

*“Health & Healing
unto the fullness of life”*



Ayur Bethaniya
Ayurveda Hospital

www.ayurbethaniya.org



Ayurveda is the traditional healing modality of the Vedic culture from India. It is said to be 5000 years old, meaning it has stood the test of time. Ayurveda is a Sanskrit word that literally translates as “the wisdom of life” or “the knowledge of longevity”. Ayu means life and Veda means knowledge or science. In accordance with this definition, Ayurvedic medicine views health as much more than the absence of disease. The wise seers and sages of the time, intuitively understanding the physiology and workings of the mind-body-spirit long before the advents of modern medicine, explained the basic principles of Ayurveda.

BASIC PRINCIPLES OF AYURVEDA

Ayurveda is based on the premise that the universe is made up of five elements: air, water, fire, earth, ether. These elements are represented in humans by three doshas- Vata, Pitta and Kapha

Vata

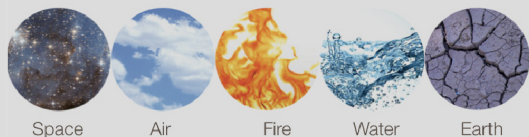
Composed of air and space. Vata regulates the principle of movement. Any bodily motion—chewing, swallowing, nerve impulses, breathing, muscle movements, thinking, bowel movements etc requires balanced vata

Pitta

Pitta brings forth the qualities of fire and water.. Pitta's domain is the principle of transformation. Just as fire transforms anything it touches, pitta is in play any time the body converts or processes something. So pitta oversees digestion, metabolism, temperature maintenance, sensory perception, and comprehension.

Kapha

Kapha, composed of earth and water. As kapha governs stability and structure, it forms the substance of the human body, from the skeleton to various organs to the fatty molecules (lipids) that support the body





Ayurbethaniya has been started with great authenticity for the well being of people and to bestow a good service to the public. Apart from good health,we also provides fullness of life. We accomplish this through Ayurvedic principles that have been proved and practiced since ages. We treat patients based on Ayurvedic principles that have been evolved through intuitive knowledge from God and transcendental knowledge from God. We offers you luxury villas where aesthetic beauty in a clean green environment with a land of 8 acres where excellent quality patient care with affordable rate.



WE OFFER TWO TYPES OF TREATMENTS :

Samana (Curative therapy)

Sodhana (Purificatory therapy)

Samana Therapy

There are 3 humours/bio-energies - Vata, Pitta, Kapha - which makes the body constitution and controls the bio-physical functions of the body. Curative therapy aims at balancing the vitiated bio-energies using various herbal and mineral medicines and non medical therapies.

Sodhana Therapy

Purificatory therapies are indicated in the cases which vitiation of the bio-energies, goes beyond a particular level give rise to endo-toxins which will be accumulated in various parts of the body in turn cause diseases.



PANCHA KARMA



- **Vamanam**

Therapeutic emesis for the elimination of vitiated Kapha doshas

- **Virechanam**

Therapeutic purgation for vitiated pitha doshas

- **Vasti**

Medicated retention enema for vitiated vatha doshas especially in various nerve cells.

- **Nasyam**

Medication for vitiated Kapha doshas accumulated in head and neck related organs especially brain and spinal cord.

- **Raktamoksham**

Blood letting to eliminate stagnant impure blood of the region

All these process purify the body at cellular level. This micro level elimination of accumulated vitiated doshas result in an enhancement of metabolic enzymes and screening of toxins and there by the preventive, curative and rejuvenative effects in the body get increased.

Bio-purificatory (pancha karma) therapy has three stages :

- **PURVA KARMAS** :- Pre-operative medication
- **SHODHANA KARMAS** :- Elimination therapy
- **PASCHAT KARMAS** :- Post elimination care

Before each purification therapy, the body has to be processed in a special way by :

- Snehana** :- Oleation Therapy
- Swedana** :- Sudation Therapy

KERALA SPECIAL TREATMENTS

In Kerala Sudation treatment modalities are modified to get better results in curative, nutritive, rejuvenative, reproductive and aphrodisiac levels. To attain these we are using special preparations from herbal leaves, porridge with special rice /cereals, milk and milk products; animal products like egg, meat, bone marrow, soup etc.



