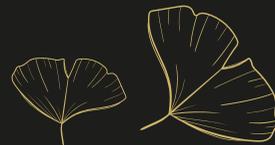


Low back pain



7 DAY STANDARD PACKAGE – 959 €

Day 1: Ayurvedic consultation followed by pulse diagnosis. Sarvanga Abhyanga – Ayurvedic full body massage stimulating the vital points on the body. Kati Abhyanga – Ayurvedic lower back massage stimulating vital points on the lower back region.

Day 2: Kashaya vasti – Medicated enema given through the anal route. Kati vasti – Medicated oil pooling treatment on the lower back using compartments.

Day 3: Kashaya dhara – Pouring of medicated Ayurvedic decoctions on the pain affected part of the body. Pizhichil – Pouring of medicated oil either generally or on the site of pain.

Day 4: Kati vasti – Oil pooling treatment on the lower back using compartments for a fixed duration of time. Kati lepam – Applying medicated paste on the lower back region of the body

14 DAY MEDIUM PACKAGE – 1. 874 €

Day 1: Kati vasti – It is a medicated oil pooling treatment on the lower back using compartments. Kati Abhyanga – Ayurvedic massage of the lower back stimulating vital points of that region.

Day 2: Sarvanga Abhyanga – Ayurvedic full body massage stimulating the vital points of the body. Kati pichu – Placing of medicated cotton fold on the lower back region for pain relief.

Day 3: Dhanyakizhi – Ayurvedic stamp massage using medicated cereals and pulses. Kashayadhara – Pouring of medicated decoction on the whole body or a pain affected part.

Day 5: Sarvanga abhyanga – Ayurvedic full body massage stimulating the vital points on the body. Dhanyakizhi – Ayurvedic stamp massage using medicated cereals and pulses.

Day 6: Podikizhi – An Ayurvedic stamp massage using medicated powders and herbs. Kati pichu – Applying medicated cloth fold on the lower back region.

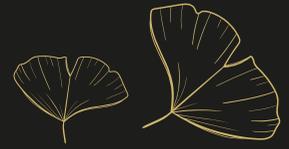
Day 7: Podi kizhi – An Ayurvedic stamp massage using medicated powders and herbs. Kati vasti – Medicated oil pooling treatment using compartments on the lower back for a fixed period of time.

Day 4: Podiizhi – Ayurvedic stamp massage using medicated powders and herbs. Kati Abhyanga – Ayurvedic massage of the lower back using medicated oils.

Day 5: Dhanya kizhi – Ayurvedic stamp massage using medicated cereals and pulses. Kati lepam – Applying ayurvedic medicated paste on the lower back region

Day 6: Kati Vasti – Medicated oil pooling treatment on the lower back using compartments. Kati Abhyangam – Ayurvedic massage of the lower back stimulating the vital points in that area.

Low back pain



Day 7: Podikizhi – Ayurvedic stamp massage using medicated powders and herbs. Kati pichu – Applying medicated cloth fold on the lower back region of the body.

Day 8: Sarvanga abhyanga – Ayurvedic full body massage stimulating the vital points in that area. Pradeshika Abhyanga – An Ayurvedic massage done specially on the pain affected part of the body.

Day 9: Dhanya kizhi – Ayurvedic stamp massage using medicated cereals and pulses. Kati pichu – Applying medicated cloth fold on the lower back.

Day 10: Podi kizhi – Ayurvedic stamp massage using medicated powders and herbs. Kati vasti – Medicated oil pooling treatment using compartments on the lower back region.

Day 11: Pizhichil – Squeezing of cloth fold dipped in medicine on the body. Kati pichu – Putting medicated cloth fold on lower back.

Day 12: Kashaya dhara – Pouring of medicated liquid on the body either generally or on the pain affected part. Pizhichil – Squeezing of medicated cloth fold on the pain affected part of the body.

Day 13: Kati vasti – Medicated oil pooling treatment on the lower back using compartments. Kati lepam – Applying of Ayurvedic medicated paste on the lower back region.

