



AADISAKTTHI™

AYURVEDA VILLAGE



BE BORN AGAIN.



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www.aadisaktthiayurveda.com



At Aadisaktthi Ayurveda Village, we adhere to the same time-tested principles of the 5000-year-old science of Ayurveda. It is a constant source of wonderment that this ancient healing technique still continues to offer solutions to many vexing problems that ails the modern man. The therapy involves a two-pronged approach, that of actual treatment and a change in lifestyle. Ayurveda believes that human beings have three dimensions, namely mind, body, and soul. These dimensions are set in individualized patterns or prakriti in each of us, based on our predominant energy or dosha. It is an imbalance in one of these dimensions or vikriti that leads to our ill-being. The Ayurveda physician offers a detailed consultation to determine the cause of the imbalance using the techniques of observation or darsana, touch or sparsana and interrogation or prasna. Based on the consultation, the physician provides the patient with a detailed description of what he/she needs to undergo by way of treatment over the next few days or weeks.



**THE LAND
OF TRUE
AYURVEDA**

Abhyangam

Abhyangam is a full body massage using medicated oils prepared according to the ancient ayurvedic texts. In this process, massaging has its own importance but it's the action of medicated oils which are of therapeutic value that does the job. By this treatment various tissues in the body are properly oiled and lubricated making the skin sensitive, soft and shining and thereby preventing excessive wear and tear of the body tissues. Abhyangam gives relief to anxiety, depression, fatigue, circulatory disorders, arthritic complaints, backaches, sprains and injuries.

Shirodhara

In this process lukewarm herbal oil or suitable liquid medium is poured on to the forehead from a perforated earthen or brass pot suspended above, in a special rhythmic style. This treatment is done mainly for insomnia and mental stress. It nourishes and rejuvenates the nerves, increases blood circulation of the head and brain. It bestows better vision and hearing, clears nasal problems and makes one cool and relaxed.



Pizhichil



Oilation and sweating treatment. In this treatment lukewarm medicated oil would be poured over the person's body in a special rhythmic manner (masseur soaks the linen in oil and squeezes it over guest's body) by 2 masseurs. This treatment increases circulation and lubricates the joints.

Indication: Spondylitis, Arthritis, Hemiplegia, Neurological Problems, Rheumatism.

Njavarakizhi

It is a sweating treatment, special njavara rice is cooked to a porridge form in milk and decoction and tied in a cloth as bundle and dipped in medicated warm milk and massaged all over the body.

Indication: Emaciation of limbs, rheumatism and degeneration of nerves and muscles. Helpful for nourishing, strengthening and for rejuvenating the body. Beneficial for muscle wastage also.



Podikizhi



Sweating treatment In this treatment, herbal powder would be held inside a linen cloth bundle and massaged to the affected part or whole body after dipping the bundle in warm medicated oil.

Indication: Spondilosis, osteoarthritis, oedema, hemiplegia, sprain, rheumatism.

Elakizhi

(Pathra potala swedam)

Sweating treatment

In this treatment, certain herbal leaves made to boluses are massaged to the affected part or the whole body after dipping the boluses in warm medicated oil.

Indication: Rheumatoid arthritis, stiff joints, low backache generalised body pain, spondylitis, osteoarthritis, inflammation of joints.

Udvarthanam

(Powder massage)

Upward massage with warm herbal

powder in a particular manner. In this treatment, special herbal powder is rubbed on the body in a rhythmic motion (upward motion) by two masseurs. This massage is included in our slimming programme.

Indication: Helpful for obesity in reducing toxins and for fat metabolism, increases lymph drainage and for cellulitis





Shirodhara



Kativasthi



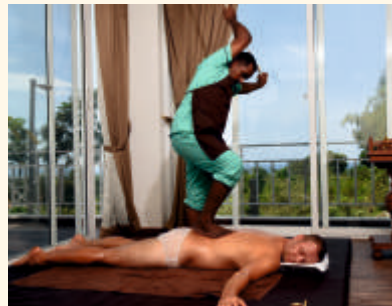
Udvarthanam



Rechaneeyam



Pizhichil



Chavittithirumu



Podikizhi





THE LAND OF TRUE AYURVEDA

Kativasthi

In this treatment, specially prepared warm medicated oil is poured over the lower back and retained inside a herbal paste boundary.