Pizhichil

This treatment is done by percolating warm medicated oil. Cotton towel is soaked in the warm oil which is to be squeezed with right hand allowing the oil stream constantly through the downward directed thumb. So it is known as "Pizhichil" in Malayalam language. Pizhichil treats all rheumatic illnesses such as arthritis, paralysis and hemiplegia. It is also used to treat impotence, reduced sex ability and nervous disorders.

Njavarakizhi

Njavara is a medicinal rice farmed in Kerala, famous for its nutritious and rejuvenative qualities. The rice is cooked in milk and special decoctions to form thick porridge. This is made into bolus and massage is done with these bolus. To maintain heat, bolus has to be heated in the milk-decoction mixture repeatedly. This therapy is indicated in muscular wasting disorders, Paralysis, bone and muscle degenerative diseases, growth retardation and as a rejuvenator.

Takradhara

Medicated buttermilk is slowly and constantly percolated on the forehead coupled by gentle body massage for about 45 minutes by 2 therapists each day for a duration of 7-21 days. It is indicated in insomnia, mental tension and certain skin disorders.





PACKAGES



Post Natal Care

Duration 14-28 days

Post natal care is the period beginning immediately after birth of a child to first 6 weeks after birth. Treatment includes oil massage, Medicated bath and herbal paste application

Treatment relieves delivery exertion and mitigate vata, reduces stretch mark, varnya, anti-septic, helps in healing of stitch and uterine contraction



Relaxation Programme

Duration 7-14 days

We introduce our relaxation package which consists of oil massage herbal poultice & steam bath

Gives refreshment of body and mind, helps in loosening of the body, increases circulation, decreases body ache and gives strength to the body.



Rejuvenation Programme

Duration:- 7-14 days treatment

Rejuvenation is like a treasure where everybody quenches to achieve it.

We provide treatment with oil massage, herbal poultice, herbal steam bath, kashayavasti and matravasti in this package.

Helps in keeping body young and agile, increases longevity of life and immunity, enhances ones energy and also helps in curing diseases



Destress Programme

Duration:-7-21 days

we deliver a de-stress programme which comprises of full body relaxation massage, steam bath & sirodara.

reduces stress & provides a good sleep with calmness of mind and soul



Detoxification Programme

Duration:-14-21 days

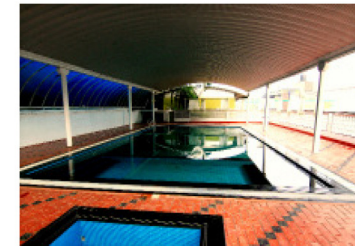
Treatment includes Oil massage , kizhi ,Vasti ,Sirodhara, Pizhichil,Njavarakizhi,Nasyam

Provides prevention of diseases and long term maintenance of health by Panchakarma treatments, helps in balancing body, mind and soul, corrects metabolism and also helps in the evacuation of toxins.





FACILITIES



- A/C & non A/C rooms-villa type
- Luxury treatment rooms
- Pharmacy & Laboratory
- Swimming pool
- Health club
- Organic farm and Herbal garden Personalised diet prepared with organic vegetables from our own farm



