)**
-  **Ayur Punarjani**

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Ayur Swasthyam Package

It is a health boosting package for mainly concentrating on relaxation of body and mind. After a wellness consultation therapies are scheduled as per your body constitution and mental status. It helps you to get rid of day-to-day stress and understand about yourself. It gives added advantage of bringing your body metabolism into balance and welcome life with positiveness



Ayur Athmaboth Package

This package aims at a healthy time with your dear ones which helps to build up a good understanding about the health issues in the family, to understand how to plan a healthy and happy regimen. And there by helps to be confident to grow up the little ones healthy and smart.



Ayur Soukyam package

This package is designed to relax and vitalize the body.

Ayurvedic therapies are designed using centuries old herbal recipes

PARTICULARLY SUITABLE FOR:

- Powerlessness
- Exhaustion
- Muscular tensions
- Less concentration
- Pain in the joints



Ayur Punarjani Packages

(Post Infective Rejuvenation & Post Traumatic Therapies)

Day : 12

Duration: 1 to 2 Hours in a Day

This package is for those who struggle with repeated infections and having post pandemic syndromes. Therapies will be individualized for post traumatic conditions also

- ✓ Individualized ayurveda medicine and therapies for 12 days
- ✓ Yoga and exercises
- ✓ Meditation





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Thank you



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