Indication: Low backache, IVDP and other spinal disorders.

Urovasthi

Specially prepared medicated oil (oil used is according to the ailment) is poured over the chest and retained inside the herbal paste boundary.

Indication: It is good for asthma, heart disease and muscular chest pain. Gives strength to the thoracic part.

Shirovasthi

In this treatment, certain lukewarm medicated oil is kept in a leather cap fixed on the head.

Indication: Facial paralysis, insomnia, migraine, Alzheimer's disease. It is a deep treatment for the nourishment of brain cells and certain mental and

nervous disorders like facial paralysis. Also good for insomnia, migraine, and Alzheimer's disease.

Nasyam

(Nasal infusion)

One among the panchakarma treatment: administration of medicated oil or herbal powder through the nostrils. Mainly for Sinusitis, headaches, facial paralysis, cervical spondylosis

Indication. In this treatment, medicated oil and herbal extracts would be instilled into the nostrils after oleation and fomentation of face, throat and thoracic part. Removes excess phlegm from the sinus and improves concentration and memory.



Herbal steam bath

The person is made to perspire profusely inside a steam chamber that lets out medicated steam from aromatic herbs. This will open up the very small pores of the skin thereby removing all wastes. It tones up the skin and gives it a special glow

Herbal facial

After massaging the face with oil, certain herbal preparations and creams are applied over the face.

Indication: Tones up the skin and gives it a special glow.

Chavittithirumu

(massage with foot)

This is a warm oil massage all over the body with the feet and hands of the therapist.

Indication: Helpful for circulation, lymph drainage to remove tension from the body and mind, and to rejuvenate the body and to get more energy.







A woman is lying down, her head resting on a white cloth. Above her head, a large, ornate brass Pichu is suspended by chains. The Pichu has a central spout and a small flame is visible at the bottom. The background is a warm, orange-toned wall. In the foreground, there is a small table with a lit incense burner and some flowers.

Pichu

Pieces of cloth soaked in medicated oil would be put on joints or other areas according to the physician's advice.

Indication: Body pain, joint pain, arthritis, sprain, old age disorders, spondylosis (gives lubrication to the joints, good to be put over the vertebrae).

Snehapanam

(Internal oleation therapy)

A preparatory process prior to panchakarma for internal preparation to increase the digestive fire (Agni) for metabolism. In this treatment medicated ghee or oil is given internally in a proportionally increased dose till the body is saturated with ghee or in small doses depending on the condition.

Mainly effective for skin diseases like Psoriasis, internal dryness, chronic constipation, hemorrhoids, osteo arthritis and as a preparatory process for detox.



A SANCTUM OF HEALING.



TREATMENT PACKAGES





Pancha karma package – sodhana chikilsa

(detoxification) for 3-4 weeks

This therapy helps to purify the body by removing toxins, which causes diseases and to attain proper balance of vatha, pitha and kapha based on pancha karma and swedana karma treatments. This package includes body massages, sweating treatments like Pizhichil, Kizhi, sirodhra, sirovasthi, njavarakizhi, medicated steam bath, nasyam(nasal cleaning), virechanam (purgation), vamanam (induced vomiting), snehapanam (internal medicated ghee) and vasthi (eneama) and internal medication.

Sukha Chikilsa

(Rejuvenation Package)

for 10-14 days

This is to rejuvenate the body, mind and soul, increases blood and lymph circulation, to tone up the skin, to strengthen all systems so as to achieve ideal health and longevity. This package includes body massages with special oil and herbal creams, sirodhara, medicated steam bath and internal rejuvenating medicines (rasayanas).



Rasayana Chikilsa

(Immunisation package)
for 21 to 28 days.

This therapy helps to detox and to rejuvenate the body for reducing ageing process, arresting the degeneration of the body cells by increasing the immunity of the body systems. After detoxifying the body, giving special Rasayana to rejuvenate, is the speciality of this package.

Manasanthi Chikilsa

(Stress management package)
10- 14 days

This is a combination of Yoga, meditation and Ayurved therapy with holistic approach. This therapy is very effective for stress management to purify the mind helping to attain the temperament of the mind. This therapy includes Yoga, Meditation, Rejuvenation massage ,Sirodhara, Sirovasthi, Njavarakizhi, Thalapothichil, Herbal steam bath, Nasyam and Thalam along with internal herbal medicines.