Day 14: Sarvanga abhyanga – An Ayurvedic full body massage stimulating the vital points in the body. Pradeshika Abhyanga – An Ayurvedic massage concentrating only on the pain affected part of the body.

21 DAY PREMIUM PACKAGE – 2. 399 €

Day 1: Ayurvedic consultation followed by pulse diagnosis. Sarvanga Abhyanga – An Ayurvedic full body massage stimulating the vital points in the body. Kati Abhyanga – Ayurvedic massage of the lower back using medicated oils.

Day 2: Kati vasti – Medicated oil pooling treatment on the lower back using compartments Kati pichu – Putting medicated cloth fold on lower back to relieve pain and inflammation.

Day 3: Kashaya dhara – Pouring of medicated ayurvedic decoction on the body to relieve pain. Pizhichil – Squeezing of medicated cloth fold dipped in oils on to the pain affected part of the body.

Day 4: Kati vasti – Medicated oil pooling treatment using compartments on the lower back region. Kati lepam – Applying medicated paste on the lower back region.

Day 5: Sarvanga abhyanga – Ayurvedic full body massage stimulating the vital points in the body. Pradeshika Abhyanga – Ayurvedic massage done on the pain affected part of the body.

Day 6: Dhanya kizhi – Ayurvedic stamp massage using medicated cereals and pulses. Kashayadhara – Pouring of medicated ayurvedic decoction on the body to relieve pain.

Day 7: Podiizhi – Ayurvedic stamp massage using medicated powders and herbs. Kati Abhyanga – Ayurvedic massage of the lower back using medicated oils.

Day 8: Dhanya kizhi – Ayurvedics tamp massage using medicated cereals and pulses. Kati lepam – Applying medicated paste on the lower back region.

Low back pain



Day 9: Kati Vasti – Medicated oil pooling treatment using compartments on the lower back region. Kati Abhyangam – Ayurvedic massage of the lower back using medicated oils.

Day 10: Dhanyakizhi – Ayurvedic stamp massage using medicated cereals and pulses. Kati pichu – Applying medicated cloth fold on the pain affected part of the body.

Day 11: Sarvanga abhyanga – Ayurvedic full body massage stimulating the vital points in the body. Pradeshika Abhyanga – Ayurvedic massage done on the pain affected part of the body.

Day 12: Dhanya kizhi – Ayurvedic stamp massage using medicated cereals and pulses. Kati pichu – Applying medicated cloth fold on the pain affected part of the body.

Day 13: Podi kizhi – Ayurvedic stamp massage using medicated powders and herbs. Kati vasti – Medicated oil pooling treatment using compartments on the lower back region.

Day 14: Pizhichil – Squeezing of medicated cloth fold on the pain affected part of the body. Kati pichu – Putting medicated cloth fold on lower back.

Day 15: Kashaya dhara – Pouring of medicated ayurvedic decoction on the body to relieve pain. Pizhichil – Squeezing of medicated cloth fold on the pain affected part of the body.

Day 16: Podi kizhi – Ayurvedic stamp massage using medicated powders and herbs. Kati Abhyanga – Ayurvedic massage of the lower back using medicated oils.

Day 17: Dhanyakizhi – Ayurvedic stamp massage using medicated cereals and pulses. Kati pichu – putting medicated cloth fold on lower back.

Day 18: Kashaya dhara – Pouring of medicated ayurvedic decoction on the body to relieve pain. Taila dhara – Pouring of medicated oil on the body in continuous streams.

Day 19: Kati Abhyanga – Ayurvedic massage of the lower back using medicated oils. Taila Dhara – Pouring of medicated oil on to the body in a continuous streams, for a fixed period of time.

Day 20: Podi kizhi – Ayurvedic stamp massage using medicated powders and herbs. Kashayadhara – Pouring of medicated ayurvedic decoction on the body to relieve pain.

Day 21: Kati vasti – Medicated oil pooling treatment using compartments on the lower back region. Kati pichu – Putting medicated cloth fold on lower back.

