



www.aadisaktthiayurveda.com

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At Aadisakthi 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.



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- High speed internet access through wifi
- Pool side yoga sessions.
- Roof top sea view restaurant.
- 27 Luxurious rooms with 180 degree sea view.
- Well experienced doctors and therapists.
- Located at hill top of kovalam.

