

Ayurvedagram Exclusive Packages.

1. Body Purification:

Panchakarma, which includes five major procedures, is meant to purify the whole body by eliminating the accumulated toxins from it. This package includes treatments like **Virechana** (Purgation), **Vamana** (Emesis), **Vasthi** (Enema), **Nasya** (Nasal Administration) & **Raktamoksha** (Blood-letting). The specialty of this treatment is that it can be administered both in a healthy, as well as the diseased person. When a healthy person subjects himself to Panchakarma, it has a preventive, restorative and rejuvenative effect on the body.

In the beginning of the therapy, the body is prepared for the actual process of elimination. This is done by the following processes:

- (a) **Deepana and Pachana:** The purpose of these treatments is to keep the digestive fire at its best, by means of oral medication
- (b) **Oleation** can be done both internally as well as externally. Medicated ghees oils are administered orally in **Internal Oleation [Snehapana]**, where as synchronized massage **Pizhichil Kayaseka**], etc., are **External Oleation** methods. Both these methods lubricate the body channels and loosen the toxins accumulated in the body
- (c) In the **Eliminative Phase**, the physician, based upon the condition of the patient's disease, decides the type of the Panchakarma treatment

Body Purification Type of Accommodation	7 Days		14 Days		21 Days		28 Days	
	Single	Double	Single	Double	Single	Double	Single	Double
Classique	53690	95224	101690	179270	144267	268450	192356	357933
Heritage	60068	102331	114382	193416	163270	289635	217693	386180
Heritage Suite	79342	125255	152995	239266	220959	358410	294613	477879

2. Rejuvenation

The toxins/free radicals produced by the constant metabolic activities in the body damage the body cells resulting in wear and tear of the body, which is nothing but aging. The process of aging is accelerated by irregular life style, food habits and prolonged stress and strain.

The programs that are offered under this package are aimed at restoring the vigor and vitality of the body by eliminating the toxins and by enhancing the body's immunity through their anti-oxidant and prophylactic properties. The package includes the various rejuvenation therapies, such as **Kayaseka, Sirodhara, Abhyanga, Synchronized massage, Medicated steam bath, Navarakizhi, etc.,**

Rejuvenation along or in combination with Panchakarma tones up the muscles, strengthens the system, invigorates the body and calms the mind. The medicated herbal oils used in this process improves complexion, imparts a glowing luster to the skin.



Rejuvenation Type of Accommodation	7 Days		14 Days		21 Days		28 Days	
	Single	Double	Single	Double	Single	Double	Single	Double
Classique	47671	83516	90974	158367	137983	256212	183977	341616
Heritage	54048	90622	103665	172578	157040	277464	209386	369951
Heritage Suite	73322	113546	142279	218428	214940	346238	286586	461651

3. Old Age Care:

A happy and comfortable old age is the fruit of well-spent childhood, youth and middle- age. However, old age brings along with it many nagging health problems like constipation, indigestion, sleeplessness, exhaustion, wrinkled skin, diminishing sensory faculties, etc.,

The rejuvenation therapies like **Pizhichil**, **Njavarakizhi**, etc., strengthen the system, invigorate the immunity and impart freshness in the body. **Panchakarma** therapies, particularly medicated enemas relieve constipation and correct digestion. **Sirodhara** done over the head nourishes the head, which is the abode of all the sense organs. On the whole, this package wages war against old age health problems from all fronts and brings back the harmony of mind, body and soul.

Old Age Care Type of Accommodation	7 Days		14 Days		21 Days		28 Days	
	Single	Double	Single	Double	Single	Double	Single	Double
Classique	42379	73130	82242	141366	122967	226974	163956	302632
Heritage	48690	80236	94934	155512	142036	248225	189381	330967
Heritage Suite	68147	124792	133547	201428	199924	317000	266565	422666

4. Stress Management:

Modern age is the age of stress and strain. The fast life is exciting as well as overtaxing. The holistic approach of Ayurveda tackles these hazards in its own natural way. It focuses on the impact of the mind on body, and vice versa. Carefully planned programs such as special soothing massage, **Pizhichil**, **Sirodhara**, etc., work at the physical level to soothe the aching muscles and tensed nerves. At the same time, individually selected yoga, meditation and **Pranayama** [breathing exercises] programs calm down the Mind and bring back the natural rhythm of the mind and body to start a new life afresh.