Sthulahara Chikilsa

(Weight Reduction Package)
for 3 -4 weeks

This treatment is not only for weight loss or loss of centimetres but also to increase the metabolism of the body by

eliminating toxins and excess fat. This therapy includes special powder massage, sweating treatments like medicated steam bath, different types of kizhi, Dnanyamla dhara, Kashaya vasthi, Mathra vasthi and Virechana along with internal medicines, organic diet and herbal teas.

Neck and Spine care

programme for 10 to 14 days.

This package includes special back massage, kativasthi, pizhichil, njavarakizhi, elakizhi, kalari massage and snehavathi along with internal medicines. This treatment helps to reduce the inflammations and to strengthen the back muscles.

Psoriasis Treatment

Package for 2-3 weeks

This package includes special medicated ghee intake, exclusively prepared internal medicines and special diet. Special medicated oil massages, lepanam, sarvanga kashaya dhara, virechanam, rechaneeyam, sarvanga thakradhara, special njavaratheppu, herbal dhara are included in this package.

Arthritis Treatment

(Santhi Vatha Chikilsa) for 3 weeks

This treatment programme is very effective for any Arthritis condition. This programme includes medicated oil Massage, Lepannam, Oil application on the affected parts, Kizhi, Steam bath, Sneha vasthi, Kashaya Vasthi, Pizhichil, Njavarakizhi, snehapanam and internal medicines.



Sukhanidra

for 10-14 days

Ayurveda, the knowledge of life is related not only with the body but with the mind and soul also. This particular treatment programme is very much helpful for conditions like Insomnia (lack of sleep), anxiety and give self confidence. This treatment programme includes Body Massages, Sirovasthi, Ksheeradhara, Thaila dhara, Thalam, Thalapothichil and internal medicines.

Saundarya Parireksha

(Beauty Care Pogramme)

for 7-10 days

One looks beautiful and radiant only when the inner beauty surfaces. The inner beauty can be achieved through Yoga, Meditation and use of beauty enhancers like supplements. Outer beauty includes the obvious traits such as contours of the body, texture of the



skin and the quality of the hair and nails. This programme includes Herbal cream massages, herbal face packs, Massage with special oils, fruit juices, herbal juices, body packs, head pack, Steam bath, Herbal bath and intake of herbal tea. This treatment increases the skin complexion; skin tone and muscle tone which results in beautifying the body.

Anti ageing

Programme for 30 to 45 days.

The various cells and tissues of the body undergo changes as age advances. So it is necessary to rejuvenate the body system for a better harmony of the body, mind and soul. This programme ensures prolonged lifespan, youthfulness, good health, fine complexion, stoutness, intellect, power of retention and strength. This package includes body massages with special oils and juices, Njavaratheppu (massage with special rice pudding), Njavarakizhi, Kayasekam with medicated oil decoctions and milk, snehapanam, Virechannam, Ksheeravasthi, Snehavasthi, Thalapothichil, Sirodhara, Head massage with special herbal juices, Thalam, Steam bath, Herbalbath, Scrub bath and Rasayana (Rejuvenating Medicine) with a very special organic diet





YOGA

Yoga is the process or practice whereby we start to become more and more aware of our self in terms of body, mind and soul.

Beginners course

in yoga – 7, 14 nights

1. Hata yoga

In this we harmonize the body, mind and soul by working through the postures, breathing exercises, energy lock etc. The approach is to connect first the body with the mind through hundreds of postures (Asanas). The mind with the breath through the breathing techniques, then conscious mind towards subconscious and eventually towards the higher consciousness through various meditation techniques.

2. Karma yoga

Karma yoga is one of the main paths of yoga that a practitioner can follow. The name comes from the Sanskrit term meaning "action" or "deed." Therefore, it is the path of action, or selfless service towards others. It is considered by some that practising karma yoga is the most effective way to develop spiritually.

Note:

- *The treatment will be finalized after consultation with the physician.*
- *Special ayurveda diet, internal medication, health drinks, and yoga are part of the programmes and packages.*



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