VALUE ADDED SERVICES

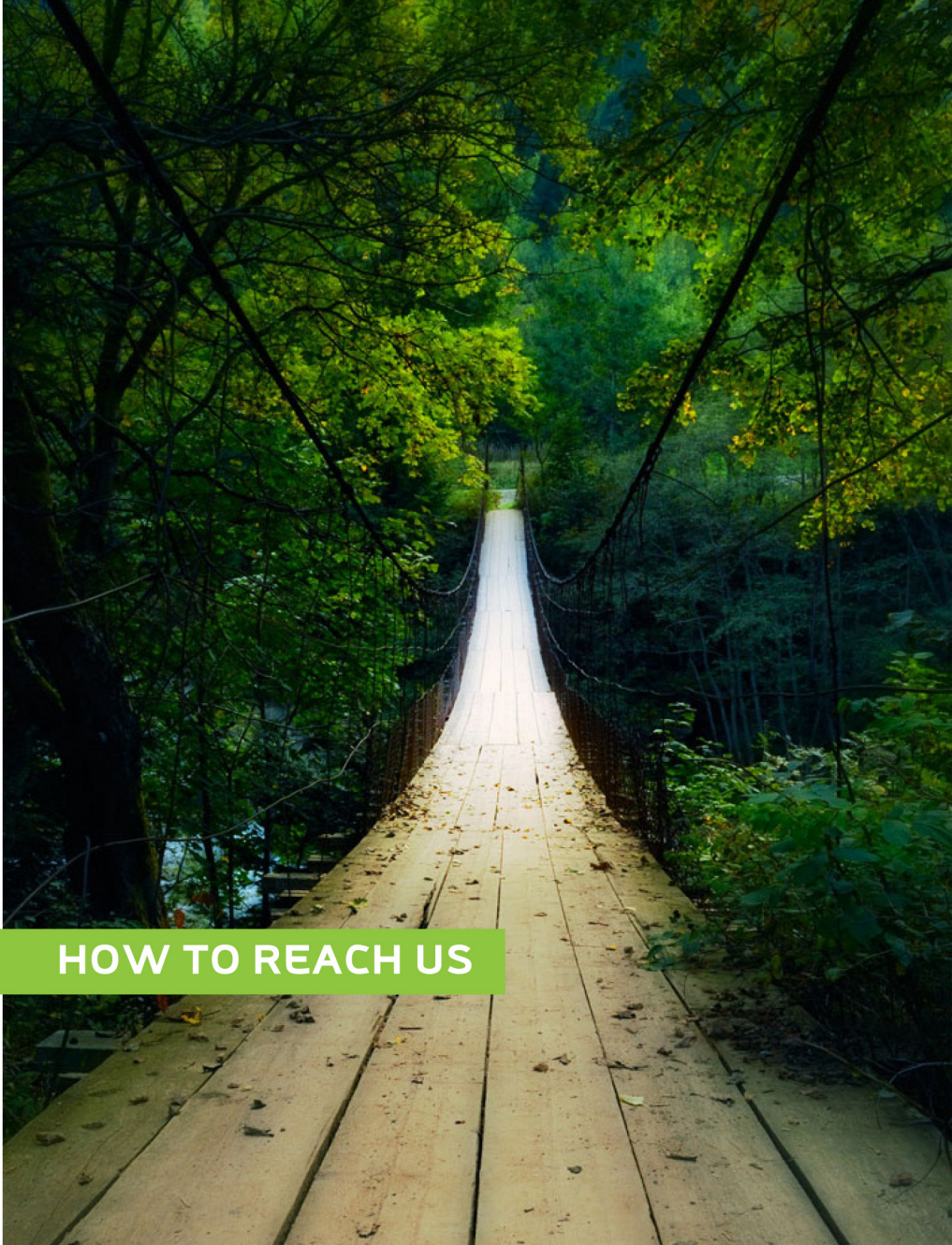


- Physiotherapy
- Reflexology & Thermal massage
- Yoga & meditation sessions
- Beauty care
- Travel desk
- Pick up and drop
- Major credit cards are accepted
- Foreign currency exchange
- Organic store



ATTRACTIONS



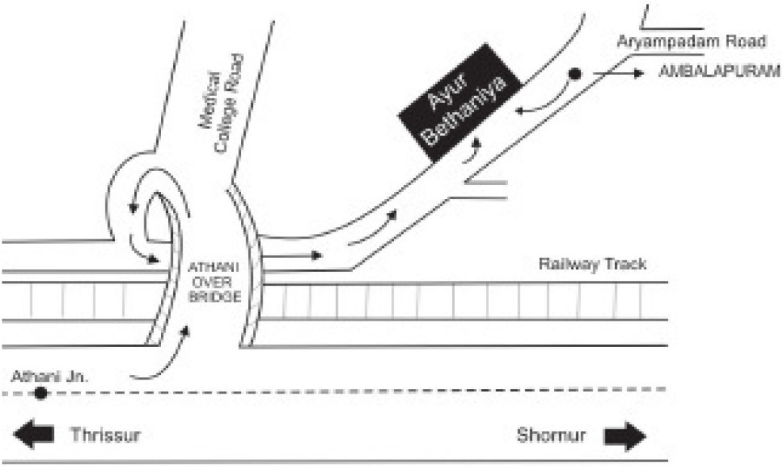


HOW TO REACH US

● **BY AIR:**
Nearest Airport
Cochin International Airport (COK)
64 kms

● **BY RAIL:**
Nearest Railway Station
Thrissur Railway Station
14 kms

● **BY ROAD**





Ayur Bethaniya

Ayurveda Hospital

BRD Meadows Ambalapuram, Peringandoor P.O
Athani, Thrissur, Kerala-India 680 581
Phone: 70340 99999, 99468 29999
info@ayurbethaniya.org / www.ayurbethaniya.org
www.facebook.com/ayurbethaniya