Stress Management of Accomodation	7 Days		14 Days		21 Days		28 Days	
	Single	Double	Single	Double	Single	Double	Single	Double
Classique	53492	94827	96994	170142	141423	262827	188564	350436
Heritage	59935	102132	109685	184353	160425	284079	213901	378771
Heritage Suite	79144	124789	148299	230203	218380	352853	291173	470471

5. Weight Reduction Program:

According to **Ayurveda**, continuous indulgence in high fat food, fried items, etc., along with sedentary life-style leads to excess accumulation of body fat which gets struck in the numerous body channels. This condition is associated with irregular appetite, hypertension, diabetes and many other metabolic – disorders.

Special programs are included in this package with the purpose to cut down this excess fat, to correct the irregular metabolism and to clear the body channels. Deep dry massage with herbal powders and pastes, synchronized massage with specific oils, steam bath, etc., mobilize the accumulated fat, where as, specially designed diet programs prevent its further accumulation. Practice of specific yoga postures is also advised to reduce body weight. Along with these, appropriate **Panchakarma** therapies are also advised by the physicians based on the requirements of the individuals.

Anti-Obesity of Accomodation	7 Days		14 Days		21 Days		28 Days	
	Single	Double	Single	Double	Single	Double	Single	Double
Classique	38674	65920	75561	128335	112846	207195	150461	276260
Heritage	44985	72960	78176	142189	131915	228446	175886	304595
Heritage Suite	64326	95885	126866	188396	189803	297221	253070	396294



NOTE:

1. The given package tariffs are valid only till 2007.
2. All the packages cost are in Indian Rupees.
3. All the above packages include the
 - a. Cost of Treatments.
 - b. Accommodation.
 - c. Exclusive Vegetarian Diet.
 - d. Any internal medication that is a part of the package.
 - e. Consultation by the Chief Ayurvedic Physician
 - f. Identifying Body Constitution.
 - g. Daily doctor visit and follow up.
 - h. Individual discharge summary at the time of Check out.
 - i. Daily Yoga, Pranayama and Meditation Sessions
 - j. Free use of Gym, Physiotherapy unit and in-house Library
4. *Limited A/C Accommodations are available in Classique and Heritage category and Rs.750 per day will be charged additional towards A/C charges to the above tariff in Classique and Heritage Accommodation
5. Any additional medicines from the pharmacy would be charged on actual basis.
6. Guests are to strictly follow the diet/ regime instructions by Chief Physician in order to obtain maximum results out of the treatment program.
7. No Food Items or supplements are permitted into the centre.

Note:

- *Free medicines up to Rs.500 for stay above 7 days at the time of check-out
- *Free 1 day stay if more than 14 days of the treatment
- *Free 2 days stay if more than 21 days of the treatment
- *A/C facility in selected accommodations on additional charges
- *Pick-up and drop within city limits is complimentary
- *Discounted package for 42 days and above
- *24 hours internet facility
- *The above tariffs are valid upto 31st March 2007

The above packages include:

- *Consultation with Chief Ayurvedic Physician
- *Complete treatment & Daily Doctor visits
- *Yoga, Meditation and Pranayama classes
- *Accommodation with 24 hour international direct dial
- *Pure Vegetarian diet
- *Free use of Gym & Library

- *Cultural & entertainment programme

- *Package costs are in Indian Rupees
- *Free safe deposit lockers facilities
- *24hour Travel / Travel desk of laundry
- *Free room services.
- Free use of Hi-Tech conference hall & Theatre